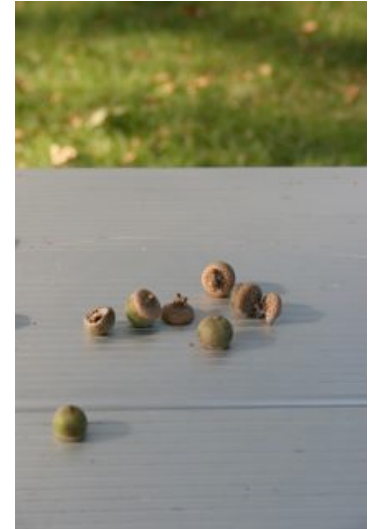


Mindfulness of Things

Things and objects surround us. Now, for example, you might be in a room with a chair, light, computer, window, carpet, and pictures. Typically, we tend to gloss over the details and nuances of things in our lives, primarily to make life simpler.

This exercise involves bringing your attention to focus on a single object. You will describe the object based on what you see visually and what you feel from your sense of touch. Plan to spend about 5 – 10 minutes of uninterrupted time for this exercise.



- Select a small object that will be the focus of your attention. It should be something that you do not have strong feelings about, perhaps a pen, watch, or an acorn. A photo of your “ex” or a beloved pet or anything else that stirs up emotions (whether “positive” or “negative”) won’t do!
- Without touching the object, first explore it visually. Describe what you see in ways that refer to the inherent qualities of the object, not judgments of interpretations. “Small,” for example, is a judgment, while “about one inch in diameter” is a more objective description. You might imagine that you are describing the object to someone who cannot see it.
 - What does the surface look like?
 - What is its shape?
 - How does the light illuminate its surface?
 - Is it straight, curved, or some combination?
 - Is it shiny or dull?
 - Are there shadows across it? Any reflection on its surface?
 - What color(s) and shade(s) does it have?
 - Does it look smooth or bumpy?
 - Does it look soft or hard?
 - Does it look wet or dry?
 - What else can you see about it?
- Now take the object in your hands. You might want to close your eyes in order to focus better on your sense of touch. How does it feel as you hold it in your hand and run your fingers across it?
 - Is it hard or soft?
 - Smooth or rough?
 - Sharp or dull?
 - Rigid or pliable?
 - How much does it weigh?
 - What is its temperature?
 - How does it feel different in different parts?
- After the exercise, take a moment to reflect on your tendency to hold onto or reject certain emotions. Did it work? How did it affect your experience of the emotion itself?