



ENGAGING THE SENSES

Our senses are the tools we use to perceive, explore, and observe our world. Like the feminine aspect of the tarot, they are receptive—through them, we take in the necessary information we need in order to act, react, and respond to our environment.

Pathworking is the psycho-spiritual process of coupling these senses with our imaginative faculties in order to bring an image to life. It requires a certain level of concentration, persistence, and dedication to get the most out of a pathworking journey, so I thought it would be a good idea to mindfully engage with our senses in the “real world” before we attempt to do so in the world of our minds.

For the following exercise, feel free to mindfully choose a location or to respond when you serendipitously find yourself in one that resonates. Try and do your best to list as thorough and specific as possible—the more deeply you’re able to experience your environment, the richer your experience will be.



If you'd like to be a little experimental, try depriving yourself of an extraneous sense or two when you're focusing on a specific one. For example, if you're focusing on sight, try covering/muffling your ears. When you're focusing on sound, try closing your eyes.

A) Out in nature: go outside to a specific location and spend some time observing.

What do you see?

What do you hear?



What temperatures and textures do you feel?

What do you smell?

What do you taste (this one's a little bit difficult—be creative!)?

How do you feel (emotionally, intuitively)?

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B) In a crowded space: go inside to a mall, bar, restaurant, or auditorium and spend some time observing.

What do you see?

What do you hear?

What temperatures and textures do you feel?

What do you smell?



What do you taste?

How do you feel?



C) Go to your favorite space and spend some time observing.

What do you see?

What do you hear?

What temperatures and textures do you feel?

What do you smell?



What do you taste?

How do you feel?



D) Bringing it Together

Which location provided the most intense sensory experience for you? Why do you think that is?

Which sense experience was most surprising to you?
Why?

Close your eyes and try to mentally recreate the conditions of one of the locations. Which sense is most difficult for you to imagine? Which is easiest?