

# podcast

Hello and welcome to this very first episode of Pockets of Pleasure.

I'm Techla, also known as The Sensory Coach and I'm really looking forward to being your host on these little audio adventures.

Before we dive into this week's content I want to take a few moments to tell you the story of how this podcast idea came into being.

Many, many moons ago I worked for British forces radio. I was absolutely adamant that I would NEVER be heard on air, despite being told that I had a great voice for radio. Fast forward eh hem 30 odd years and, after exchanging voice messages with a couple of friends, they told me that I should start a podcast. I thought this was hilarious, but these sneaky ideas have a way of getting in under the radar and setting thoughts in motion.

I'd been struggling with the lack of creativity in my life, wondering how I could reignite that creative spark I'd always had right from being a small child. Over the years I would be consumed with the need to make something, I'd always called these my creative urges, and was fascinated when I discovered that this aspect of my self is part of my Sparketype - I'll pop a link in the show notes so you can discover yours, it's very enlightening).

As I was pondering all of this I had a vision of the coat from the stage show Joseph and the amazing technicolour dream coat. But rather than the colourful patches just being pieces of material, I saw them as pockets. Not only on the outside but on the inside too - rather like one of those old pickpocket coats, if you've ever seen one.

It started me thinking about how I could weave little pockets of creativity into my life, adding little bursts of colour into the grey monotony of the groundhog days we've all been living through. I'd been doing a photo version of this for years on Instagram calling it Tech's Moments of Pleasure, after one of my favourite Kate Bush songs (I'll pop the video in the show notes for you).

All of these thoughts were obviously swirling around in my brain until, like one of those pop up suction spring toys you might have had, if you're as old as me... the idea of pockets of pleasure, rather than pockets of creativity, sprung up in my thoughts as a solution, but of course my brain wouldn't let it rest there, oh no, this podcast challenge kept nagging away at me too.

And then there was the added anxiety of my rapidly approaching 50th birthday...

The thought of turning 50 has not sat well with me, all the things I haven't achieved, the regrets of not being brave enough to try things that deep down I really wanted to do, has weighed heavy on me as this birthday loomed. But something snapped me out of the 'woe is me' state of mind and replaced it with a 'what's the worst that can happen?' attitude.

So here I am, releasing my very first podcast on my 50th birthday.

It feels great to finally be conquering the fears of my 16 year old self whose deep seated trauma has informed so much of my adult life,

One of the things I've learned, over these 50 years, is that sharing things that've helped me with people who might find them useful, is one of my greatest pleasures. This podcast then marks a turning point in my life, a shift in how I move through the world, and I very much hope it will offer you, the listener, something of use and value for your own life's journey.

Ok, now you've heard the backstory, we'll have a quick musical interlude before getting into the juicy details of pleasure!

## **MUSIC**

Welcome back, let's dive straight into pleasure and how pockets of it can enrich our lives more than comfort ever will:

What are pockets of pleasure?

pockets of pleasure are micro moments of deep connection to our sensory experiences.

I'm going to say that again:

pockets of pleasure are micro moments of deep connection to our sensory experiences.

If we think about pockets we know that they are flexible containers that come in all shapes and sizes. They can hold many things - from keys, coins and phones to the daily detritus of tissues, receipts and sticky sweet wrappers. But, they can also be a holding place for gathered treasures, pretty stones, shells, seaglass, feathers, pine cones - a whole multitude of offerings.

Whatever the size of pocket and however much they can hold, they all serve a purpose, and it's our attention that decides whether that purpose is mundane or sacred.

It's the same with joy, delight and pleasure - feelings that last for just a fleeting moment are just as life affirming as ones that last much longer.

If you want to enjoy longer interludes of pleasure, catching, honouring and revelling in those fleeting moments, the micro pockets, is the path that will lead you there.

We're built to experience pleasure but our modern lives have confused us and persuaded us that comfort is what we seek.

But comfort makes us soft, it encourages us to stay where we are, safe and coddled, ultimately though, comfort leads to stagnation, as our vitality slowly drains away we no longer have the energy or desire to seek out deeply nourishing experiences of pleasure.

It's been said that everything worthwhile happens outside of our comfort zones. I believe our comfort zones, when used strategically, give us the freedom to stretch into and explore what brings us pleasure, offering us a resting place to assess and review our forays into the fields of discomfort and pain that are often part and parcel of the landscape of pleasure.

We're encouraged to seek balance in our lives, but balance is an unnatural state of inertia, it's the centre point of the seesaw, and who wants to sit there when the fun is had at either end with the ups and downs, the highs and lows?

Comfort is that centre point between pleasure and pain, it's the no man's land of our days.

Glennon Doyle describes life as being brutiful - both brutal and beautiful - it's that duality of experience that affords us the joy that comes from our pockets of pleasure. Whilst we might think enduring comfort trumps fleeting moments of pleasure, it really doesn't.

We quickly become acclimatised to comfort, it dulls our senses to such an extent that we can forget to feel what living really means.

Seeking out our pockets of pleasure reminds us that we're alive and that life is worth living.

As I said, comfort is a great resting place, somewhere to catch your breath, regroup, a safe space to reflect and assess your experiences, but it's not somewhere to linger too long as, before you know it, it can turn into the quicksand of monotony.

There's a quote from *The Alchmyst* by Michael Scott that has been the inspiration for my work as The Sensory Coach:

Magic is really only the utilization of the entire spectrum of the senses. Humans have cut themselves off from their senses. Now they see only a tiny portion of the visible spectrum, hear only the loudest of sounds, their sense of smell is shockingly poor and they can only distinguish the sweetest and sourest of tastes.

It's a theme that we'll revisit many times in these podcasts.

Ok, there's been a lot of talking so we're going to take a quick musical break.

When we come back we'll dive into this week's pocket challenge, but for now why not have a go at this quick exercise during the break?

recall some of the best moments of your life and see how many came out of a place of comfort.

See you in just a minute.

## **MUSIC**

Welcome back. How did you get on with that little exercise? I'd love to know so do leave me a comment or post on instagram - you can follow me @thesensorycoach and tag me or use the hashtag [#TSCPockets](#)

Okey dokes let's get on to this week's ...

## **Pocket Challenge**

I want you to set yourself a timer to go off 2 or 3 times across your day, then when it goes off, simply stop what you're doing (so long as it's safe to do so of course!) and notice what your external senses are picking up.

For instance, if you have functioning vision, what do your eyes rest on, is it pleasing to you? If not, move your eyes to something that is. notice how that pleasure feels in your body. Linger for a moment in that feeling, allow yourself to enjoy it, appreciate the gift that your sense of sight has given you. That's a pocket that now contains a little treasure of pleasure. If you want to, work through your other senses in the same way, or maybe wait until the next alarm and savour the

anticipation of what the next sense you explore will uncover.

If you can get into this habit of anticipation you'll increase your experience of joy and pleasure even more. Why? Well, studies have shown that the thrill of the anticipation of a self activated experience outweighs any disappointment with the experience itself. Having something to look forward to increases our pleasure chemicals even more than the actual thing itself!

I don't know about you, but I'm now thinking about the scene from the Rocky Horror Show where Frank n Furter says to Brad and Janet 'I see you shiver with anticip ..... aaaa..... tion'. And they're hanging in his every syllable! I'll embed a video in the show notes in case you've no idea what I'm on about.

To recap, your challenge, should you choose to accept it, is to weave some brief moments of sensory exploration into your day, and for bonus points, add in some anticipaaaaaaation!

Next week I'll be delving into why Pockets of Pleasure ISNT an invitation to unrestrained hedonism, how to engage your inner senses in the search for pockets of pleasure and the importance of self compassion.

Thanks so much for taking time out of your day to listen to this very first episode, and please do let me know how you get on with the challenge in the comments or over on instagram @thesensorycoach

May your week have many pockets of pleasure!