

Love and Treasure This Moment of Introspection: How to Love With All Of Your Senses

Love is **SO** grandiose that you need all 6 senses (yep, *intuition* is a sense) to fully experience it. Love is so physical, yet so “unphysical,” it’s so sublime, yet so real. Very few things compare to it. It is literally so unifying, so magnetic, so all-encompassing, that it’s hard to imagine why anything other than love exists or has space to exist.

How To Love With ALL Of Your Senses

Nothing makes you feel more alive than being in-tune with yourself. It’s kind of like when you turn on the radio. If you get too busy with your daily tasks, you might know that the radio is on, but you’re not fully aware of every little thing that’s being said or sung on the radio. When you do focus your attention on the radio, you’re more tuned in.

That’s how it is with love. You feel more alive and engaged with love when you’re more in-tune to how you experience love with all of your senses. And you **need** to tune in because chances are, with everything that’s on your to do list, love has most likely faded in the background so much so, that you can barely feel it, much less do it.

You probably think it’s weird that you can and should love with all of your senses, but doing so will allow you to experience love more than you ever have in the past. Regardless of how much and how well you’ve loved, you can always love deeper. You can reach what seem to be sublime and poetic levels of loving simply by being more conscious of how you experience love.

So while you have this permanent, yet fleeting love, this grace and this energy that requires more than just your appreciation and acceptance--- it requires your action, here are 6 opportunities to feel the cuddly and electrifying power of romantic love (which can easily be applied to other types of love in your life).

So How DO You Experience Love? Better Yet, How Would You LIKE To Experience Love With All Of Your Senses?

In the table below, think of ways you would like to use your senses to love more. Some examples are provided, but you can SURELY imagine and realize many ways of loving that are significant to you and make your loved one feel special. Have fun!

Sense	Example	How You Would Like To Experience Love
Sight	<p>See the beauty and positive qualities in your partner that nobody has been able to find.</p> <p>Visualize your ideal present together.</p>	
Hear	<p>Listen to what words your partner says and doesn't say. Ask for clarification when needed.</p> <p>Hear your partner's soul and not their ego when you want to move the relationship forward.</p>	
Taste	<p>Savor the circumstances that have led you together and the time that you do have to be with one another.</p> <p>Kiss fast in the morning. Kiss slowly at night.</p>	

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Touch	<p>Feel each caress with a heightened awareness and appreciation of the energy exchange between you two.</p> <p>Hold hands.</p> <p>Hug for longer than 20 seconds at least 5 times a day.</p>	
Smell	<p>Delight in each other's natural scent, aroma, cologne, and perfume.</p> <p>If you had to design a perfume for your loved one what would it be?</p>	
Intuition	<p>Close your physical eyes from time to time to heighten the awareness of the other senses.</p>	

“There is so much to talk about when it comes to love, that even infinity is not long enough.” -Haydee Montemayor

Aside from enjoying your vision of love and your perceptions that will increase the likelihood of living the best love you can, share the self-knowledge and awareness with your loved one to foster the type of relationship that takes two to build. Remember, it's **“Your ability to communicate your love and your ability to communicate about love that will keep you're the spark of love alive.”**

Grade Your Love Life As It Currently Is (Be Honest)

- If you had to give your current love life a school grade, what would it be?
- Why?

That should tell you how much work you have to put in to have an excellent love life.

How Can Loving With All of Your Senses Enhance Your Love Life?

Now that you have an idea in which direction you'd like your love life to go after this exercise and brief reflection on where your love life now stands:

- What is 1 thing you can do today to love with all your senses?

- How about this week?

- How about this month?

- Lastly, how about this year?

Who knew that love could be sexier than what we thought it already was. ;)