

Reflections on A Closer Look

Name: _____ Date: _____

After completing the *Closer Look* exercise, did you notice any common themes in your observations? Read over the questions below, and write your answers in the spaces provided.

Were your observations more about what you saw, or about your own internal state?

If it was more about what you saw, how do these observations relate to your thoughts and feelings?

If it was more about your own internal state, did you discover anything about your assumptions about the workings of your own thoughts and feelings?

Did you engage any of your other senses during the activity?

Did you write anything about what you heard?

Did you write anything about what you smelled?

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Did you write anything about what you tasted?

Did you write anything about what you felt (touch, hot, cold, etc.)?

Did you write anything about what you felt emotionally?

Did you write anything about your thoughts?

How do these observations about your own inner experience of the *Closer Look* exercise relate to what you observed on the ground? In other words, what does your response to the *Closer Look* exercise tell you about your own inner states?

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Did you find yourself inventing stories about what you saw on the ground? Yes | No

If so, what can these stories tell you about how you see your own True Self? If not, what did you write?

How did you feel before this exercise? After?

BEFORE

AFTER

Did you use one sense more than others to record your observations (e.g., seeing more than hearing)?

If your observations relied more on one sense than others, how might this experience change if you relied on another sense (e.g., hearing rather than seeing)?

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If you focused primarily on observing the natural world during this experience, how might it change if you paid more attention to your own internal state (thoughts and feelings) instead?

If you focused primarily on your own inner state, how might this experience change if you focused more on the natural world?

What did you learn about your True Self and how it relates to the natural world?

Did you learn anything about your assumptions about how the world works? If so, describe the lesson:
