

Try this at home!

"The Meaning of Life is to See." --Hui Neng

- Investigate a fruit, vegetable, leaf, or other natural object. See it as an alien, a scientist, a painter, a writer would. Use all of your senses. Draw it, noticing tiny details. Let your mind fill up with questions. Go where they take you.
- Watch a baby or a very young child. See how they look at the world—the wonder, the joy, the curiosity their fresh eyes bring to everything. Practice making your eyes new again.
- Close your eyes. Imagine the view from the front door of your house or apartment building. What is across the street? Draw a picture of what you remember. Then go out your front door and look at what is actually there—the view you've seen a thousand times but never noticed. Fill in the missing details.
- Keep a list of questions in your journal or a notebook you can carry with you (your own "book of questions"). Use one or more questions as a trigger for a poem or story. Make a list of questions into a poem.
- Every day, practice seeing the world in a different way, at least for five minutes. Practice until it becomes a habit.