## WORKSHEET 12.1 A CLOSER LOOK

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Name	Date	
This exercise will help you to gain practice in us to live more fully in True Self by helping us to them to ourselves. In this exercise you will obse	o observe our own inner dialog	s and to describe
INSTRUCTIONS  You may wish to purchase a Hula Hoop™ or si Weather permitting; go outside on the lawn in you have a toy hoop, place it on the ground in don't have a hoop, mark off an area about 3 circle, or by just using your imagination. Now i that hoop. See yourself as an artist, about to part that hoop. See yourself as an artist, about to part that hoop is to notice how no two blades are different. Each slightly different color, texture, and shape. You is it? Is it fine or grainy? Do you see any insects are they doing? Are there any stories unfolding what you see before you for at least ten minus smell, taste, and feel as you sit on the grass. We	a park, your backyard, or other front of you, and sit down on feet in diameter with a rope, magine that the entire world is aint or draw everything you sees, but as you pay more attention is pointing in a different direction may notice the soil beneath as in the little world you have cred in your little patch of grass?	er natural area. It the grass. If you or by drawing a contained within inside that hoop on you may begin ion, and each is a swell. What color eated? If so, what of Pay attention to at you see, hear
RESPONSE Write a description of what you saw in the gr time" to "and they all lived happily ever after. the section below. What story did you see unfo to write your story.	" Imagine you are now docume	enting the story in