

## **SENSUALITY - Spice up the romance with yourself and with life**

### **Be present with your senses, not absent in sensual anaesthesia**

Many of you do not live life without the distraction and noise of computers, cell phones, video and DVD games, I-pods and other such technology. Many of you are tuned in to what I call “technology stimulation” which, as much as it is stimulating, can also result in sensual anaesthesia – denying you of the lovely shades, sounds, textures, tastes and aromas of sensual experiences.

Lack of paying attention is another distraction. Are you ever in the shower, but actually already at work, sifting through the jobs for the day in your head? If so, you miss the pleasant sensations of the shower, because you are already running circuits in your mind. Or perhaps you miss the “sensational” enjoyment of cooking, because you are focussed on the afterschool arrangements for the kids for the following day?

Emotional overload and the messages that are on loud volume in your head can totally deny you of experiencing your senses fully. Find ways to positively lighten your emotional and thought load.

“Busy-ness” is another anaesthetic that dulls your senses. Picture yourself having a quick bite to eat while you are talking on the telephone and simultaneously typing an email or two. Sound familiar?

How different is the scenario when you take a good thirty minutes for lunch, get out of the office and into a fresh environment, be it outside or simply in a place reserved for break time. You open the sandwich or salad that you have prepared at home. You sit and eat. You take your time eating. You actually notice what it tastes like, what the filling looks like and smells of and you notice how it feels in your mouth. You become observant of other things. You notice how fresh the air is or how warming the sun is, or you start a great conversation with someone who, up till now, you have only had brief encounters with. Do you feel the difference?

### **Active-ating your senses – A noun turns into a verb**

What is the verb form of “sensuality”? It is “to sense” in the active form and “to be sensual” in the more passive form of the verb. Sensuality however is nothing about being passive. Being sensual surely requires you to be actively playing a part, so how about seeing the senses in the verb form - see, hear, smell, touch and taste?

Stop right where you are and what you are doing. Simply listen to the silence. Focus on active-ating your senses. What does silence feel, smell, taste, look and sound like?

### **Intensify your senses from ordinary to extraordinary**

Let your sensations magnify and intensify – in others words, open yourself up to experiencing them in a bigger and deeper way. How do you do that? Imagine adding spices to your baking, or herbs to your cooking to bring out an even better flavour.

When you see something, notice the colours, shapes, forms, sizes, shades, textures, words, images, patterns, similarities and differences. Dream, imagine and visualise. Notice body language. Look at different perspectives.

When you hear something, notice the changes in volume, pitch, intonation, speed and rhythm. Differentiate sounds. Attend carefully to the spoken word – what is being communicated verbally and non-verbally. Is that expressed with enthusiasm and conviction? What emotion is underlying it?

When you smell, notice the shades and depths of the smell. Does it linger or does it waft past quickly, it is a gentle smell or an aggressive one, natural or man-made, sensual and inviting or pungent and distracting? Notice the regularity, depth and rhythm of your breathing and notice its calmness or its urgency.

When you touch or feel something or someone, notice the pressure, speed, intensity, textures and the type of touch. Is it painful or pleasing? What is the emotion behind your touch or how you are being touched? It is aggressive and angry or is it sexual, sensual or both? When you or the other person gestures, what is being expressed? When you write, take note of the size, the speed and the shape of your writing. Notice the emotion underlying your written content.

When you taste something, notice the intensity of flavour, the feel on the palate, the colour of the food or drink, the temperature, the sharpness or the subtleties and the connotations that taste sensation brings. Is it sweet or sour? Is it warm and inviting or cool and refreshing? Does it have you “running for cover” or desiring more? When you express yourself and communicate verbally, notice how you do that?

Don't forget to hone your sixth sense – your intuition. Still yourself, trust yourself, listen to your body and your gut, clear your mind and simply feel, smell, taste, see and listen to what is present.

What is your strongest sense? What is your most underdeveloped sense? Start developing and intensifying your other senses and begin to feel the calmness, richness and enjoyment of life that you experience when you really get present with your senses and notice the impact that has on your body, mind and soul.

### **Spice up the romance with yourself and your life – by changing the recipe**

When you hear the word sensuality, you may immediately think about intimacy or sexuality. Isn't sensuality simply about being, expressing and enjoying your magnified and intensified senses, whether you are involved in love-making or not. Imagine making love all the time! Be romantic with yourself and with life through the gift of your senses.

What happens when you are feeling under the weather, not at your best or darn right sick or depressed? Get up, go outside and feel the elements – the striking sun, storm, torrential rain or pleasant breeze. Breathe in the elements and notice how they feel on your body and how that experience makes you feel. If you are lying in a sterile hospital room, at home feeling unwell or even at the office feeling bogged down, romance yourself by freshening up your environment sensually. Have smells, colours and sounds that feel refreshing and revitalising and ones that lift the mood and the atmosphere in the place.

Romance yourself in the office by changing the sort of music that is being played or the type of flowers you have at reception or on your desk. You might try a different colour pen or rearrange your desk so you have a better view of something. It might mean changing the company's calendar with one that has images and words that uplift you more.

In your bedroom, romance yourself with crisper, more colourful sheets, nice pictures around you, an uncluttered room and a candle or two. Lie on the bed in different directions to capture the sun coming through the window, turn off the TV in your bedroom and enjoy silence for awhile.

And yes in your love making – make it juicy! When you awaken to your senses, your love life can take on a completely different look and feel and offer you a different kaleidoscope of experiences.