

ATTENTIVENESS



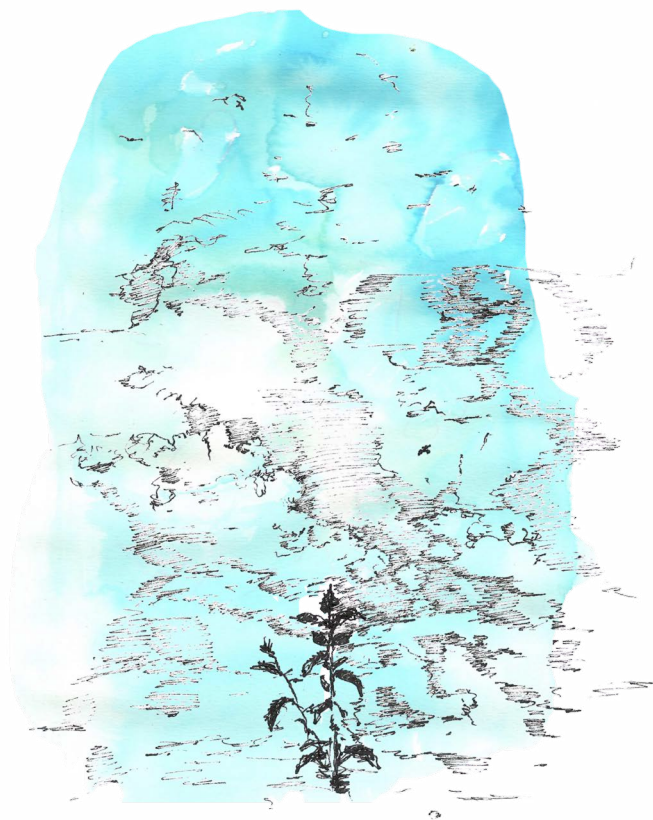
The aim is to practice attentiveness as a way to connect with yourself, nature, and others – creating a shared space for presence, reflection, and meaningful dialogue across these dimensions.

ATTENTIVENESS MEANS

being truly present with yourself, with others, and with the world around you.

It is about simply being with what is, without needing to name, label, or judge it.

Eckhart Tolle calls it “**conscious presence**”, a deep awareness of the present moment that opens the door to deeper connection, inner calm, and compassion, both for ourselves and for others.



EXPLORE

- What kind of attentiveness practice feels natural or meaningful to you?
- How could you plant the seed of this habit and nurture it in your daily life?
- You may also consider starting a journal, a space to reflect and record your observations as your attentiveness practice deepens.

TIPS

Practice your attentiveness on three different levels whenever you have opportunity:

With yourself

Pause. Take a slow, deep breath. Notice how your body feels, what emotions are present, and which thoughts are passing through your mind. Then, gently let the thoughts go and shift your attention to your breath or physical sensations. Just be.

With other people

When speaking with someone, offer them your full presence.

Listen not just with your ears, but with your whole being. Be curious, open, and aware of how their presence resonates in you.

With nature

Tune into the world around you — the rustle of leaves, the breeze on your skin, birdsong, light and shadows, scents. Let yourself feel how nature connects with your senses.



REFLECT

- What do you notice in your relation to yourself, to nature and to others when you are truly present?
- How can you recognise that you are truly present?
- How does it feel different from your usual way of being?