OPEN AWARENESS GROUP ACTIVITY

1. Notice sounds in the environment. What do you hear? Are they near or far? Loud or soft? Annoying or relaxing? Explore sounds you hear. Are they all the same? Do they stay forever or come and go?

2. Now notice physical sensations in your body. Maybe you have an itch, or notice your stomach growling.

3. Next, notice your thoughts or feelings. Where do they come from? Where do they go? How long do they stick around? Can you make them come and go, or do they come and go on their own?

4. Do you notice any patterns or surprises about the sounds, physical sensations or thoughts you have experienced during this activity?