

NOF toolkit No one Forgotten Practice Hope Art 07**Title: "RECOGNITION" - I SEE YOU (GENEROSITY)****Duration:** 30 minutes

The aim of the activity is to develop the skill of generosity within us. We all want to be seen and expect others to “make” us visible, by spending their precious time with us and being present with all their senses by being emotionally available. Seeing our true selves (spirits), and not our superficial shapes and the possible normality of our bodies. We connect through what we are, not from our intellect. This exercise creates intimacy and regenerates the current of energy and hope within us.

Step 1: Form pairs. It is best to pair up with people you don't know. Assign the roles of the “observer” and the “human being”. The observer looks into the human being's eyes for 3 minutes. Then they express the "beauty"(*) they can SEE. In the body in front of you. In the soul in front of you. In the spirit in front of you.

Step 2: Change roles and repeat the procedure.

Reflecting procedure: 10 minutes

Important notice: Each couple attempts to “acknowledge” the other by activating a deeper vision which is able to see beyond the images.

- (*) In this exercise we use the word beauty with the ancient Greek meaning of "ωραίος" meaning “*the one who is on time*”. We can say the one who is at the right time, in the right body, with the right shape, in the right place etc. A place where nothing needs to or can be improved. A place, where the spirit has been expressed in its unique and unrepeatable way.