



Mini Project No.1 : Flowers

This Mini-Project is an invitation to practice mindful awareness as you go about your normal day-to-day life. This practice can be done for just 1-2 minutes a day, or more if you choose. The invitation is to do this practice for seven consecutive days or longer if you wish.

- Buy or pick some flowers that appeal to you
- Put them in a place where you will see them often
- Each time you see them, stop for a moment to appreciate their beauty. This might only be a few seconds, but you will get the most benefit if you do it for at least 1-2 minutes.
- I invite you to set aside some time every day to do this for at least one minute, more if you can.

As you look at the flowers:

Take a moment first of all to notice your breathing and feel your feet on the ground. This is to help focus you on being in the present moment. You may notice your mind trying to distract you with thoughts about other things. When this happens, you can say to yourself something like "I'm focusing on the flowers right now" then just re-direct your attention back to the flowers. Look at the flowers as though you've never seen flowers before. Look at them as though for the first time.

You might notice:

- the intensity or subtlety of the colours
- the different parts of the bloom
- the way the bloom sits on the stem
- the delicacy and/or robustness of the flower(s)
- the fragrance
- each individual flower
- the effect of several or many flowers together
- how the sun or level of light in the room effects them
- how do you feel as you look at the flowers? Do you feel uplifted, in awe, sad, happy, something else?

As you the flowers begin to fade and die, watch nature at work, how everything that lives eventually fades and dies. Do you see beauty in this? Or is it ugly? How do you feel as you see the flowers fade? How is it to know you can buy more flowers?

You might wish to make a note of how you feel doing this exercise and the impact it has on you. What did you learn? Is there a new intention or practice you would like to add to your routine?

I hope you find this a useful practice. I would love to hear how it affects you. You would be welcome to post your reflections on the [Big Soul Work Project Facebook page](#).

For more free Mini-Projects, please subscribe at www.bigsoulworkproject.com.

With warmest wishes fellow travellers,

Kate Manley
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