A Closer Look

Name: _____ Date: _____

This exercise will help you to gain practice in seeing nature as a metaphor. These skills help us to live more fully in True Self by helping us to observe our own inner dialogs and to describe them to ourselves. In this exercise you will observe and describe an experience in nature.

INSTRUCTIONS

You may wish to purchase a Hula Hoop™ or similar toy before trying this exercise.

Weather permitting, go outside on the lawn in a park, your backyard, or other natural area. If you have a toy hoop, place it on the ground in front of you, and sit down on the grass. If you don't have a hoop, mark off an area about 3 feet in diameter with a rope, or by drawing a circle, or by just using your imagination. Now imagine that the entire world is contained within that hoop. See yourself as an artist, about to paint or draw everything you see inside that hoop. At first you may see nothing but blades of grass, but as you pay more attention you may begin to notice how no two blades are different. Each is pointing in a different direction, and each is a slightly different color, texture, and shape. You may notice the soil beneath as well. What color is it? Is it fine or grainy? Do you see any insects in the little world you have created? If so, what are they doing? Are there any stories unfolding in your little patch of grass? Pay attention to what you see before you for at least ten minutes. Shift your attention to what you see, hear, smell, taste, and feel as you sit on the grass. When your time is up, write your response below.

RESPONSE

Write a description of what you saw in the grass. Think of it as a story, from *"Once upon a time"* to *"…and they all lived happily ever after."* Imagine you are now documenting the story in the section below. What story did you see unfolding in the grass? Use extra paper if necessary to write your story.

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