

Practice

In nature, animals must focus intently to meet their basic needs: food, shelter, avoiding predators, and procreation. However, for artists, such a narrow focus can be limiting. Instead, expanding one's awareness can enrich their pool of inspiration, gathering diverse experiences to later draw from. This chapter explores the concept of practice as a deliberate approach to broadening perception, advocating for a lifestyle where increased sensitivity to our surroundings becomes second nature. By repeatedly engaging with the world openly, we cultivate a habit of expanded consciousness.

Deepening this practice connects us more intimately with the Source, stripping away filters that obscure the intricate patterns and rhythms of life. Acknowledging and aligning with the earth's cycles fosters a remarkable sense of unity with the greater ongoing cycle of regeneration. Such connection enables us to harness this dynamic creative force seamlessly into our lives.

To nurture this practice, establishing a routine filled with simple, mindful rituals is suggested. Whether it's taking a moment each morning for deep, contemplative breathing, eating meals with full appreciation for each flavor, immersing oneself in nature's beauty, or pausing to observe the miracle of one's heartbeat, these acts, though small, purposefully steer us towards a more conscious and present state of being. These rituals are less about the activities themselves and more about honing our ability to perceive the world with renewed clarity and sensitivity when not actively engaged in them.

The essence of this practice is in its potential to shift how we interact with the world, aiming to maintain a perpetual state of openness to experience. It's a process that requires continuous refreshment and recommitment. Over time, the goal is for awareness to become a constant, effortlessly integrated into every aspect of life, transforming our existence into an uninterrupted flow of attentiveness to the vibrancy around us. Such a practice doesn't just change our approach to art or creativity but redefines our entire way of engaging with life, inviting a ceaselessly regenerating awareness that connects us deeply to every facet of our existence.