



The Wisdom of the Senses

I've seen this practice described in a number of places. Its origin is unknown to me. But it's a way to bring focus and awareness to the present, the tangible, the *now*. It's a grounding practice for when anxiety over life is spiraling out of control.

This practice focuses on the five senses. If one of these senses is unavailable to you, you may omit it, or double up on one of the other senses.

List **five** things you can see:

- 1.
- 2.
- 3.
- 4.
- 5.

List **four** things you can hear:

- 1.
- 2.
- 3.
- 4.

List **three** things you can touch:

- 1.
- 2.
- 3.

List **two** things you can taste, right now or recently:

- 1.
- 2.

List **one** thing you can smell, right now or recently:

- 1.



Created by MaryAnn McKibben Dana,
Author, Speaker, and Coach — maryannmckibbendana.me

Sacred texts and other timeless teachings frequently draw on sense metaphors to help express deep internal truths. Here are a few to play with, in no particular order and without trying to offer a comprehensive list. Now that you have grounded in your physical world, use some of these to access the stirrings of your heart.

SEE: What do you see when you look out on the horizon of your life? What do you see right in front of you?

HEAR: Who or what is whispering to you today? What are they saying?

An old hymn about the gifts of creation mentions “the music of the spheres.” What does that music sound like to you?

TOUCH: We use the word “feel” to describe touching a physical object *and* experiencing an emotion.

What are you feeling? And what does that feeling *feel like* (tangibly)?

What are you holding onto? Standing atop? Surfing within?

TASTE: The psalmist writes, “Taste and see that God is good.”

What truth do you know right now that’s as sweet as honey on the tongue?

SMELL: What affirmation might you breathe in right now? What does that affirmation smell like?

Response space:

Like this content? [Sign up to stay in the loop](#) on similar tools and resources.



Created by MaryAnn McKibben Dana,
Author, Speaker, and Coach — maryannmckibbendana.me