

Hi there. The practice that I'm going to share with you today is called aimless wandering. I first learned this practice when I was studying at Naropa University in Boulder, Colorado. I was doing my MFA in contemporary performance there, and I learned this practice of just wandering and allowing your mind to be in an exploratory state, letting go of certainty and just welcoming your experience as it's happening.

The practice that I'm going to share with you today is a practice where you are invited to get up and wander through the space and just let yourself be interested in what is around you, noticing, allowing information in, and just wandering in an aimless way through the space.

There are some other versions of the exercise that you could also try that I use sometimes.

One version would be where you stay seated and you stay in the same place, and you allow information to come towards you and to enter your sensory awareness without you moving.

So you could look around the space, you can feel the air, you can feel your hands resting on your legs and just taking in information that way, and you're letting your attention be the thing that wanders aimlessly. Another version of the practice would be a version that I teach to artists, particularly performing artists, where we would tune into that aimless wandering and then let it be expressed through movement, moving in the space, allowing your limbs to move, allowing yourself to stretch and dance and explore, and you can also add sound and voice to that exploration. So you're still wandering, you still have that aimless quality, but you're allowing it to be expressed more through movement and sound.

So this exercise is quite flexible, but that foundation is that you're tuning into your experience here and now without that agenda, without that goal and that focus. You're just noticing what's happening and experiencing it and letting your mind wander, letting your body wander.

The exercise that you'll experience today is about 10 minutes, but you can extend that and you can do it 20 minutes, 30 minutes, or even longer.

And I also sometimes use this practice to really focus on the experience, the sensory experience of the students or the artists that I'm working with, and sometimes that can be a challenging experience for students and they can maybe become overwhelmed or if they're a student who has a history with chronic pain, they can become focused on that pain or that discomfort.

So what I'll invite for you as an educator if you're sharing this practice with students is to emphasize that they have a choice.

They can decide how they do this exercise in a way that works for them.

So they can really decide if sitting is better for them or if they become overwhelmed with information outside of them. They can let their attention wander more closely, maybe inside of their body or the opposite. If they become overwhelmed with what's happening here, they can let their attention be more external. So you can really give students the opportunity to discern and decide how can I do this exercise in a way that lets me find that aimless wandering quality without becoming overwhelmed. So I think this exercise is quite flexible and has a lot of value for that quality of exploration and awareness that you can offer to students.

Thank you so much and I hope you enjoy this practice.