

Indulging in Pleasure

Let's completely delve into our sensuality...

Don't just look... *see & observe*

Don't just smell... *breathe it in & exhale it out*

Don't just hear... *really listen*

Don't just touch... *feel & embrace it*

Don't just taste... *savour it*

Happiness resides in our ability to savour EVERYTHING!

Practice: *seeing, breathing, listening, feeling & savouring.*

This will help you reconnect with your sensuality.