

I See You Nature

Duration: 30 minutes to 1 hour

This exercise inspired by "I see you" by Hope Art and meant to develop the skill of **empathy for nature and sustain our hope**.

When walking in a park, in the countryside or in the woods, we are always seen by a large number of tiny eyes. The way we walk or even think has a tremendous impact on **how we are perceived by other beings**. Our attitude reflecting who we are, can generate confidence or fear. We are in the middle of a myriad of very sensitive connections established all the time even if we are not aware of it. This exercise creates **a sense of intimacy and belonging**, it is a way to **expand our identity** and always find emotional support, **regenerating a sense of hope** manifested by the amazing beauty, resilience and intelligence of Nature going on for hundreds of millions of years.

Step 1: Choose a place to walk where you can **listen to nature**. Set up roles as the observer and the observed at the same time.

Share the following indication: take **a gentle walk, open your senses**. Acknowledge the presence and look to other animals and plants with your peripheral vision and say with your inner voice **"i see you, i love you, trust me"** and you will get the right mindset to be seen and see.

Every step you take is now based on reciprocal trust and awareness of the presence of the other. It is about visualizing the invisible threads connecting us to each other in nature and nurturing them with an open mind and body, with love.

Swim in this ocean of beauty, feel the souls around you, the tiny heart beats and the plants sap flowing upwards, **you are part of the heartbeat of nature**.

Step 2: Stop for a while now and then and look around you in 360°, continue walking.

Step 4: The person coordinating the activity will use a watch or a bell to set up a 15 min alarm and clarify that the participants will be informed when the time of the practice is over.

Step 5: The person coordinating the activity will invite people to sit in a circle for 15 minutes and comment on what they experienced.

Important notice

Why peripheral vision (or owl vision) is important in this exercise ? Unfortunately we have probably lost the ability to use our peripheral vision, often used in an unconscious way, giving us much information about our surroundings. **Being more and more conscious of our peripheral vision** is a great way to be aware of the presence of each other in a very

relaxed manner. **Looking at the animals in the eyes (tunnel vision)** can be certainly done in some situations but it is almost always interpreted as **a threat in the animal world**, it triggers a direct response and this is not the purpose of this exercise.

evaluation: This transformative experience should provoke in the participants a sense of **belonging to nature**. Ask with whom they felt especially connected and if they could visualize this web of connections.

other comments: It is necessary to do this practice outdoors. Comment that the cells of leaves of trees, capturing light for photosynthesis, can be seen as tiny primitive eyes capturing the sunlight. Did you feel that a tree could see you during your walk ? Comment that the little bird on top of the branch, with its incomparable view of the landscape, was aware of our presence, far before us.

references: This practice is inspired by great teachers, Nature of course, but also Rich Blundell and the Oika project, Jon Young from the 8 Shields project and the partners from the project No One Forgotten, beyond others. Thank you!

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