

FUN FACTS & PRACTICES

A NEW WAY OF SEEING EVERYTHING

WEEK 1 – JANUARY 15, 2016

ETHICS and **MORALS** are fundamental to human civilization. Both words derive from words meaning, “What a person does every day; what a person does habitually; a person’s character.” ***Ethics and morals have to do with the unconscious patterns we follow in our relationships with the world.***

ASSIGNMENT:

Throughout the coming week, pay attention to what you do habitually, to what you do without thinking, particularly with regards to relationships with other people. This can be a difficult exercise, because generally we are not aware of what we do automatically. This is an awareness exercise.

Here are some questions you might ask:

- Are there habits I would like to acquire?
- Do I have habits I would just as soon leave behind?
- How can I be aware of things I’m not aware of?

Keep track of your observations as you go along.

Reflect on your experiences. What challenges did you face in trying to do this exercise? What techniques did you use to overcome them? Pay attention especially to your interactions with new or different people and ideas. Consider what habits you might like to develop or change. You may want to keep a journal to record your observations.