

# “The Clouds as Corrective”

## An Attentional Exercise after Thoreau...

(minute phases; a bell will sound)

I.

Recline if you are able and look upwards to find something gentle drifting.

II.

Gaze at the object— cloud, cobweb, swirling dust — resist the urge to categorize (or clean), you are the thing you are looking at.

III.

Be indifferent to the experience of change. What does it mean freely to dissolve, freely to reform?

IV.

Return to yourself. Remember that the world moves without you.