

The exercises below are not meant to have any final product. They are ways of giving your brain a break from any doing, in order for ideas and experiences to be mentally digested and connected.

Sit

- Sit in a comfortable chair or on the sofa for 15 minutes.
- Do nothing apart from listening and looking.
- Don't fall asleep.
- Be aware of your surroundings but not distracted by them. (There's no need to prepare or change anything around for this exercise.)
- Be aware of your thoughts but not distracted by them.
- Allow yourself to stare into nothing.
- Allow yourself not to analyse this exercise.

Wash up (even if you have a dishwasher!)

- Collect all the day's washing up and organize it by the side of the sink.
- Fill the sink or bowl with water and washing-up liquid. Watch it fill up.
- Don't wear rubber gloves.
- Remind yourself that this is an exercise not a domestic chore.

- Wash it in categories, for example, glass, cutlery, plates, mugs, bowls, pans.
- Don't do it as fast as you can, do it so you know that each piece is clean.
- Allow yourself to think about how your wet hands feel and what the washing up sounds like.
- Dry everything individually with a tea towel.
- Put each piece back in its cupboard or drawer.
- Empty the sink.
- Dry your hands.
- Go and do something else.

Have a hot drink

- Put the kettle on and, with no one else around, make a cup of tea.
- Sit down at a table with it while it's still too hot to drink.
- Watch the steam for a while.
- Look out of a window while you wait for the perfect drinkable temperature.
- Carry on looking out of the window while you drink it.
- When you've finished it, look out of the window for five minutes more.

Philippa Stanton. «Conscious Creativity»