Savoring Positive Present Moment Experiences

Savoring the good that exists in your life is pausing to notice, consider, feel, expand and remember the positive experiences you have throughout your days. These can be subtle experiences (e.g., the feel of cool air on your skin when you are hot) to more complex and prolonged situations (e.g., feeling love as your child talks to you).

Savoring is to relish in your moment to moment experience. To marvel at a sunset, to luxuriate in a shower, to bask in afterglow of completing a hard task, to linger in a moment of connection with another.

Savoring is to put your full attention on your senses and luxuriate in them. It is to move attention from thoughts about life (which is abstracted reality), to actually experiencing life in your senses and perceptions in the current moment (actual reality).

As your attention is on something inherently pleasurable or peaceful in the current moment, feelings such as joy, interest, heart opening, relaxation or connection may start to emerge. Savoring is to linger on these. To allow them to flower, blossom, emerge, grow. To give them some space and attention to grow.

Modalities you can SAVOR in are:

Taste (Wine, Coffee, Chocolate, Apple, etc.)

Smell (Flower, Ocean, Fresh Bread, Home Cooking, New Car, etc.)

Sound (Music, Waves, Children laughing, etc.)

Sight (A view, a painting, a sculpture, sunlight reflecting, a child etc.)

Touch (Warm shower, a soft sweater, covers etc.)

Human Connection (A conversation, non-verbals, a smile, a laugh, a touch, a kind comment, etc.)

Steps to SAVORING:

1) Put your attention on your senses during a positive moment. Allow your attention to rest on sight, smell, touch and hearing. Be in your senses.

2) As your mind gets distracted by thoughts, just as soon as you notice, with a gentleness and kindness escort your attention back to seeing, hearing and touching.

3) Soak in the experience through your senses. Experience the moment in your body. Just let yourself linger on your experience. Absorb the experience through your senses. Let it reverberate through your body.

4) Notice if any positive feelings arise in your body. Feel these feelings of contentment, enjoyment, relaxation, pleasure, and ease... Linger on these feelings. Allow them to expand in your body. Encourage them to enlarge and grow. Breathe in them.

5) Absorb the positive experience in your memory stores. When the experience is over. Reflect on it a few times in the minutes after. Touch into the experience again. Remember what the positive experience felt like within you. Strengthen your memory of it.

Time Frame: Set a time frame of how long you will practice savoring. Maybe 60 seconds, 5 minutes or 10 minutes at a time.

Learning to Savor is a process. You might not be able to do it well at first. It is a skill to be learned. Be patient and supportive with yourself as you are learning this new skill, like you would with someone you respect who is learning something new. When doing the savoring exercise, you will likely not be able to be present with an experience and Savor it for very long, you thoughts will move on to what you need to do next, you might have negative thoughts about your life, you might not feel any positive emotion in your body even when you do put your attention on the current moment etc… These are all par for the course. Your goal is to practice putting more of your attention on your senses during a positive experience than you usually do. And to also put your attention on any positive feelings you have about your sensory experience. Noticing the physiological sense of emotion at your throat, chest and belly. Breathing into and allowing any emotion to linger for longer. Recalling the memory of the pleasureable or enjoyable experience over and over to help the feeling state linger for longer. And that is it. As you keep practicing over time, your ability to savor and enjoy the positive experiences in your life will grow.