

The ppreciation Project

APPRECIATING THE SURROUNDINGS: how to look through the same window and see other things?

Context: This practice is useful to get us out of our minds and bring us back into the present moment. It inspires us to look outside and find other sources of beauty and support. Also help us to detach ourselves from thoughts of anxiety, suffering or worry, broadening our presence and our horizon

In which situations can you make use of it: It can be used at times when we are too focused on a repetitive thinking pattern or stucked in a problem without finding a solution. It helps you to gain perspective and further see what lies ahead.

How long should the practice last: Preparation: 3 minutes of body reconnection. Practice: 5 minutes (you can repeat more than once a day).

Instructions: Sit in a location near a window that allows you to see outside. Reconnect with your body and settle down comfortably and upright. Feel your feet on the floor, your knees, then breathe a few times, moving your attention calmly through your body until you reach the top of your head. Open your eyes, look out the window and observe for 5 minutes. Observe the light, the colors, the movement, the wind, the people. Pick a spot to fix your attention - a tree, a pole, a sign. Note the point in space you have chosen and connect deeply with it. See the beauty of its forms, the uniqueness of its expression, the diversity of its colors, the unique presence that only this element that you dedicated your focus to has. If you want to expand your look even further, repeat this movement and focus on another 2 or 3 points of attention.

Self-observation: Notice how your breathing, body, and tension levels change as you shift focus. Notice which feelings come up when you realize there is "life out there."

Journaling: What did you discover today around you that you didn't know existed? What is uniquely beautiful about what you noticed? Or unsettling? Or innovatively curious? What benefits did you gain by redirecting your attention during those 5 minutes?

Cognitive Practice
Interpersonal Practice

