Sublime Discovery

Crafting Life Through Curiosity

EIGHT TIPS TO DISCOVER SUBLIMENESS IN EVERYDAY LIFE

1. Be curious!

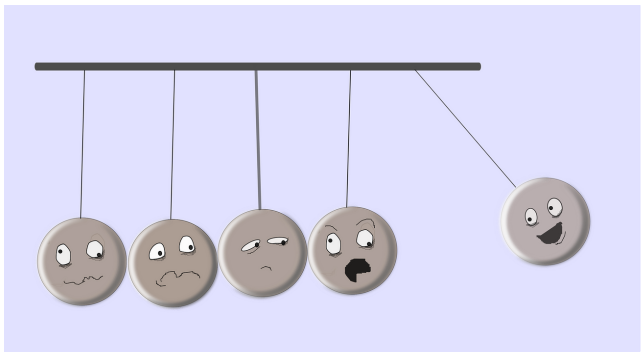
Instead of getting up in the morning with your head full of of lists, should and have to's, wake up with the intention of just being curious. Be curious about your experience of the driving to work, of how the kids are this morning, of how it feels to take that first sip of tea, or how the meeting will go today. Just be curious about the happenings around you and curious about what is happening within you. You never know what magic you will uncover.

2. Look at the world at different levels.

We see the world from eye level. Our perspective is often "locked in" by seeing it at one level. Adding to curiosity, we can also add levels of perspective. When connecting, make sure you look at the small things and look to the night sky. You can physically do it as well as mentally and emotionally 'turn things over' and change the levels you evaluate something at.

3. See daily life as an adventure!

Don't wait for holidays or weekends to see the magic. Find magic in each day. If you remain curious then you will be amazed at the how the world around you calls your attention. Capture those moments by listening and engaging them. You will find life will always have its magic if you are willing to keep your eyes and heart open to it.



4. Pace Life!

We tend to do the pendulum swing between full on and stop. We are in such a boom/bust style cycle in the modern world. Look at how you can pace your day to day instead of going full steam ahead and then falling in a heap with exhaustion. In this way you relate to time differently and you have a chance to notice sublimeness around you because there is room for connection.

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5. Love yourself!

Its hard to see sublimeness outside of you if you don't believe in the sublimeness of yourself. Practice being kind with your thoughts and, your actions towards yourself. If you wouldn't say the thing you say to yourself to someone else then don't say it. If you wouldn't expect someone else to do what you do to yourself then question why you expect yourself to be treated like that. Start each day saying, "I love you" to yourself!

6. Don't be afraid to feel.

Emotions are these wonderful sources of wisdom about what is meaningful to you. We all like to feel happiness, joy, peace, balance but don't ignore or block those other emotions like anger, sadness, boredom, apathy. They have something to tell you about your deep core. Don't be afraid to feel them, listen to them with curiosity.

7. Reverence

This is one of my most favourite words. I love the saying, "seek the wisdom of the ages but look at the world through the eyes of a child " (Ron Wild). This is indeed the path to sublime discoveries. Be in awe of what is around you. Sometimes it is not dramatic. Find it in even the small things - the look your dog gives you when you come home, the touch of your partner as they walk past you, the gentle breeze on your face as you walk from your car to your desk. Reverence.

8. Open up the senses

When we get busy we get very much in our heads and we forget the senses. When we tune back into sight, sound, touch, taste and smell we connect back into our world more fully. So when you are feeling ungrounded tune into the senses and expand yourself back into being.

Have Fun!!!

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