

Why Enjoying God-Given Pleasures Is the Key to Overcoming Your Illicit Desires

In my last article, I discussed three ways you receive joy from your physical senses. Today, I want to talk to you about two more.

Audio

The fourth sensory pleasure we want to discuss is audio. Audio also runs in both directions. For some, hearing is an incredible pleasurable experience. These people love to hear different sounds from concerts, classical music, jazz, nature sounds, almost anything.

The audio-sensory pleasure person has almost an audio palate much like the taste-sensory person. They need to experience some form of sound. Even if the sound is silence, they can hear it.

Most of us know an audio-sensory person. They are the people with the really expensive stereo equipment. Although some of us can't appreciate the difference between a \$100 and a \$1000 speaker system, to them it is the difference between life and death. They really drink from sound like all the others drink from their particular sensory pleasures.

Those who give the pleasure of sound have touched many of us. Who hasn't seen a musician or singer just play as if it were their heart they were giving away in their performance? It touches you, and for some, it deeply impacts their soul in a pleasurable manner.

Audio sensory pleasure also comes in the form of giving and receiving words. Some receive real pleasure with hearing others talk. They are amazed and deeply moved by a great communicator. They are there with the word pictures and empathetically feel the message and meaning at more than just a verbal or content level; they really “get” what the communicator is saying.

The audio-sensory person needs to be celebrated just like those who follow all the other sensory pleasure paths. Again, as you understand the various paths to pleasure, you also have the opportunity to celebrate the ones that are not your primary sensory pleasures more fully with others who are blessed to drink more fully their pleasure from them.

Smell

The last of our sensory pleasure zones is smell. Oh, the aroma! For some, smells are deeply enjoyable. Of course, we think of the person who inhales the aroma of flowers as if they were drinking in the flavor, and just like a massage, it touches their soul.

When you think of the billions of dollars spent on smells, it's amazing. Just think of the perfumes, scented antiperspirants, hairsprays, shampoos, air fresheners, car fresheners, incense and whole stores dedicated to scented candles.

Aromas are everywhere. Some people really derive pleasure from fragrances. Everybody loves it when Grandma cooks: the smell of the meal, the desserts. It's as if you can taste every last smell in the house.

These people love to smell their food, smell their environment, and even smell the people round about them. Yes, people have smells, and the aroma- sensory pleasure people can breathe in a person as well as hear them and see them. Of course, if you are not a fan, you won't much understand that.

They drool over scented candles like newborn babies; no two are alike, and all are wonderful. This person can't walk by a cologne, perfume, bath or candle shop or area of a store without stopping for a whiff. And you won't just hear, "oh, that's interesting," no, no. An individual pleased by smell will say, "That's incredible; smell this one honey." Similar to all the other sensory pleasures, they want everyone else to also enjoy not only what they are enjoying, but also to enjoy it just as deeply as they are. The aroma sensory person is lit up like a Christmas tree as they talk you into another fragrant purchase.

These sensory pleasure zones are all familiar to us. Even just discussing them so far you probably have gained some insight into yourself and a few other people you know. I know because I laugh as I think through some people I have known as I go through these various sensory pleasure zones.

There is joy in discovering the unique value of your own pleasure zones, and there is joy in honoring and valuing the pleasure zones of those around you. Believe me, as you get good at detecting pleasure zones, you will be able to identify them in your friends, children, parents, coworkers and spouse.

Once you uncover the zones of others, you will find yourself engaging in more positive supportive conversations of those with different zones than your own. The golfer and the sky jumper can support each other on Monday as they both individually express their own responsible pleasure zones.

I hope you are enjoying identifying primary pleasure zones, and I heartily welcome you to the pleasure zone lifestyle.
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