

Come To Your Senses:
A Guide to Creation
Through Sensory
Immersion

Tia Delano

Come to Your Senses: A Guide to Creation Through
Sensory Immersion by Tia Delano. Published by Bronze
Butterfly Publishing and Media.

BronzeButterflyBooks.com

© 2022 Tia Delano

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law.

Disclaimer:

The information provided within this book is for general informational purposes only. While the author tries to keep the information up-to-date and correct, there are no representations and warranties, express or implied, about the completeness, accuracy, reliability, suitability, or availability with respect to the information, products, services or related graphics contained in this book for any purpose. Any use of this information is at your own risk.

The methods described within the book are the author's personal thoughts. They are not intended to be a definitive set of instructions. No part of this book may be reproduced or transmitted in any form of by any means, electronic or mechanical, including photocopying, recording or by any other information storage and retrieval system, without written permission from the author.

Table of Contents

Introduction

First Things First

Sight

Smell

Hearing

Touch

Taste

Senses and Shadow

In Practice

Conclusion

Dedication

This book is for all of the dreamers out there. You can have it all: I believe in you.

Introduction

When you start using senses you've neglected, your reward is to see the world with completely fresh eyes - Barbara Sher

Many of us have been told that getting everything we desire is unreasonable, and that we are limited in the goodness that we can create in our lives. We long for our desires and find ourselves craving the feeling. There's no feeling quite as fulfilling as getting the thing that you desire most. After spending days, weeks, months or maybe even years working towards a goal, that excitement that you experience upon reaching the goal can be euphoric and deeply satisfying, and completely unlike anything else you've experienced before. The heavenly feeling that comes from finally getting what you truly want is amazing. Reaching your goal feels incredible!

My pursuit of this incredible feeling led to the events chronicled in this book. In an attempt to co-create some awesomeness, I decided, at the end of 2018, that the next year would be the year of amazing

manifestations and abundance. As the ball dropped ringing in the New Year, I vowed that 2019 would be MY YEAR. New home, lots of money, incredible romance, unparalleled adventures . . . Yes, all of that in one year. No one can ever accuse me of lacking ambition!

And here we are now, in 2022, and ALL of it has come to pass. Whatever didn't occur in 2019, was quickly followed by the manifestation of it in 2020, and I spent the majority of 2020 and 2021 writing this book. It all happened, and it came quickly, even when I wasn't quite ready for it! And yes: I, like everyone else in the year 2020, had the COVID-19 quarantine and shutdown experiences. I saw so much pain and suffering, and I experienced the weight of the collective's sorrow. In many ways, that year was far more than I could have predicted or expected, and the events of the year absolutely affected my ability to see the bright side of things. With all that was happening in the world, it was a struggle to put my best energy toward the things that I desired. However, even with the fairly depressing energy of the coronavirus pandemic, I still was able to co-create all of

the things that I decided would be part of my 2019 and 2020 experiences.

How did I do it? I decided to go back to what I know works: I had to immerse myself into each of the things I desired. I started 2019 off by creating a vision board (my standard New Year Day ritual), but I wanted to up the ante. So after creating my board, I decided to take it a step further: I set out to engage my senses when approaching my goals. I successfully used each of my senses to actively "see", "hear", "smell", "taste", and "feel" my way into my desires. With all of my senses telling me that what I wanted was RIGHT HERE, in the now, it was inevitable that it would have to materialize in its whole and complete form in my physical reality. God/ Spirit/ Universe/ Source/ The field/ Whatever you call it would have to make it so, because I was giving the clear signal that these things belonged in my reality and, in fact, were already existing in my reality, though I couldn't touch them just yet. If this is confusing, never fear: I'll explain this concept a little more in-depth later.

The final result in my 2019 experiment is this: I got everything I desired into the 3D world, and in short order.

To restate what Neville Goddard so aptly wrote, feeling really is the secret. . . And the best way to feel something is to make sure that your senses are engaged. It can be difficult to deny what you're experiencing in your present, current reality. This difficulty is compounded when what you're seeing in your present reality is far removed from the lifestyle and experiences that you desire. The gap between the two circumstances can feel like the largest chasm you can imagine. However, you can take comfort in knowing that it's possible to use your senses to "bypass" the reality that you're experiencing, and you can use those same senses to leap into the reality that you desire and prefer. And yes, you can absolutely use ALL of your senses in any area of life, in order to make your dreams and aspirations more tangible. If it seems difficult to connect your wealth aspirations to your sense of smell, or your ideal career with your sense of taste, don't worry. This book will clarify exactly how to connect multiple senses to any one of your desires.

Be assured that everything can be experienced through one or more of our senses. The more senses you can engage, the better. The multisensory approach is so effective that most LOA teachers will mention it, but as far

as I know, only in this book does a “deep dive” into the specifics of using your powerful senses to accelerate your manifestations. In this book, we will talk about the ways that you can use these techniques for some of the most common desires that people have: money, success (which may or may not be attached to financial accomplishment), love, fun, good health, adventure, and more.

Are you ready to have fun creating your desires RIGHT NOW, using your senses? If so, then come on! Your dreams are waiting for YOU to come true.

Why this works

Law of attraction is a simple concept, and goes back to basic scientific principles that conclude that like tends to attract like. While we often proclaim that “opposites attract” (law of polarity), we also readily note that “birds of a feather flock together”. In nature, we notice that most animals travel in herds, packs and flocks, and these animals tend to travel only with their own kind.

Similar things tend to group themselves together. This concept, however, goes even further. Scientists have researched positively charged metal spheres and have

noted that, unlike the commonly held belief that opposite energies attract, under certain circumstances, objects with like energy can attract one another.¹

The concepts in this book discuss law of attraction but also bring in principles related to the law of assumption. According to Neville Goddard, the law of assumption works when we take into the feeling of already having what we want (assuming the energy, emotion, and reality of the desire fulfilled). By stepping into the assumption that all we want is already here, we can attract or create the desires that may be eluding us in the 3D. We can assume our way into our dream realities, if we use the law of assumption properly.

Whether we fully comprehend or agree with the science and lore or not, the results are fairly consistent: we attract circumstances and experiences that match our vibration, or energy. Also, it's a well-established fact that treating a thing as if it's already true will almost always bring it into our reality: dwelling on an end result (desired or

¹ <https://www.nature.com/news/like-attracts-like-1.10698>

undesired) can absolutely create that result in our worlds. What we know from physics is that everything is energy: quantum mechanics, in particular, goes in depth with describing how atoms and subatomic particles work, and how these building blocks of matter create the things that we can see, touch, smell, taste, and hear. If everything is energy, and all sorts of energy vibrate at specific "wavelengths", then we can attract what we want by "matching energy", or, we can use the power of thought to sync up with "wavelengths" that will draw the desired result to us.

As an important aside, it's key to remember that concepts such as "negative" and "positive" energy (or mindset) are relative, and there are other factors that could be at work in any scenario. After learning about energy, we may start reflecting on previous choices and overanalyzing those experiences to our detriment. Many times, we obsess over "why" or "how" something occurred, instead of changing our behavior and aiming for a different outcome in the future. In my opinion, it's best not to get too caught up on whether you actively or passively created the "bad stuff" in your life. Just keep in mind that whatever exists in

your life now can be changed, and you ALWAYS have the power to change it on some level. And small changes can be tremendously effective: don't underestimate the power of simply giving yourself some grace for prior missteps, as well as ceasing to allow someone's previous record of treating you poorly to color how you view yourself.

Also, it's important to avoid the "blame game" that can occur when you overthink why the "bad stuff" has happened to you: there are multiple spiritual, physical and energy principles at play in our lives at any given moment. We cannot control all of the natural laws at play every moment of our lives, nor can we control the natural laws being manipulated or disregarded by others. As humans, we can often be influenced by the energy of others around us, so it's key to not get overwhelmed with what you may or may not have done in the past. The past is over, and all you have is this current moment. The most important thing is changing things NOW. We want to get into the habit of checking our thoughts and energy, then pivoting when appropriate, so that we can start creating the behaviors and vibrations within ourselves that support what we want to experience today, as well as in the future.

This book will touch on some of the neuroscience behind the techniques being shared, because good science always deserves a spotlight. However, we won't dwell too long on brain science because successfully changing our realities goes beyond knowing the "why" and "how": action (application) will always supersede the untested theory. It's much more powerful to actually implement what is being discussed and see how it works for yourself. Staying stuck on theories and possibilities can be tempting, but the real power always comes through trying things for ourselves. Never forget: "action" is an integral part of "attraction". "Action" does not always require physical activity, but it does usually require a measure of energy, focus or attention. Taking the appropriate "action" goes a lot farther than simply understanding how neuroscience supports metaphysical theory.

The coolest part of all of this is, we can trick our minds into creating some amazing things for us. Principles of neural plasticity (also known as neuroplasticity) state that the brain isn't a "fixed" organ: it can change, adapt, and

completely rewire when needed.² By building new habits and creating new “memories”, we can train our brain to a new reality. Further, by training the brain to a new reality, we can see things around us starting to shift to confirm the reality that we’ve trained ourselves to believe. By the way, the brain can’t discern between a “real” memory and a “manufactured” one, so it is indeed possible to implant memories that acclimate the brain to the reality that you desire. This is why brainwashing attempts can be effective, and the resulting Stockholm Syndrome is real: the brain can be manipulated for better or for worse.

Nothing works better to help your brain along this path than to engage your senses while creating these new thoughts. Your senses activate different parts of your brain and interact with your nervous system. It’s been said that we have more than five senses, but this book will focus on the most basic of these. Your five basic senses - sight, smell, hearing, touch and taste - are how we interpret the world around us. So if we expose these senses regularly to stimuli

²<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.01657/full>

that indicate the life and circumstances that we prefer are already present around us, it stands to reason that we will start noticing our worlds changing into what we want.

Don't believe me? I'll include my own successes and the successes of others who have tried these methods to create their own desired reality. These examples may be anecdotal, but it's still worth knowing that someone, somewhere, has tried these same techniques and has succeeded. Consider these examples as a form of immersion, similar to how you might go to a foreign country to perfect your usage of a foreign language. If you study a language at home, you'll make progress and learn a lot. However, if you practice with a fluent speaker, your competency will improve greatly. And, if you ever decided to spend some time in a country where the majority of the residents speak the language that you're studying, you'll find that you get a much better "ear" for the language, and your ability to speak the language will be improved *if* you apply yourself.

You may, however, be wondering one crucial thing: what if you are unable to use one or more of these senses? If you are blind, deaf, anosmic (no sense of smell), ageusic

(no sense of taste) or hypoesthetic (no sense of touch, unable to feel sensation), then you are already keenly aware of how the remaining senses connect you to your world. There's no need to bemoan the loss of certain senses: we should simply focus on the senses that remain and leverage those to the best of our abilities. After all, the point of all of these exercises is to tap into the emotion behind our desires. Not to mention, it's well known that loss of one sense tends to create exceptional abilities in the senses that remain. But we're jumping ahead a bit: let's start off with the basics.

First Things First

When it comes to using your senses to amplify or speed up your desired manifestations, it's important to have one major factor established before you start:

Clarity

The importance of clarity can't be stated enough. The problem with most people's manifestations is not that they don't have a strong desire, but that they do not have strong clarity. The reason that clarity matters is because clarity provides instruction for the energy that you're manipulating. And let's be clear, you are manipulating energy. This manipulation is not sinister or even what most would consider occult-ish, so you can relax. We manipulate energy every day; we obey natural laws and live a life according to unseen but well understood rules. Respect for these rules is how most of us have been operating our entire lives, whether we were conscious of it or not. For example, most of us respect the law of gravity and therefore we don't drop fragile objects onto hard surfaces while hoping that the law will fail "just this one time". Instead of trying to force the rule of gravity to operate differently from how nature intended, we move our hands, arms and the rest of our

bodies (manipulation of physical energy and focus) in specific ways while holding fragile objects, in order to prevent the object from falling and breaking.

To expound further on the fragile object example, it takes physical energy to pick up the item, and mental energy to remind ourselves to be careful so that we don't drop those objects. We manipulate different types of energy in order to avoid breaking a fragile object. Likewise, we respect the natural laws that state that water that has reached 100 degrees Celsius (212 degrees Fahrenheit) is too hot to be touched by our bare hands. But, we manipulate our physical and mental energies to protect ourselves when handling boiling water, by using oven mitts and being mindful not to splash the water near ourselves or anything that may be damaged by the heat.

We are made of energy so it makes sense that we are manipulating it constantly. Energy is neutral, just like gravity and atoms. It's our influence that can make it "bad" or "good", and even that is subjective. What one person interprets as a "good" usage may be unthinkable for someone else: this is why it's important to step into this journey with an open mind and as little judgement as

possible, both towards yourself and others. Once you start studying these concepts, you'll become keenly aware of how others use their energy, and you may not agree with their choices. As you become mindful of your own energy usage, it can become easy to blame other people for their refusal to use their energy in a wiser way. Remember, they are on their own journeys, and the best thing you can do is continue to focus on your own self and improve things within your control.

That being said, you must be very clear when setting an intention for what you desire. The reason that clarity matters is because you may somehow get a version of what you requested and it may still fall short of your expectations. It's the difference between stating that you want a red sports car and stipulating that you want a 1975 red Corvette Stingray with black leather interior, low mileage and any other bells and whistles you desire. Clarity ensures that you get exactly what you want, as you envisioned it. Clarity also makes it possible to side-step the "settling" that often occurs when we get close to our desires and decide that what we're seeing is "good enough". This is crucial when you've been fostering a desire for a long time. The weariness

that comes from getting “close” but not quite there can make us want to “settle”, but if you’re clear on what you want, you’re less likely to stop as soon as you get a little tired.

Most of us shy away from stepping into clarity because being clear is often misinterpreted as being too particular, picky, or having unrealistically high standards. Nothing could be farther from the truth! When it comes to manifestations, it is extremely important to be clear on what you desire so that you can get what it is that you want and you don't have to start all over again because your unclear ideas gave God/the Universe/Spirit/Source/the Field/Whatever you call it an improper instruction.

Let me state this one more time (for clarity, of course): if you don't give the Universe/ God/ Spirit/ Source/ the Field/ Whatever you call it a clear instruction, you may end up getting less than what you wanted and you end up having to go through the manifestation process all over again! This is the problem with “settling”: rarely does it result in long-lasting satisfaction. Settling for “good enough” typically leaves you feeling unfulfilled, so it's best to get clear and stick to what you really desire. Many people understand

this lesson well after they choose careers that are uninspiring, spouses that aren't as satisfying as they desire, and lackluster life experiences that seemed like a good idea at one time but left them feeling bored and restless. "Settling" doesn't create happiness.

There are some instances where going general is fine. Different emotional states are usually best manifested by remaining non-specific about how these things show up in your life. For example, when trying to create emotions like joy, satisfaction, or love, keeping a broad perspective can be great for "swinging the doors wide open" to what you desire. If you want something general, like sustaining a particular mood or improving your health, then by all means keep a general vision.

However, if you want something specific, then going specific is a must. The more specific, the better when it comes to manifesting tangible items.

Here's a caveat worth injecting: remaining extremely specific when manifesting romantic partners can be frustrating. Many times, extremely specific desires when it comes to relationships are misguided because the list of

“must haves” and “nice to haves” get conflated. When it comes to this, using your five senses to manifest a partner will be especially useful.

Focus on how you will feel when you’re with your ideal mate, instead of focusing on the visible attributes only. Note that this isn’t the same as “settling”: you’re still focused on what you really want, but remaining open to receiving something even better than you could imagine. Unlike tangible items (such as a certain amount in the bank account, a dream home, or a goal body weight), humans are dynamic and multifaceted, so getting clarity should be more centered on the emotions you want to feel with your ideal mate. Clarity \neq inflexibility: be clear but be open to something better being delivered to you.

Before going any further, pull out a notebook or journal, and write down all of the things that you want, with as much detail as you can. Don’t just say, “new house”: write down what kind of house, what neighborhood it will be in, how much it will cost, all the features that you need included in your home, etc.,. If you desire a partner, write down all of the crucial values this individual will have, the nature of your relationship, and what attributes this person possesses that

make you feel in love with him or her. If you want money, write down how much, how soon you want to have it, and how you'll spend it. Take your time and write out all of those desires.

Once you've finished writing your desires, devote one page of your journal to each one. Simply write the desire at the top of the page, leaving the page blank until you go through each chapter. As you go through this book, go back to those pages and write down how you will use each of the senses to tap you into your desire. This will help you stay focused on how you can easily tap into your desires at any time, using the power of your senses. It'll be helpful to have a list already prepared for those days when you really want to immerse your senses in your desire and you can't remember what brilliant ideas you had when you first went through this book.

Secondly, along with clarity, keeping a light and fun energy is crucial to creating what you desire. It can be difficult to stay light and unattached when you desperately want something in your life. In fact, this step is often harder than getting clear: understanding how to clearly spell out what you want is one thing, but trying not to obsess over it

or micromanage the process is another issue. But the best way to keep it fun is to make a game out of manifesting (there are lots of ways to do this, and we'll be discussing those throughout this book). Making a game out of the process keeps you from getting frustrated when things don't come as quickly as you'd like.

Frustration can mess up your manifesting game so quickly! It's easy to get upset when you don't see things happening as you'd hoped. The biggest key is to focus on what you want instead of being consumed by what's happening currently within your life. Everything happening now is temporary: the point of this book is to take you from your current experience to your desired lifestyle. As you go along your journey, it gets easier to focus on what you want as opposed to focusing on what is in your world currently (your current reality).

If you're ready to start your journey, then read on! We'll discuss sight as the first sense that you can use in your plan to create the life of your dreams.