

IN THE MOMENT

LINDY LEE: MOON IN A DEW DROP



OVERVIEW: Zen Buddhism informs Lindy Lee's thinking and artmaking practice and she commits herself to coming into and being in the present moment. In this activity, take some time to practice mindfully bringing your attention to being here right now.

YOU WILL NEED:



bell or chime

PART 1: SOUND MEDITATION

PROCESS:

Listening to a sound can help you focus on something and can be a kind of meditation.

1. Find a comfy place to sit or lie down.
2. Close your eyes and get ready to listen to a noise that will be made by an instrument.
3. If keeping your eyes closed is too tricky, try rubbing your hands together and placing your warm palms over your eyes. Keep your eyes closed or covered.
4. Now focus on listening to the noise that is being made by the instrument and keep your eyes closed until you can no longer hear the instrument's noise anymore.
5. Repeat this activity 3 or 4 times; the volume and intensity of sound will be greater each time. Keep your eyes closed or covered and try to focus on the sound. It's fine if your mind wanders to other sounds, just bring your attention back to the sound of the instrument.

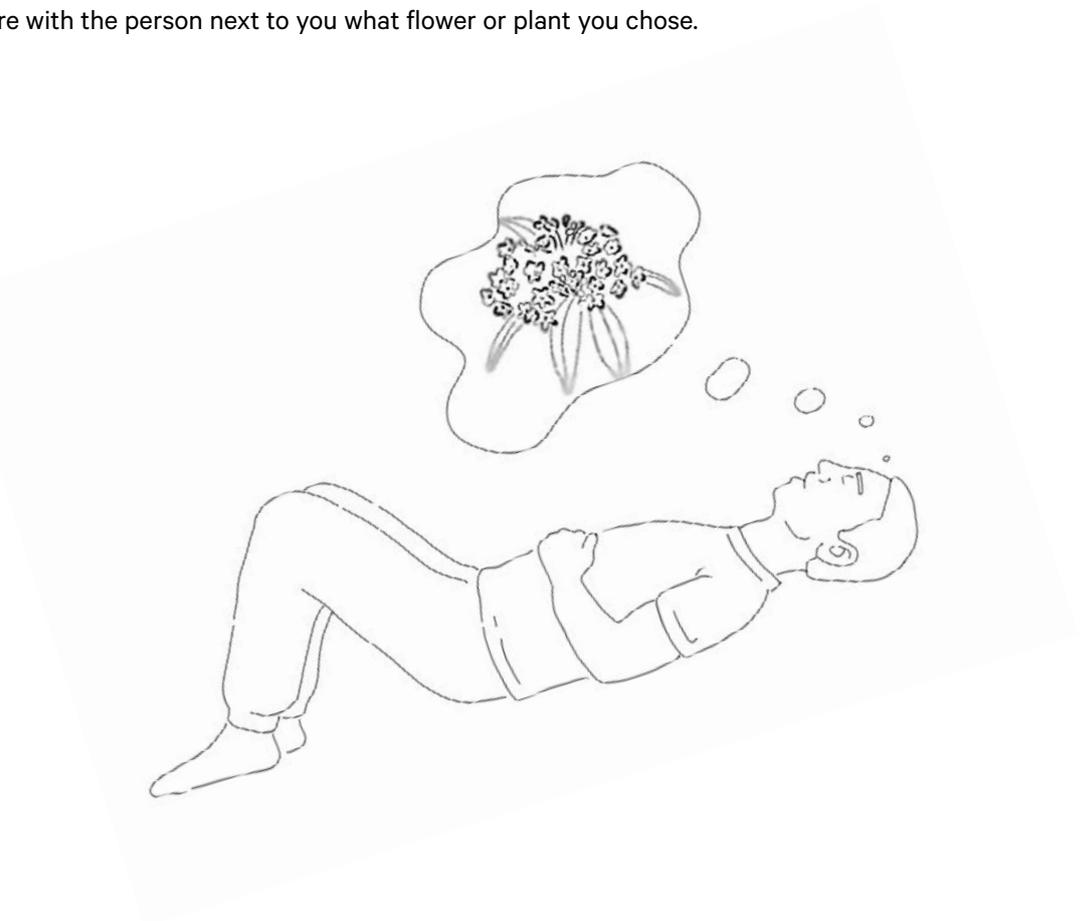
REFLECTION:

- How did you feel when you were listening to the sound?
- How do you feel now?

PART 2: SENSORY BREATHING

PROCESS:

1. Breathing and focusing on our breath can also be a kind of meditation and can help us be in the present moment.
2. Close your eyes and imagine a flower or any plant that has a beautiful smell.
3. Reach out and imagine gently touching the plant. Pretend to pick it and bring it close to your nose to sniff.
4. As you draw a deep breath in, imagine you are taking a big whiff of the plant's extraordinary smell.
5. Breath out and then take another breath in, inhaling the plant's scent once again.
6. Repeat this sensory breathing 3 more times.
7. Open your eyes and share with the person next to you what flower or plant you chose.



REFLECTION:

- Discuss with a partner: is your breathing different now than when you were doing the flower breathing activity? If so, how?
- Tell your partner how you're feeling now.