



SENSE RELAXATION

*Below
your mind*

Sensory Awakening is a method which can help bring you back to your senses: to quiet excessive thought, to release chronic tension, to enhance direct sensory-reality in the here and now. This process can show you how to allow greater sensitivity, feeling and awareness: aid you in letting yourself be more—your entire organism—open to the potentialities and possibilities with out/in you.

By Bernard Gunther

Photographed by Paul Fusco

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