

Significant Moments Exercise (Modified from the Exercise in Chapter 2 of *The Not So Big Life*)

Sit quietly somewhere where you won't be interrupted and write down or record for yourself the moments that come to mind when you were moved in some way that really got your attention. Perhaps you were moved to tears, filled with awe, or made to feel that your heart was going to explode. These moments can be life changing if you let them work on you, and the chances are that they came about in a completely unexpected way.

For me, such moments have happened more often than not, when I'm not in a rush, and when I've given myself the time to fully engage in something—like the time I was simply sitting watching the water rushing along a stream, and suddenly experiencing its flow as fluid energy, unbounded by time or space; or the time I rowed out into the middle of a lake in South Dakota late at night, and saw the night sky as I had never seen it before, an experience that filled me with wonder and gratitude for the great good fortune of being alive.

Now allow your mind to drift back to memories of events or occasions like the two I've mentioned above. Breathe calmly, and don't expect too much. Nothing may come to mind right away, but if you maintain an openness and receptivity to your own inner wisdom, experiences will arise from your past. We've all had them, but depending on your state of being, they can be more or less accessible. Don't discount anything that comes up. Write it down, even if it seems insignificant, or idiosyncratic. You aren't trying to please anyone here. You're just using the lens of your own inner wisdom to focus on experiences that fulfilled you deeply, and which until now have probably been outside your awareness. It's time to integrate them—time to appreciate their value so that you can recognize the conditions under which they arose.

If the well is dry, let it go for today. But pay attention over the next few days to any memories that do arise, and see if they don't contain the seeds of significance. Sometimes we've clothed a memory in garb that makes its importance unrecognizable, even when the experience itself was earth shattering, or powerful beyond words. Give yourself permission to observe these memories afresh, and to remember them without the filter of past interpretations.

These remembered moments of significance contain within them the vibrancy that will allow you to unlock the door to your inner self. Though it won't be clear yet just how this can be so, your engagement with *The Not So Big Life*—whether the book, or the workshop, or both—will reveal the reason for these moments' significance, and the quality they contain that opens you to the more-ness you've been longing for.