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# Awaken Your Senses: Exercises for Exploring the Wonder of God

*J. Brent Bill, Beth A. Booram*

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**Awaken Your Senses: Exercises for Exploring the Wonder of God** J. Brent Bill, Beth A. Booram Perhaps you've been missing out. God has given us five senses and a brain with two sides. Yet we often approach God in one way only: through words that are analyzed and processed logically in our left brain. The right brain, however, is the creative, intuitive center--the place that connects most to our seeing, smelling, touching, tasting and hearing, and that roots experiences in our hearts in transforming ways. In *Awaken Your Senses,* longtime ministers Beth Booram and Brent Bill invite you to engage your right brain in your faith through sensory spiritual practices that position your heart for divine encounter. Readings and a variety of exercises that utilize your whole body lead you to experience God in new ways by

- *tasting* chocolate, words, matzoh, Scripture, forgiveness
- *seeing* the moon, wisdom, art, glory, your best self
- *touching* others, stones, prayers, rubble, Jesus
- *hearing* silence, music, pain, footsteps, the Spirit, the news
- *smelling* gardenias, life, salty air, home, healing oil, coffee

Teaching you to pay attention in love to your surroundings, Booram and Bill will help you open your eyes and ears and nose to a sensuous faith--one in which God can be experienced each day as we live and move and have our being. So whether you're weary, stuck, struggling, growing or on information-overload, the exercises and reflections offered here can bring refreshment--a cold drink of water, a gentle breeze--to your soul. Come experience God with all of who you are, and discover more of who he is.

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