

# The 6-Day Sensory Reset

with Laura

FROM THE MILLERS

Day one:  
**Sight**

Day two:  
**Hearing**

Day three:  
**Smell**

Day four:  
**Taste**

Day five:  
**Touch**

Day six:  
**Intuition**

# DAY ONE: SIGHT

## FABULOUS 6-DAY SENSORY RE-SET

*"The only thing worse than having no sight  
is having no vision."*

HELEN KELLER



Look at lines. Really look at them. Are they straight? Curvy? Jaggedy? Where do they meet? Where are the edges? Linger.



Absorb colors through your eyes. Feel them. Are they warm, cool, soothing, jarring? You can name them or you can just feel them instead.



Try and stay away from deciding whether things are pleasing or not pleasing to your eyes. See if you can bypass your mind and its opinions and go straight to your senses.



When looking at someone's face, what do you really see? Look as though for the first time. Now do the same for your own face in front of a mirror. For at least one full minute.



Look at the back of your hand and give your eyes the authorization to take as long as they want.



Before falling asleep tonight, thank your eyes for all they allow you to be a part of.

# DAY TWO: HEARING

## FABULOUS 6-DAY SENSORY RE-SET

*"Does sound have rhythm? Does it rise and fall like the ocean? Does sound come and go like wind?"*

MYRON UHLBERG



What are you hearing in the background? Not what's obvious but what's in the back layers?



Is there a rhythm happening? The sound of the rain? A drop from the faucet? A dog snoring? Close your eyes and allow yourself to ride that rhythm without calling it anything. Just allow.



Pay attention to the quiet sound of your own breath, or someone else's.



Listen to a familiar sound with your eyes closed and really hear it with your whole body. The dishwasher. The next door neighbor's lawn mower. Don't name it, don't decide whether you like it or not. Just really hear it.



As you lay in bed, pay attention to the sounds of your home or the sounds coming from your bedroom window. These too are the sounds of your life.



Before you go to sleep tonight, thank your eyes for all the pleasure they have given you, today.

# DAY THREE: SMELL

## FABULOUS 6-DAY SENSORY RE-SET

*"A nose that can see is worth two that sniff."*

EUGENE IONESCO



As you notice a scent, close your eyes and really focus on what you are smelling. Can you associate a color with it? A memory? An inspiration? Stay with it until you can no longer actively smell it.



Pick up a lime and rub your nail on its skin. Smell it and close your eyes. Let images come up for you, without naming them. Where do you feel it in your body? What Essences comes up for you? Do the same with coffee beans or soap.



If you have a dog or cat, bury your nose in their fur. Don't judge or make words. Instead, feel the emotion of the smell. Now, smell the inside of your wrist. What comes up for you?



As you go about your day, pay attention to all the smells that come your way. Don't decide whether you like them or not but instead lean all the way into them, surrender. Take any opportunity to "smell more." Say yes to your nose.



Are there scents you are missing and would like to add to your life? What are they and why?



Before falling asleep, tell your nose that you are grateful for how much life it adds to your day.

# DAY FOUR: TASTE

## FABULOUS 6-DAY SENSORY RE-SET

*"One must ask children and birds, how cherries and strawberries taste."*

JOHANN WOLFGANG VON GOETHE



Place smaller pieces of food in your mouth at a time. Pay attention. Do they taste different on different parts of your tongue?



When sitting down to a meal, lower any surrounding sound, if possible. Dim the lights. Close your eyes as you chew. What are you tasting? Is it salty, sweet, exotic, familiar, floral, earthy, artificial?



Challenge yourself to taste something you typically do not enjoy (for me, it would be beets) and before putting it in your mouth, let go of the thought "I do not like \_\_\_\_." Just for a couple of minutes. Let go of the thought and then taste this food. Away from judgement but rather with curiosity. What are you discovering?



Now taste something which you typically love and decide to become more intimate with it. Close your eyes. Why do you love it? What does it remind you of or what story does it tell you? Linger a while.



As you brush your teeth, close your eyes and stop moving for a short while noticing the flavor of your toothpaste.



Before you go to sleep tonight, tell your mouth and tastebuds how thankful you are for them and all the pleasure they add to your life.

# DAY FIVE: TOUCH

## FABULOUS 6-DAY SENSORY RE-SET

*"Touch has a memory."*

JOHN KEATS



At first, feel things with your hands. Then with your palms. Then the back of your hands. A mirror. The wood grain of a table. A fruit. Your own face with your fingertips. Now try using your elbows to touch something new. How does it feel?



You can also feel with your whole body. How does this shirt really feel, against your skin? How about this lotion, as it glides on your legs or hands?



As you do the dishes, really FEEL the soapy water. Don't think about anything else for a few seconds. Close your eyes, don't talk. FEEL the hot soapy water on your hands. Does it feel good to rub your hands? To let the water run through them? Now as you dry your hands, how different do your hands feel?



Take off your shoes and socks and walk on the grass. Or the carpet. Or the tile floor. Close your eyes and allow yourself to become completely concentrated on the soles of your feet. Don't move at all. Now wiggle your toes. What words come up for you?



What do you miss touching? How do you miss touching? How can you amp up the touching pleasure in your life?



Before you go to sleep tonight, thank your body for being able to feel all the touches.

# DAY SIX: INTUITION

## FABULOUS 6-DAY SENSORY RE-SET

*"Our intuition is always talking to us.  
We may just have forgotten how to listen."*

LAURA LAVIGNE



Regularly ask to be guided. For me, it is really as simple as saying, singing, thinking or writing "Please guide me."



Pay attention to "the pebbles." These are your answers to your request of being guided. Follow them. Is your intuition telling you to pick up the phone and call this person? Or to turn left where you usually turn right? Or to stay quiet? Or read this book?



Write. Write your Morning Pages. Three pages, long hand, every morning. It does not have to be brilliant, it does not have to make sense. Just write. For more info on the Morning Pages, look up Julia Cameron's words about it. Your Morning Pages will both get whatever is in the way out of the way AND magnify your intuition's voice. Seriously, do them.