

Name: _____ Date: _____

One of the most basic ways to engage in Being Mode is to simply start paying attention to the sensations you experience in the world around you. One thing you can always focus on is your breath. This is because your breath is always with you. Try this now by going outside and taking a few deep breaths while noticing the sensations you're experiencing. What did you feel in your body? Did you notice any smells in the air? Were you able to taste anything on the air as you exhaled? What does your breathing sound like? What physical sensations are you experiencing?

Leaving Doing Mode and entering Being Mode can be as simple as paying attention to what your senses are telling you in the present moment. Think about some ways you can engage all of your senses and write them in the appropriate sections below. For example, for "smell," you might write, "Light a scented candle," or, "Go outside and smell the flowers."

SMELL

- 1. _____
- 2. _____
- 3. _____

TASTE

- 1. _____
- 2. _____
- 3. _____

TOUCH

- 1. _____
- 2. _____
- 3. _____

HEARING

- 1. _____
- 2. _____
- 3. _____

SIGHT

- 1. _____
- 2. _____
- 3. _____