

5 + 1 = RIGHT NOW AWARENESS

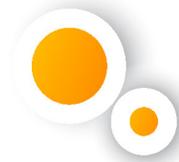
Ever have one of these moments?

You're in one of your classes, day-dreaming off in la-la land, when all of the sudden you notice it got really quiet. Everyone seems to be looking at you. You come to and realize the teacher is waiting for you to answer some question he or she just asked about the intriguing subject of hypotenuse something-or-other.

Oh dear!



To help quiet the mind when you're scattered or to stay awake and present when things seem boring, **5 + 1** will be a good friend to rely on.



We have 5 senses. We have an inner state of being. (Think of when someone asks, "How are you?" Usually they're referring to your inner, emotional state. Are you happy? Overwhelmed? Bored? etc.) Focus on your five senses and your inner state of being, right now, in this moment.

1. What is one thing you can *see*? Look at it. See its characteristics, its shape, and color.

2. What is one thing you can *hear*? Focus on the sound. Can you identify its source?

3. What is one thing you can *feel* or *touch*? What is the texture? Maybe you feel the air on your skin. Is it hot or cold?

4. What is one thing you can *smell*? Does it bring up any memories?

5. What is one thing you can *taste*, if anything?

6. And how do you *feel*?

By doing this check-in, you bring yourself into your immediate surroundings. You check the air temperature, right now. You identify something you hear and see and smell, right now.

This is a fun, quick, and easy check-in. You can write it down if you have time, but mostly it will be a mental practice. Focus on each of your senses for only two or three seconds, then move to the next. You may find that you're energized and ready to contribute to the discussion in your class or to continue with your homework. It can be fun to do with a friend if you're just out hanging around. It's kind of neat to see what someone else holds in their awareness of the present moment.

Just for fun, do a 5 + 1 check in now.

Write down, quickly, your observations.

See:

Hear:

Smell:

Feel/touch:

Taste:

Inner State of Being:

When you start using senses you've neglected, your reward is to see the world with completely fresh eyes.

-Barbara Sher

