

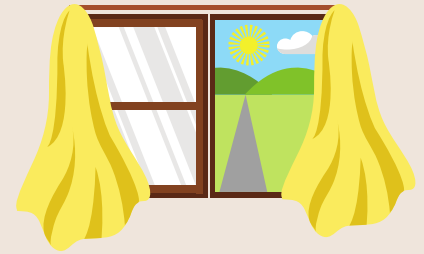
Mindful Seeing



This exercise requires only a window with some kind of view. Or you can practice it outdoors.

Step 1

Find a space with a window where there are sights to be seen outside.



Step 2

Look at everything there is to see. Avoid labeling and categorizing what you see outside the window; instead of thinking “bird” or “stop sign”, try to notice the colours, the patterns, or the textures.

Step 3

Pay attention to the movement of the grass or the leaves in the breeze. Notice the many different shapes present in this small segment of the world you can see. Try to see the world outside the window from the perspective of someone unfamiliar with these sights.

Step 4

Be observant, but not critical. Be aware, but not fixated.

Step 5

If you become distracted, gently pull your mind away from those thoughts and notice a colour or shape again to put you back in the right frame of mind.

