



5 MINUTE SEEING EXERCISE

Stand or sit by a window.

Pay attention to the sights you can see through the window.

As best you can, let go of the categories or labels you normally use to make sense of what you are looking at: rather than viewing elements of the scene as trees, bushes, cars, pavement, fence, sky, clouds, or whatever, simply see them as patterns of colour, shape, light, shadow, movement or stillness.

If you notice that the mind has started to 'think' about what it is seeing – automatically naming objects, or perhaps making connections with memories or concerns, just acknowledge this, and then, as best you can, return to simply 'seeing'.

Allow the eyes to linger in one place for a while, rather than darting between different things in quick succession.

Practice like this for five minutes or so, before carrying on with your next activity.