

Cloud Figures

From “*How Now - 100 ways to celebrate the present moment*”, by Raphael Cushnir

Leisure time used to mean those parts of the week when few activities were planned. Nowadays it's morphed into a few hours into which we schedule our hobbies, entertainment, and “play dates”. In the process, we lose the vital opportunity to reflect and rejuvenate. Fortunately, we can get it back in the blink of an eye.

The Practice:

Wait for a cloudy day. Find a comfortable spot outside where you can lie on your back and look up aimlessly at the sky. Let the clouds drift across your field of vision. Notice the speed at which the wind carries them and the way they shift and merge into one another. Without trying to see anything in particular, notice if your mind overlays the clouds with faces or figures. Whatever happens, enjoy the languid experience. Treasure these rare moments when all you have to do is be.