PSYCHOLOGY · EMBODIMENT · EXPRESSION

The World, *a Little Closer*

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A quiet exploration of the small ways the world reaches us.

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

1. Choose a way to listen.

Notice a sound that feels comfortable to attend to. It might be distant, familiar, or very small. If sound is unavailable or unwelcome, choose a texture, a vibration, or something you can see.

2. Notice its character.

Is it steady or changing? Close or far away? Soft-edged or distinct? Give it a moment without needing to explain it.

WHAT DID YOU NOTICE?

WHAT GAVE THIS DETAIL ITS CHARACTER?

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Make room for the world.

3. Make room for a second detail.

Let another detail join the first: the contact of clothing, a change of light, the shape of something nearby. You can stay with one sense throughout.

A FEW WORDS, A SHAPE, OR A SMALL DRAWING

4. Return in your own time.

What would you remember from this small encounter? A word or image is enough. Turn toward whatever you would like to do next.

A WORD OR IMAGE TO REMEMBER

For creative reflection and personal exploration.

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