



Leading by Nature  
by Giles Hutchins



**Mindful practice:** Here is a simple exercise in becoming mindful of how we are experiencing reality. We ask colleagues, team members or workshop participants to get into pairs. When in our pairs, we are going to share in a non-judgemental way 'what' we are attending to within the moment. For the first three minutes we are going to share back and forth with our partner what is instantly coming up for us, starting each sentence with 'Now I am aware of...' So, we simply share what we are aware of in that moment, with no long pauses between sharing so that it is spontaneous without us overly thinking about what we are going to say. One person shares one sentence, and then the other shares one sentence, going back and forth until the three minutes are up.

Then, during the next three minutes we are going to share in our pairs starting each sentence with 'What I am NOT aware of is...' We instantaneously recall situations, thoughts, sensations, people, places, and such like, that we were not immediately noticing but are now residing on the edge of our awareness, on the fringe of our consciousness. Again, we do not leave long pauses between our sharing so we are spontaneous while recalling things on the periphery of our awareness.

Finally, for the next three minutes, we share starting each sentence with 'I choose to be aware of...' sharing what we choose to be aware of in this moment, again with no long pauses as we take it in turns, back and forth in our pairs sharing a sentence at a time.