

Hi, my name is Gabriella Petrov, and I am a faculty member here at Concordia in the Department of Theatre. Today I'm going to be sharing with you a short practice called Aimless Wandering. I'm interested in sharing this practice with you because it's one that I've been teaching for about four years now. I teach it to artists, but I think it has value to students in other disciplines. I'm just going to share it with you, so feel free to follow along. I'm going to stay seated, but you're welcome to get up and move at a certain point in the practice, and I'll guide you through that. In order to start, I'm basically going to start where I am. You'll notice I adjusted my seat a little bit, making myself comfortable. You're welcome to do the same. What I'm going to do to arrive in this moment with myself is bring attention to my breathing process. I'm just going to, without changing a lot, begin to notice my inhale and my exhale. As you begin to become more aware of your breathing, you might feel an expansion with your inhale, and you might feel relaxation, restfulness with the exhale. Maybe some of your breaths are shorter or longer. You're welcome to take a deeper breath than you might normally, if that's helpful. I'm closing my eyes for a moment to just further tune in to the sensation of breathing. As I begin to tune in to the sensation of my breathing process, I start to become aware of the sensations that I can feel in my body. I start to feel maybe the temperature of the room, or the feeling of my feet on the floor. You're welcome to take this awareness that might come up from tuning in to your breath and letting it expand further. Maybe you're sensing other parts of your body, or maybe you're starting to notice the space around you and the information that comes into your senses. I'm beginning to notice what's around me through my eyes, feeling, as my hands rest on my legs, the texture of the fabric, hearing a little ambient air conditioner sound. You're welcome to tune in as well through your senses to what's happening here and now. At this point in the practice, you might begin to notice as you take in information from your body or from the space around you, that maybe an agenda might arise, or an aim, or a story, like, what are we doing, or am I doing this correctly, or I want to look at this area over here, or what am I going to have for lunch? I invite you to notice and welcome those thoughts as they come up, but then let them go. This practice is called aimless wandering, and so it is in fact the point of the exercise to stay in that place of aimlessness and not trying to accomplish anything, really, and just being with whatever is arising in the moment. What's coming into your awareness and not holding on to it or making sense of it, just experiencing it and then seeing what comes next. So I'm going to continue to wander with that awareness and maybe you get up from your chair. I'll stay seated so I can guide you, but you're welcome to get up from your chair and just begin to follow. Follow where your eyes might take you, if you hear a sound, maybe moving towards that sound. Maybe there's something that you want to feel with your hands. It could all be close to you, close to your body, or it can be further away and you move towards it. Just welcoming the experience, whatever you're noticing, taking it in and then just letting go and seeing what comes next. So I'll let you take another minute or so to explore this, this aimless wandering. And again, if an aim or an agenda comes up, just letting it go and coming back to the sensory information that you notice. Maybe your attention wants to linger somewhere, seeing if you can notice and take in information without adding, meaning that maybe you want to stay with a certain experience for longer, you're welcome to do that. And once you feel like you've taken in your experience, letting your attention sort of come closer towards you again, sort of bringing it back in a little bit. I'm doing this movement with my hands. I'm even bringing them to my body. You can do the same if you want to get a feeling of just coming back and bringing your attention just back to your breathing again like we did at the beginning. To just feel the sensation of breathing in and breathing out and this can be a way to close the practice today. Taking your time to feel the conclusion for yourself and letting go however you need to. Thank you for sharing that practice and doing it with me today. And there will be more information about the context of this practice and how I teach it in the explanation, the practice sheet. So feel free to take a look there for more information. And thank you.