

Sub-modalities: The Five Senses

Perhaps the foundation is, simply enough, our five senses. Each of us takes in the world around us through our five senses: seeing, hearing, feeling (both tangible and emotional), tasting and smelling. Everything and anything we think about in life, and the resulting beliefs and attitudes we form, can be based on what we receive and then interpret through these sub-modalities. Taking it a step further, with the entirety of our life experiences encapsulated in our memories as we experienced them through our senses, we can *recreate* those experiences in our minds, alter them if need be and thus gain tremendous power over our thought patterns, beliefs and ultimately the outward manifestation of such through our capabilities and achievements. The way you structure these representations in your mind determines how you will respond.

Try a basic experiment. Picture someone in your mind you hold very dear to your heart. Now, in your mind's eye, enhance and intensify the colors of the image and observe how you respond. What happens when you turn up the volume of what has been said? What about if you visualize the image in shades of gray instead of color? For most people, "turning up" the colors or sounds also intensifies feelings, while turning them down diminishes those feelings. Cultivating your ability to fine-tune the way you perceive things, or the way your mind represents things, can be used to make powerful changes in your life. Once you realize that you can, in essence, create your world, you also realize that you also have the power to change it.

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