



Exercise 5

Summary:

Goal: Enhance sensory awareness and emotional well-being to immerse fully in the present moment, creating optimal conditions for entering flow.

Process:

1. **Sight (2 min):** Focus on visual details — colours, textures, and light.
2. **Sound (2 min):** Listen to the environment, immersing in sounds.
3. **Touch (2 min):** Feel physical sensations — textures, warmth, and pressure.
4. **Taste (2 min):** Mindfully savour the flavours of food or drink.
5. **Smell (2 min):** Immerse in surrounding scents, appreciating the aromas.

Benefits:

- Heightened sensory awareness
- Increased presence and focus
- Release of "happy hormones" (dopamine, serotonin, oxytocin)
- Improved mood and emotional balance
- Greater capacity to access flow in daily activities

Application:

Practice a 10-minute sensory routine by dedicating 2 minutes to each sense while cultivating gratitude and love. This enhances your ability to stay present and enter flow, fostering a joyful and creative state of being.