“Live as though the day were here.” - Nietzsche

Have you spent time with people who really know their garden/farm/where they live? It’s uncanny how they can predict a frost, find food to forage, know what their plants need.

This knack comes from a simple principle: to know anything, **observe it and interact**. This is actually the first principle in permaculture.

Yet it's funny how often we exert our intention and will before we have really noticed how things are. In the garden this might be where water flows, the patterns of sun and shade, the animals that come into the space.

**Simple in practice ~ the real power is to notice.**

**Look at where you are currently expending unnecessary effort**

This is about building your awareness through a practice of noticing how much effort you use in your daily life. The intent here is not to fix - judge - change anything. It is simply to notice.

A good starting place is to notice things you might not take time to observe:

- birds chirping outside your window
- the plants and flowers that are in bloom right now
- the smell in the air when you are outside walking
- where the sun comes into your house when you get up in the morning, and where the moon is at night when you are getting ready for bed

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Believer Garden Wisdom ~ Let Go & Let Grow

Find other things to observe or notice that call to you. You will find that paying attention to your surroundings is not only calming, it also opens you up to the simple pleasures in life.

Then begin to bring your attention to how much effort you use in your day. When you are writing, making your morning coffee, doing your chores, feeding your family, getting ready for work… Bring your awareness to your attention: is it divided? Relaxed? Striving? How about your muscles - are they tense? Supple? Not engaged at all? Notice your emotional state.

Don’t try to notice everything at once. Focus at first on one of your regular daily activities and observe how much effort you expend.

Tips:
Want to supercharge your noticing? Add some appreciation. We are firm believers that

**what you appreciate, appreciates**

As you are observing, take a moment to feel into what you value about what you are gazing upon. Value in this case could be what you feel grateful for, what touches you deeply, what interests you, and what awakens your senses. It’s an immediate, real way to appreciate what you notice.

Activity:
Bring your attention to the present.
- Pause and name 5 things you are grateful for in this moment.
- Look with new eyes at the places you pass in your neighborhood, on your way to work or your kid’s school.
- Notice what is growing around you. Look for nasturtium. Is it anywhere in your community?

Journaling:
Write about what you are noticing about how much energy you expend. Where in your life are you efforting?

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