



Nettles Exercise: Intention

Choose a task or activity and purpose to engage in it with intention. Whether it is folding laundry or taking a walk, paying bills or enjoying a bath, preparing dinner or planting seeds, give the task your full attention. Let yourself be present for every moment, every movement. Offer gratitude for the opportunity to be present in that moment. Offer thanks to the towel being folded in your hand, the faucet filling your bath, the spoon stirring your soup. Let your eyes truly see, and your hands truly touch -- present at every moment, always filled with gratitude for the honor of being welcome in this space.

If your attention or mind wanders, bring it back by offering gratitude for the task or activity in front of you. In this way, your heart opens and returns.

Allow the task and the moment be sacred -- no matter how mundane, now matter how many times you have been here or done this. Honor the gift that it is to touch.

Feel free to implement this exercise again and again as you practice being fully and intentionally present in your many moments. Consider touching yourself or someone you love in this way.

