



Solution Oriented
Creative Coaching©

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PAYING ATTENTION

Paying attention teaches us to be present and in the moment.



Here are some tips that nudge you into the present and get you to Pay Attention:

- ❖ The next time you are at a stop light waiting for it to change, gaze upon a building that is unkempt and old. See the angles and shadows worn by nature. Observe the swirl of the peeling paint, like abstract art, moving and flowing without effort. See the chipped cement with its smooth contours and sharp edges. The ridges are a virtual mosaic of sensation and texture. The building becomes alive; the building has a pulse, a history, a frequency of vibration.

- ❖ Really take a look at what's around you. Especially if you live in a big city. How many times do you look up into the sky? See the clouds? Take advantage of viewing the paradise within your city; people watch – really observe and think about what other people's stories are, take the subway everywhere, bike everywhere, notice those little cafes, the quaint sidewalks, a chunk of grass, the museums, the spas, the 100 year old trees. Become attuned to the beauty that is Always available to you should you choose to see it. Be diligent about yanking the beauty out of plain sight and hold it up for clear viewing.
- ❖ Practice using all of your senses. Using your eyes is a great start - however, you must practice using the rest of your senses. Touch the flower petals of the flower you're admiring – really feel it. Cook up a batch of garlic and onions just for the smell of it. Check out different restaurants and taste some ethnic cuisine. Take your socks off and walk on the grass and in the sand. Climb a tree. Do a cartwheel!