



A Soul Practice

for "[The Blessing of A Soul](#)
[Alive Woman's Life: A Tribute](#)
[to Maya Angelou](#)"

Respecting All Your Senses

"Once you appreciate one of your blessings - one of your senses - your sense of hearing, then you begin to respect the sense of seeing and touching and tasting - you learn to respect all the senses." ~Dr. Maya Angelou

7 Day Practice

Day: 1

- 🌹 Take note throughout the day to which of your 5 senses you are most aware of? Rely on? Trust? Enjoy? Avoid? Respect? Experience as a blessing? *Taste? Touch? Smell? See? Hear?*

Days: 2-6

- 🌹 Practice 'paying attention' to one of your *Senses* each day.
- 🌹 Experiment 'paying attention' to your *Sense* while being Soul Centered. Notice what happens.
- 🌹 Intentionally do one or more activities that specifically rely on this sense. [Ex. Hear – Spend quality time listening to your favorite music, listening to the birds outside, or listening consciously to a loved one.
- 🌹 Notice in what ways your life is enhanced by this sense.

Day: 7

- 🌹 Practice 'paying attention' to all of your five *Senses* throughout the day.
- 🌹 Notice if your *respect* for one or more of your senses is different than it was on the first day. In what way? How can this benefit you?