PSYCHOLOGY · EMBODIMENT · EXPRESSION

A Small Encounter *with Beauty*

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An invitation to meet one ordinary detail with a little more attention.

Choose any sense available to you. You can imagine, skip a step, or stop whenever you wish.

1. Find a small beginning.

Let your attention settle on one thing nearby: the curve of a cup, a patch of color, a familiar texture. Choose something easy to be with. You can also remember a place or object you enjoy.

2. Stay for another moment.

What becomes noticeable when you linger? An edge, a shadow, a change in temperature. Let the detail be as ordinary as it is. There is no particular feeling to find.

WHAT DREW YOUR ATTENTION?

WHAT SURPRISED OR MOVED YOU, IF ANYTHING?

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Let an image arrive.

3. Let it suggest an image.

If this detail belonged in a poem, what might it become? A doorway, a small sun, a resting place. Use your own image, or simply stay with what is there.

A FEW WORDS, A SHAPE, OR A SMALL DRAWING

4. Carry a little of it with you.

Choose one word for what you noticed. You might write it down, sketch a shape, or leave it quietly unnamed. Let the rest of the day come back into view.

A WORD OR IMAGE TO TAKE INTO YOUR DAY

For creative reflection and personal exploration.

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