

EXPLORING THE MOMENT

FOREVER IS COMPOSED OF NOWS.

Emily Dickinson



WHAT IS NOW?

So often our lives are spent in rushing from one chore to the next that we do not take time to notice the quality of the present moment. It is after all the only moment that we have!

The quality of our lives depends on our awareness of all that is around us, the people, the places, the events. It is learning to value the unexpected, the taken-for-granted, the normally overlooked, the trivial, that we can enormously enrich our lives - and those of the people with whom we live and work.

MAKING MOMENTS COUNT

We can however, even in the midst of our daily routine, the moments count. We can stop, however briefly, and notice and share our feelings and thoughts with another.

For some people, those few moments may be the only real human contact they receive that day, their only chance to talk and be heard, person to person.

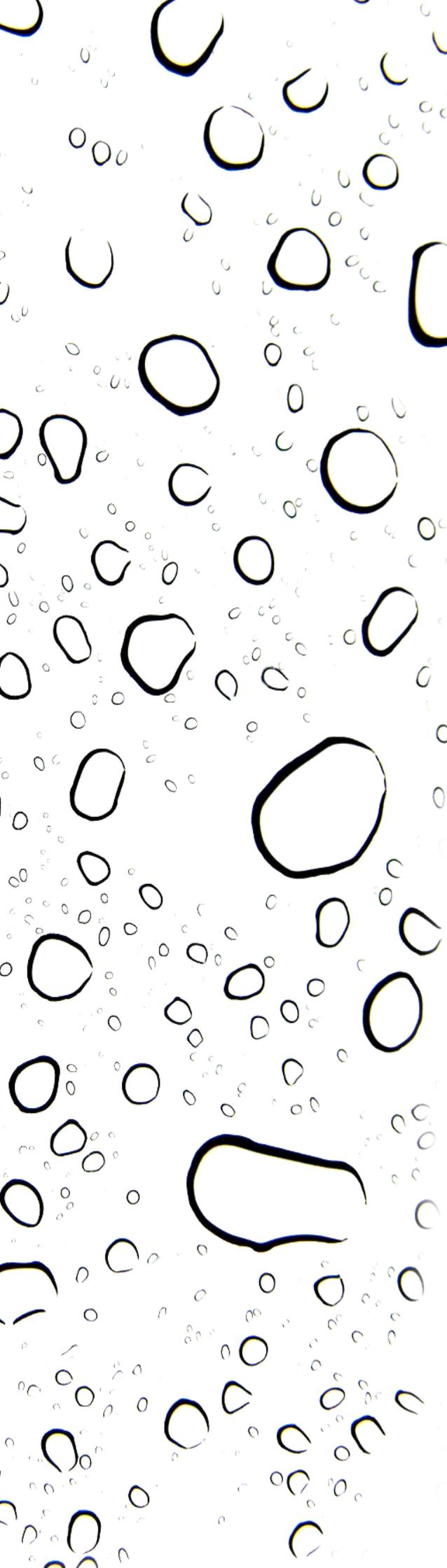
HOW TO BEGIN

...any way you feel would suit you.

Simply notice something, focus on colour, a texture, a sound, an object. Respond to it. Share your response with your companion and ask them to join you in exploring their reactions.

Aim to ask open questions: questions that cannot be replied to by a simple 'yes' or 'no'. This may come naturally but we can all gain by practising.





SENSING

You can focus on one of the five senses. You can suggest that your companion use their eyes, ears, nose, hands, even their sense of taste. You can ask them, in a series of open and encouraging questions, how they respond to the object and what associations are conjured up for them.

TASTE

Try offering from your pocket some old fashioned sweets.

TOUCH

Try offering some material objects, velvet, silk, scratchy sponge, gentle fingertip touch.

SMELL

Try offering from your pocket some scent, some soap, even something that you think seems horrid!

HEARING

Stop a moment and point out the sounds you can hear around you, tea being made, birds singing, or clap out a rhythm together for a moment or two...

SEEING

Observe the colours and light around you. Spot all the red objects, for example. Focus on one of these red things - what exact 'flavour' of red is it?

Or choose a shape, or an interesting illusion...

"WHAT DAY IS IT?"

"IT'S TODAY," SQUEAKED PIGLET

"MY FAVORITE DAY," SAID POOH.

A. A. Milne

WORSHIP ALL YOU SEE...
THEN YOU WILL SEE MORE

Vincent Van Gogh

SHARING

As your companion starts to talk, to share, just accept what they are saying. Follow where they are leading. Add enough of your own ideas to encourage them to talk further, to develop their ideas further.

Perhaps they will say they do not want to talk. Do you just walk away? Do you persist? Do you share a quiet moment saying nothing, just being tied together in companionship?

Rely on your own intuition, saying goodbye when it seems right. You might just touch them gently if that seemed right.

MAKING A HABIT

of such momentary conversations can be infectious. You can encourage others to do it too.

Working from all that is around you
Can make you alert and aware
Able to share all that you discover, able to encourage
others to notice what before they might have overlooked
small miracles of mindfulness

Colours on the wall
Colours being worn
colours out of the window
jewellery that sparkles
brooches, watches, rings and things
headlines on newspapers
bird song in the garden
keys on the table
anything

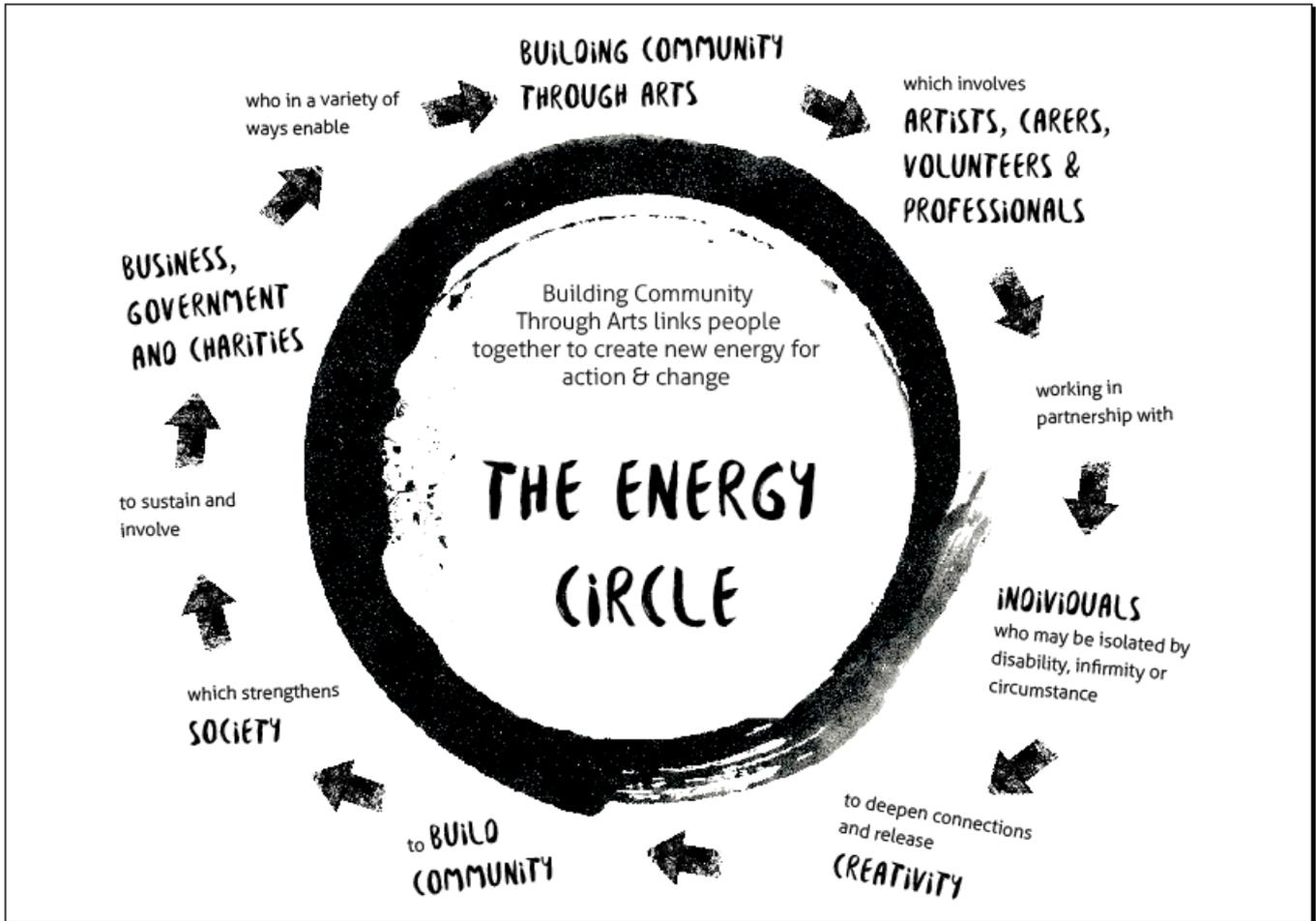


A SENSE OF WONDER SO INDESTRUCTIBLE THAT IT WOULD LAST
THROUGHOUT LIFE, AS AN UNFAILING ANTIDOTE AGAINST BOREDOM
AND DISENCHANTMENTS...

Rachel Carson

ABOUT BUILDING COMMUNITY THROUGH ARTS

Building Community Through Arts (BCA) was developed as part of Kew Studio's outreach work in a series of projects from 1993 – 2002. Toolkits and programmes have been recently updated and are presented as a set of free tools for use by anyone wanting to develop a community using arts workshops and encounters. Visit kewstudio.org/explore-creativity for more.



REFERENCES & CREDITS

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