

Visual Perception

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Being able to see, smell, touch, hear, and taste are gifted abilities that are bestowed upon humans ever since we were born. Not only do we interact with the world by using these abilities daily, as we also improve the skills to express feelings when we practice using them. But what if one day you only get to choose one sense to live for the rest of your life?

For someone who likes photography, being able to see is a necessity. Our world is filled with an extreme variety of colors, shapes, and patterns and this is where our eyes take an important part in receiving the details. George Bemanos, a well-known French author and WWI soldier once said; “Little things mean nothing but they give peace, like those meadow flowers which individually seem odorless but altogether perfume the air.” How many times when you are in a hurry have you overlooked the setting sun as it paints the sky purple and pink? The majestic colors lost in the moment as you text your friend that you are running late. We often say that our eyes are the windows to the soul and it is undoubtedly true. They not only enable us to see into another person's soul, they also vital in how we view the world around us. Being able to notice the little details in life allows you to connect with the surroundings and help maintain the sharpness of our mind. When taking in the nuances of life, such as the leaves dancing on a wall when the sun shines through the window or the

ripple of water as the wind grazes over it, brings beauty and connection into our lives.

Noticing wakes you up to the moments of your life and gives you permission to slow it down. Not all pleasures in life have to be bought. Simply sitting under a tree for a few moments can give you back the freedom to daydream and to reconnect with the many gifts in your life. If we start appreciating the things around us and maintaining a positive attitude, we might as well create a harmonious society and furthermore build a peaceful world where everyone feels grateful for living and gives us value to what has been surrounding you all along.