

Spark*

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Online Newsletter by
Julia James, Certified Life Coach



Catch the SPARK to honor your values, envision your success and tap into your creativity.

AWAKEN YOUR SENSES: Summertime Sensory Journey in Nature

Summer has arrived in Vancouver. The whole city seems to be outside enjoying everything this season has to offer: sunbathing on the beach, sipping cool drinks on a patio, or diving into the pool for a refreshing swim. With all the socializing and fun it is important to schedule in some quiet time for your own personal renewal (see the June edition of SPARK).

A great way to relax and get in touch with yourself is by engaging all of your senses. Many of us rely heavily on our sense of vision and rarely take time to experience our other senses to their fullest.

This weekend I took a short afternoon nap on the bank of a river. I listened to the sound of the water flowing and the gentle clattering of the leaves high up in the poplar trees. I let the warmth of the sun seep into my skin and felt the soft sand underneath my blanket. I breathed in the wonderful scents of the woodland surrounding me.

Are you tempted?

Summertime Sensory Journey

Find a quiet place in nature where you feel safe. Sit or lie down, close your eyes and focus on one sense at a time. What do you hear? What can you feel? What are the unique smells of this place? Let yourself relax and enjoy.

Summertime Sensory Journey For Two

You can share a sensory journey with someone special in your life, someone you trust and feel comfortable with. Decide on a quiet place in nature you both enjoy. Allow 30 to 60 minutes of uninterrupted time.

1. If the ground is soft, take off your shoes before venturing on this journey.
2. Explain to your partner that you will guide them on a short adventure. Tell your partner to let you know if they feel uncomfortable or unsafe at any time.
3. Ask your partner to close their eyes.
4. Begin to guide your partner very slowly with your voice and by holding their hand. Let them know about obstacles on the ground such as roots or rocks. The idea is to have them experience their surroundings with their other senses.
5. Guide them to touch a rock, a leaf or a tree trunk; let them smell a flower or the soil, have them focus on feeling the breeze or the sun on their skin, ask them listen to the various sounds in the environment.
6. Ask your partner to open their eyes and reverse your roles.
7. Once you have both completed your sensory journeys, share your experiences. What did you feel, hear, smell? What surprised you? What was your favourite sensation?

Enjoy your awakened senses!



Take a Mini-Vacation and revisit your sensory journey on a daily basis with Guided Mini-Retreats. 10 minutes of sheer bliss!
Visit www.juliajames.ca to order Guided Mini-Retreat CDs.

JuliaJames

Julia James is a Certified Life Coach. She partners with busy professionals to help them achieve balance in their lives.

Julia creates a safe space for clients and group participants to explore their passion.

For more information visit: www.JuliaJames.ca

If you find this newsletter valuable, please forward it to someone who will benefit.