



# Sensory Awakening Meditations

FROM THE VIGYAN BHAIKAV TANTRA

Each of the following meditations are pulled from the Vigyan Bhairav Tantra, a deeply esoteric text designed to reveal the ever-conscious, ever-glowing nature of reality. The treatise suggests that tuning into the subtleties of your body is your greatest tool in understanding the mysteries of the universe. Take your time with these because each one has a lifetime of wisdom to offer.

## SOUND

Allow the many sounds of a stringed instrument to enter you as one. Such is the nature of reality.

## TOUCH

Let gentle touch overtake your awareness. Feel the whole universe in your nerves.

## SIGHT

Gaze deeply into the endless expanse of the sky, and beyond into infinity.

## TASTE

Deeply savor and appreciate each bite of food and each sip of drink. Experience it as your whole being.

## SMELL

When a particular sense is heightened, let it become your whole being.

## INSIGHT

At the moment an intense feeling or experience arises in your body, awaken.

## WHAT DO YOU NOTICE IN YOUR BODY?

As you practice, notice. What is your body telling you? What do you learn from these ephemeral layers of your perception and reality? If you feel blocked or can't connect with yourself on this level, seek out support in the form of a teacher or guide.