

## Week 41 Practice

Resurrecting our passions requires a lot of motivation, not because *they* are inert, but because we *human beings* are inclined to inertia. So far, in these weeks of living, we've begun to acknowledge the passions hibernating within us, and we've begun to cultivate some constructive despair about allowing them to remain dormant. But most of us will require a little more motivation than that. In this week's exercise we are going to cultivate that healthy sense of urgency, not by becoming more aware of what we *aren't* living, but by becoming increasingly aware of what we are *already* living, and how precious this one-chance life really is.

Here's your challenge:

Live each of the next five days as if you're about to lose one of your senses. Each day, choose a different sense. Throughout the day, notice beautiful and treasured things you would not normally pay attention to. Write them down. Each day, keep a list.

Lose your senses and then let it make sense of everything else. Let it remind you that life is messy and rotten and tedious and painful, but also a beautiful gift to be seen and smelled and heard and touched and tasted and treasured. No matter how many days you have left, your time is short.

Don't miss a thing—especially the resurrection of your truest self.