

# The Appreciation Project

**LIVING WITH MORE LIGHTNESS:** a practice to reconnect with your inner child's joy and spontaneity.

**Context:** While doing this practice, you will get in touch with how rigid, or guided by others' expectations or time pressures you have become, and thus how distant from our our inner child - the creative, light, fearless in the face of the new little one inside of us - we currently are.

**In which situations can you make use of it:** This practice is useful when you want to harness the power of lightness, joy and laughter, in times of being under stress or pressure.

**How long should the practice last:** Take 10 minutes to do this practice a day. Do it at least 3 times a week.

**Instructions:** Pick a time to watch a child under 5 years old play - it can be your child, at home, or children playing in a park or square. A meeting or party where there are many children playing with each other can also be an opportunity to do the practice.

Find a quiet place where you can sit and watch. Keep your distance so as not to interfere with the play and not to become the focus of attention (or else, the child may invite you to play). Put 10 minutes on the timer and be 100% present in the moment, just observing the child/children play. As you observe, breathe deeply to gain more and more presence. When you have completed the 10 min observation, mentally thank this child for being your appreciation teacher today.

**Self-observation:** Notice where the child's focus of attention is; how their imagination works. How is the child's body language, what movements does the child make. What do they say, express? As you breathe, observe in yourself what is happening to you while doing this practice.

**Journaling:** What qualities did you appreciate in the child you observed - name them specifically and succinctly. What emotions do these qualities invoke in you? Remember a moment or story in your childhood when you have experienced this joy / lightness and anchor it as an experience that you can reconnect to at other times in your daily life.

Finally, note which judgments have arisen and which emotions have surfaced (fear, prejudice, anger, etc.).

# Emotional Practice  
# Somatic Practice

