

Touching the World Exercise



The primary purpose of this exercise is to make it possible for you to sense a new connectedness with the world. Start by doing it at a location where you can see a houseplant, tree or shrub. Now balance and center.

Look in the general direction of your chosen plant with soft eyes, then let your eyes focus on a particular leaf. With your index finger extended, let your left-hand rise and directly point at that leaf. The arm and shoulder should be relaxed.

Your assumption is that some aspect of your finger, in some way, actually touches the leaf. Perhaps you can visualize a beam of some sort of energy extending from the fingertip to the leaf, or perhaps you can experience the finger itself transcending space to touch the leaf. The idea is to assume mutual influence. By your act of intention, you are in a way influencing the leaf and the leaf is influencing you.

While your finger is touching the leaf, continue to be aware of your own center as the center of the universe. The leaf is also part of the universe that extends out from your center.

During the exercise, your interest and intent has now given this leaf a special significance. After five minutes, let your eyes go soft and swing your hand in a small arc a few degrees to either side of the leaf. Can you feel an increased sensitivity at the fingertip every time it touches the leaf?

Now drop your arm, shake out both hands and balance and center.

Repeat the process. This time, see if you can get a strong feeling of the leaf while moving your finger in the soft-eyed state. Now try the same thing with your eyes closed. If this is successful, try moving your finger even farther off the target, and check if you can find the leaf without opening your eyes.

At first, you might find it easier to establish contact with living things, but the exercise can be applied to any part of the world which you are willing to give significance - clocks, paintings, the moon and stars. One LET student reported touching a hummingbird at a feeder, feeling the shape of its body, its pulsing throat, the vibration of its wings.