

Connecting to Your Senses

When you find yourself in a moment you want to remember (e.g., you child's first steps, a beautiful hot air balloon floating through the sky, or your first in-person view of the Grand Canyon), take the time to drop in to each of your sensory experiences.



What is the smell?



What is the temperature?



What is the taste of the air?



What are the sounds?



What are the colors?



**What are the details
of what you see?**

When you take the time to really honor your experiences by paying attention to the details, you create mental snapshots that can last a lifetime. As you are aware of these physical sensations your mind is guided to stay in the present moment.



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