



Open Awareness Practice

DAY 4

In today's practice take a few minutes to go for a walk somewhere nice where you can enjoy. While you are walking do it with open awareness and by staying connected to your breath.

Be aware on how the colours, shapes, sounds and smells make you feel while you are outside. Try to identify them all and without judgement. If a negative feeling comes to you reflect on it.

If you can not go outside then walk around the house or your office and keep your mind and heart open to all the things happening around you.

Journaling

- What were the things you notice the most?
- How did those things make you feel?
- Was there a particular feeling you would like to write about? If so do it now.
- What impact might this open awareness practice bring to your day or your work?
- Was there anything surprising to you?