

21 ideas

to find more

c r e a t i v i t y

and

m e a n i n g

in everyday

life

Reason this: When you think from your past memories, you can only create past experiences. As all of the "knowns" in your life cause your brain to think and feel in familiar ways, thus creating knowable outcomes, you continually reaffirm your life as you know it. And since your brain is equal to your environment, then each morning, your senses plug you into the same reality and initiate the same stream of consciousness.

Dr. Joe Dispenza, "Breaking the Habit of Being Yourself", Hay House, 2012, pag. 43.

Date:

July 1^o

Title:

Awakening Walk

Idea:

- Awakening time: 5.30

- Walk into the forest

- Focus your attention on your body; especially on your
breath

Personal remarks:

It was my first time trying this meditation.
During the walk, I picked my mind dwelling
in past and future different times.

It was difficult to stay focused, a bit
frustrating at the beginning, but I was
happy to be aware of it.

The point is, true happiness has nothing to do with pleasure, because the reliance on feeling good from such intensely stimulating things only moves us further from real joy.

Ibid, pag 163.

Date:

July 2^o

Title:

Look around

Idea:

- Simply write one paragraph or two about your surroundings

Personal remarks:

Early hours of the morning. The air is fresh and the chirping of the birds is an awakening in this sunny day. From outside the background sounds of the nature pervades, interrupted every now and then, by a car passing. Smell of toast and strawberry jam from the kitchen.

The trees filter a beautiful green light and draw shadows in constant motion on the walls of the house, almost dancing to the rhythm of the wind.

Isn't it ironic that to influence your reality (environment), heal your body, or change some event in your future (time), you have to completely let go of your external world (no thing), you have to release your awareness of your body (no body) . . . you have to lose track of time (no time)—in effect, you have to become pure consciousness.

Ibid, pag. 32

Date:

July 3^o

Title:

Five Senses

Idea:

- Take 15 minutes during the day and focus on what you are experiencing with each of the five senses

- Write five things that you can see; four things that you can feel; three things you can hear; two things you can smell one thing you can taste

Personal remarks:

leaves shadow yellow dots hair
cold solid rough heavy
water birds lawn mower
honey



Date:

July 4°

Title:

Shape it

Idea:

- Take a color or a black-and-white picture
 - Outline the main shapes
 - Try to synthesise and get down to a minimum number of shapes
-

Personal remarks:

It raises the awareness of different shapes (size and orientation) and the way they interlace.

It allows me to sketch quickly and get a nice starting point for a painting or a bigger drawing

Poi associ i pensieri e le intenzioni a uno stato emotivo intenso, come la gioia o la gratitudine. (Tra poco parleremo più a fondo dell'intensità degli stati emotivi). Quando accogli questa nuova emozione con grande entusiasmo, immergi il corpo nella neurochimica che si scatenerrebbe se quell'evento futuro si stesse già verificando. Potremmo dire che gli stai dando un assaggio dell'esperienza futura. Il cervello e il corpo non conoscono la differenza tra vivere un'esperienza reale e pensarla soltanto: a livello neurochimico, è la stessa cosa per loro. Perciò iniziano a credere di vivere davvero una nuova esperienza nel presente.

Dr. Joe Dispenza, "Placebo Effect", My life, 2014, pag. 146

Date:

July 5°

Title:

Gratitude

Idea:

- Look for opportunities to be grateful
 - Think on what people provide for you each day
 - Observe how much is freely given to you by life itself
-

Personal remarks:

I'm thankful for :

- waking up with the chirping of the birds
- the fresh breeze during breakfast
- a beautiful home in the middle of the nature
- my bike that takes me everywhere
- the purple sunset on the Mittlere Brücke
- the delicious "chili con carne" that my roommate cooked

and creates the same reality. So if we want to change some aspect of our reality, we have to think, feel, and act in new ways; we have to "be" different in terms of our responses to experiences. We have to "become" someone else. We have to create a new state of mind . . . we need to observe a new outcome with that new mind.

To change your life is to change your energy—to make an elemental change in your mind and emotions.

If you want a new outcome, you will have to break the habit of being yourself, and reinvent a *new* self.

Dr. Joe Dispenza, "Breaking the Habit of Being Yourself", Hay House, 2012, pag 22

Date:

July 6°

Title:

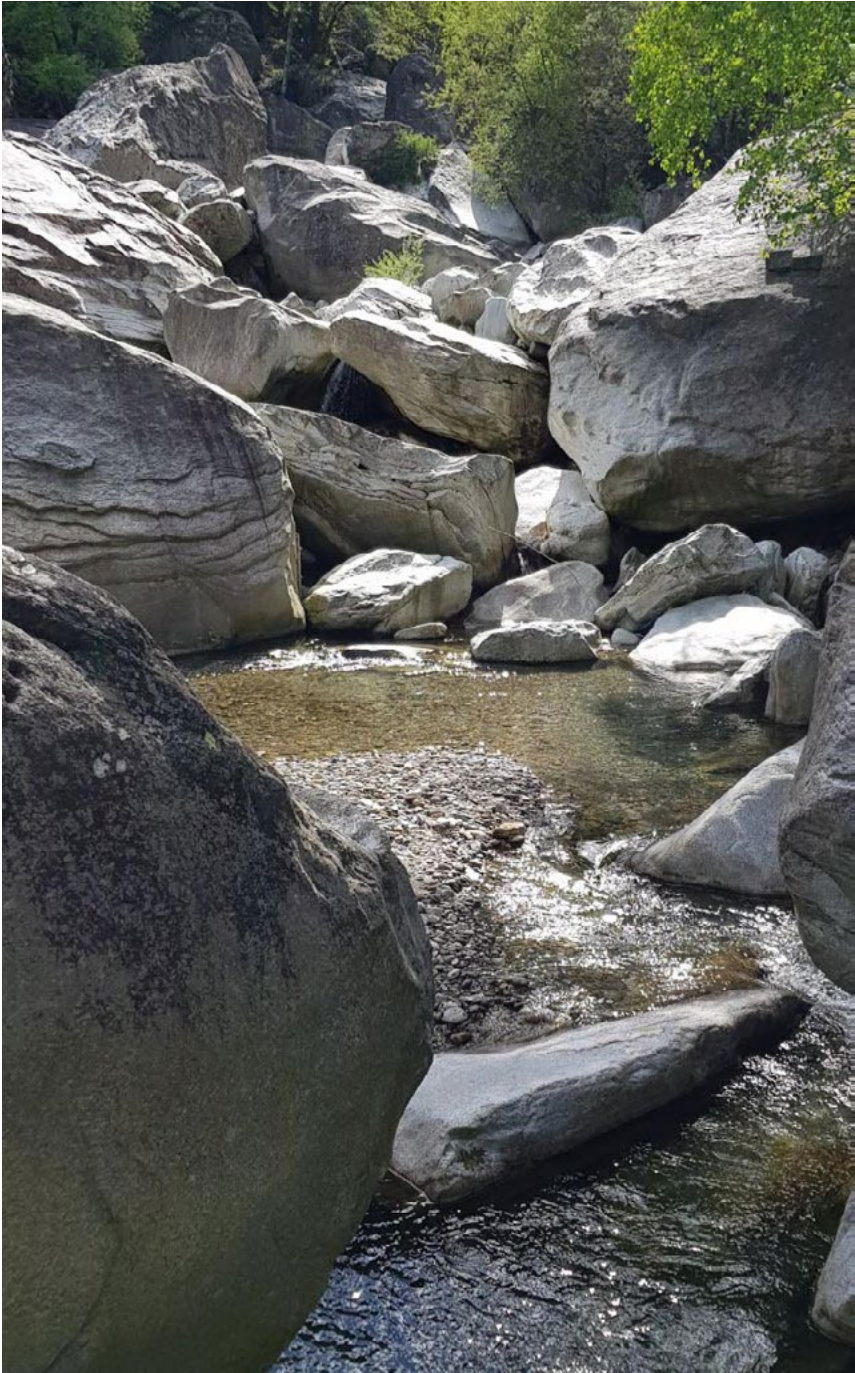
Reversal

Idea:

- Try to use your non-dominant hand all day

Personal remarks:

Use my left hand has been a real challenge. Simple actions feel awkward and unnatural. It forces me to slow down and stay completely focused on what I'm doing. Nothing is taken for granted.



Date:

July 7°

Title:

Day in Nature

Idea:

- Go outside and embrace the nature all around you throughout the day

Personal remarks:

Some friends picked me up and we went to Valle Verzasca, a really beautiful place in Ticino.

Highlights:

- sunny day
- climb in nature
- fish and eat
- first summer barbecue
- drawing with burned wood

Warning: when feelings become the means of thinking, or if we cannot think greater than how we feel, we can never change. To change is to think greater than how we feel. To change is to act greater than the familiar feelings of the memorized self. It is to be greater than the body.

more angry and frustrated. In effect, your feelings are now controlling your thinking. Your body is now driving your mind.

Ibid, pag.59

Date:

July 8°

Title:

Tune into your body

Idea:

- Lie on your back

- Mentally scan your body to get a sense of how stress affects it each day

- Start from your toes and work your way up to your scalp, noticing how your body feels

Personal remarks:

I really enjoyed the feeling of detecting the tensions through all my body and the deliberate action of letting relax each one of this areas.

During the day I felt more aware of the tension I was holding. Whenever I noticed I tried to let them go.

Date:

July 9°

Title:

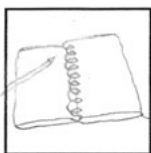
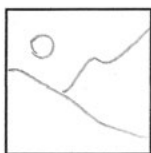
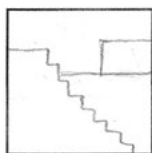
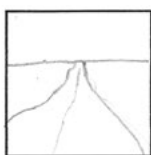
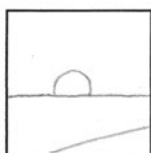
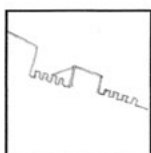
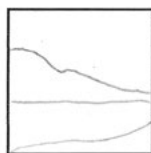
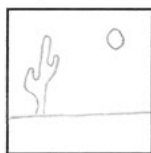
Six-word story

Idea:

- Write stories using only 6 words

Personal remarks:

- Smiling face, hands in the pocket
- En el silencio encuentro respuestas
- Pioggia cade, verde torna la Natura
- Cuerdas de guitarra mueven corazones
- Liquid words sliding through people
- Manos acarician con uñas de leopardo
- Sun is rising, time to sleep



Date:

July 10°

Title:

Three Lines

Idea:

- You have 16 squares; for each square you are allowed to draw only 3 lines
 - The line ends when you lift the pen or you touch a side of the square
 - All squares should be different
-

Personal remarks:

Once I read a quote from Picasso that says: "One works with few colours; what gives the illusion of their number is that they have been put in the right place". I think the same could work here by replacing the word "colour" with "lines". Three lines can easily outline a landscape, a figure or an object, if they are used properly.

Se ripeti o mantieni certi atteggiamenti abbastanza a lungo e li colleghi tra loro, crei una *convinzione*, cioè un modo d'essere esteso. Le convinzioni sono pensieri ed emozioni (atteggiamenti) che continui a pensare e a sentire finché non si installano nel tuo cervello e condizionano emotivamente il tuo corpo. Si può dire che sei diventato dipendente da quelle convinzioni: è per questo che è così difficile cambiarle e avverti un disagio istintivo quando vengono messe in discussione. Siccome le esperienze sono incise a livello neurologico nel tuo cervello (ti inducono a pensare) e a livello chimico nel corpo sotto forma di emozioni (ti spingono a sentire), le tue convinzioni si basano per lo più su ricordi passati.

Dr. Joe Dispenza, "Placebo Effect", by life, 2014, pag. 201

Date:

July 11^o

Title:

Mindfull Listeing

Idea:

-
- Listen to some music/sound from a neutral standpoint, with a present awareness that is unhindered by preconception
 - Stay with the sounds; listen intently, but without straining
 - Focus in the present moment
-

Personal remarks:

I laid down on the floor of my room, I closed my eyes and focused on the night's sounds that entered through the window.

I stayed there, completely immersed for 15 minutes, but it felt like a minute or two.

I was so relaxed, I lost sense of the time. This one was possibly the "effortless" meditation I've done so far.

Date:

July 12°

Title:

Alternative Use

Idea:

- Ask someone to name a common object

- You have two minutes to think of as many possible uses for this object

Personal remarks:

Alternative uses for a glass bottle:

- | | |
|--------------------|------------------------------|
| - lamp | - terrarium |
| - vase | - mail (message in a bottle) |
| - candle | - clothes hanger |
| - lantern | - storage |
| - ready-made | - trap for insects |
| - drawing tool | - weapon (persuasion tool) |
| - music instrument | - weight measure tool |
| - bird feeder | - rolling pin |

Date:

July 13°

Title:

Dear young me...

Idea:

- Write to yourself at a younger age. It can be your childhood self or yourself just a few years back. You can offer advice, compassion, explanation, forgiveness, or praise. Or you can simply recount an experience you had and how it impacted you as your adult self now

Personal remarks:

This is indeed a funny letter to write, but nonetheless a great one. It made me reflect on my life over the years, the person I've become and I want to be.

Hi Micael,

It's me, Micael, I know it sounds crazy but I'm writing you from the future.

You are 15 right now, I'm 10 years older. I'm writing you this letter to provide guidance, support, love, strenght and perspective as you navigate this precious journey called life.

You will come to realize that there is no precise map or manual to travel through the infrastructures of life's road. So, take this letter with a grain of salt, this isn't a black-and-white advice.

Moreover, you and I, both know that you wouldn't listen anyway.

But here it goes...

Believe in yourself, I know that at the moment you are full of doubts. You are struggling to work who you are and what sort of person you want to be.

Do your best. Choose what you love at any moment and try to do it always at the best of your ability.

Don't give up when things become challenging. Sticking to something is a virtue.

Slow down and enjoy the journey. Life is not a race. You are going to have the opportunity to experience some amazing things.

Don't be impatient to move on to the next one before you have truly made the most out of what you are doing now.

Your most important work, is to straighten out your own life.

Please understand that, the physical, mental, emotional, spiritual and financial habits you practice consciously or unconsciously everyday either will move you forward or backward in creating the life that you envision for yourself.

You will learn that the journey of life is about discovering and rediscovering who you are.

You are going to make mistakes, a bunch of them, and you will feel horrible each time, but life is about turning your wounds into wisdom.

Appreciate the time you have with your family. Call more often your grand-parents. I know you feel busy all the time with your life, but don't forget they will not

be there forever. They will be gone sooner than you think and you will miss them so much. So, while you are running through your busy life, stop for a moment and think on what really matters.

I start to be tired, so I will close this letter with a short list of advices.

- live in the present
- Each day you have two unique choices, you can choose to be happy or very happy
- Be grateful to people and life.
- Break the rules
- Disconnect and disappear frequently
- Learning is a process that has no end. It's life itself.

- Falling is a part of life, getting up is living. Inside every difficulty, there is an hidden opportunity.
- Be true to yourself
- Surround yourself with as many extraordinary people as possible
- Welcome and embrace change

I could have written more, I suppose. But it's 1 am here and I'm almost falling asleep and I suspect you will only discover any of this things, in the same way I did, by stumbling between life immensities.

So, I wish you more than luck,
thanks for reading and take care of
yourself.

One last thing, as you stumble along,
pay close attention.

Enjoy this day as much as you
can, as your life depends on it.
Because it does.

This day, this moment, is what you've got.

Love,

your older self.

Technology is a great distraction and a powerful addiction. Think about it: You can immediately change your internal chemistry and make a feeling go away by changing something outside of you. And whatever it was outside of you that made you feel better

Dr. Joe Dispenza, "Breaking the Habit of Being Yourself", Hay House, 2012, pp. 154 - 155

Date:

July 14°

Title:

Unplug

Idea:

- Take a break from all electronic devices

Personal remarks:

It hasn't been difficult to notice how much I depend on electronic devices. Just considering that I had to plan my day yesterday, in function of this "break". Through the day I realized how much I tend to use technology as a "short-cut" to don't strain my brain. It's almost like in the middle school, when they give you the calculator for the first time. From that moment you prefer let the machine work for you, even for basic calculations.

Sing of the Nature

How beautiful are the sounds
of Nature waking up.

Free.

To sing the new day
from which I do not return.

It's a mess for those who fight,
those who don't listen.

It's a symphony for those who appreciate
and wait,

the down of Sun tending to the rise
of the night that ends

Blissfully.

Date:

July 15°

Title:

Flux

Idea:

- Write a poem about what you are seeing

Personal remarks:

This morning I wake up early and I decided to take my notebook, a pen and walk into the forest to write the poem.



Date:

July 16°

Title:

Word Stacks

Idea:

-Take 25 blank index cards and cut them into thirds. On the first stack, write an adjective on each card, on the next write a noun, and on the third stack write a verb. Shuffle each stack separately, then pick one card from each pile and put them next to each other forming a "phrase"

-Draw it

Personal remarks:

When I was a child:

I always put my arms inside my T-shirt and walked around as if I had lost them.

I restarted the videogames everytime I knew I was about to lose.

I had that four-colour pen and I tried to push the buttons all at once.

The most difficult decision was to choose which cartoon to see.

I liked to stand behind the door with my chin on the handle and my eyes stuck to the chink, waiting for someone to scare.

I pretended to sleep, to let me take to my bed.

I thought the moon chased my dad's car.

I watched two drops slide over the window and pretend it was a race.

I remember when I was a child and I couldn't wait to grow.

Date:

July 17°

Title:

Pick Three

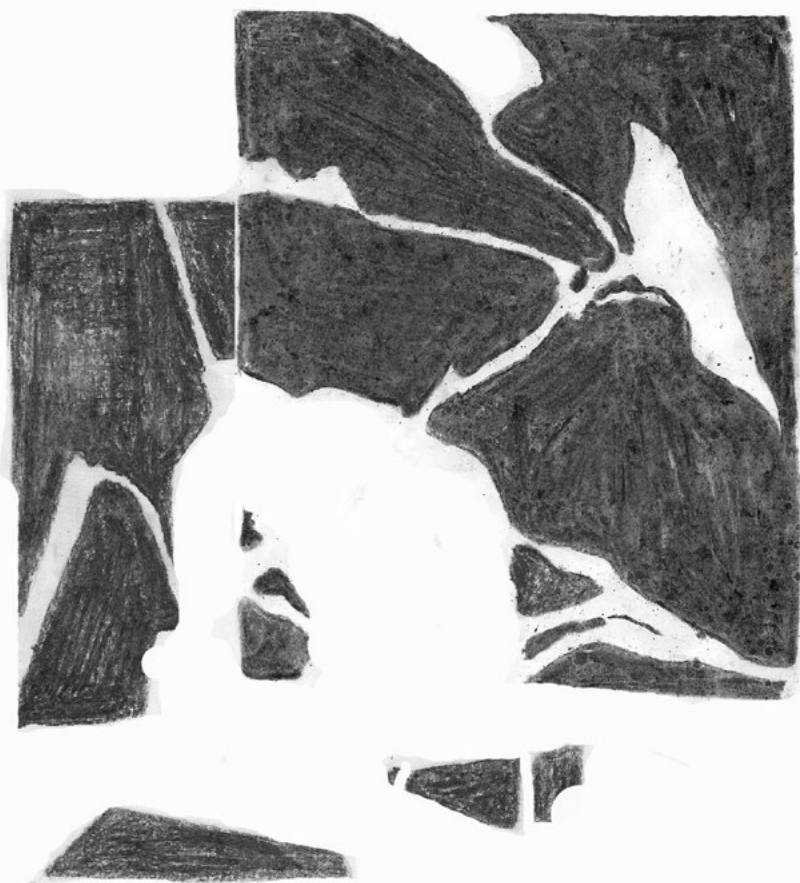
Idea:

- Open a dictionary in a random page; pick three words from that page

- Make up a short story using the three words

Personal remarks:

Three words : child - chin - chink



Date:

July 18°

Title:

In Between

Idea:

- Look around and find empty spaces in between objects or figures

- Arrange them on a paper to create a drawing

Personal remarks:

Drawing becomes way easier as you forget about details and features and you end up focusing on simple negative shapes. You have a completely different perception and I would say you end up with a truer representation of the visual world. In a certain way, the subject loses its meaning and you just see in terms of shapes. That really helps, as the knowledge we have about the subject may not conform the visual information, when seen from different points of view.

- On the way home I helped a guy that was struggling with parking his car.
- I kept the tram's door open for a old woman was late
- At lunch I bought a pizza for a woman was sitting in front of Migros asking for money.
- At school I helped some students move some stuff
- Coming home I passed by an old man who seemed lost, I stopped and helped him find his way

Date:

July 19^o

Title:

I Care

Idea:

- Look for opportunities to help somebody today
 - Write down your experience
-

Personal remarks:

Help makes me feel good and in general I always do try my best if I can. Although, I realized that my help always came from a request. Today was different, I was looking to help, even if they weren't asking for it.

I felt way more present and attentive to people on my surroundings, on their actions, behaviour, ect. Opportunities are everywhere, in tiny little gestures.



Date:

July 20°

Title:

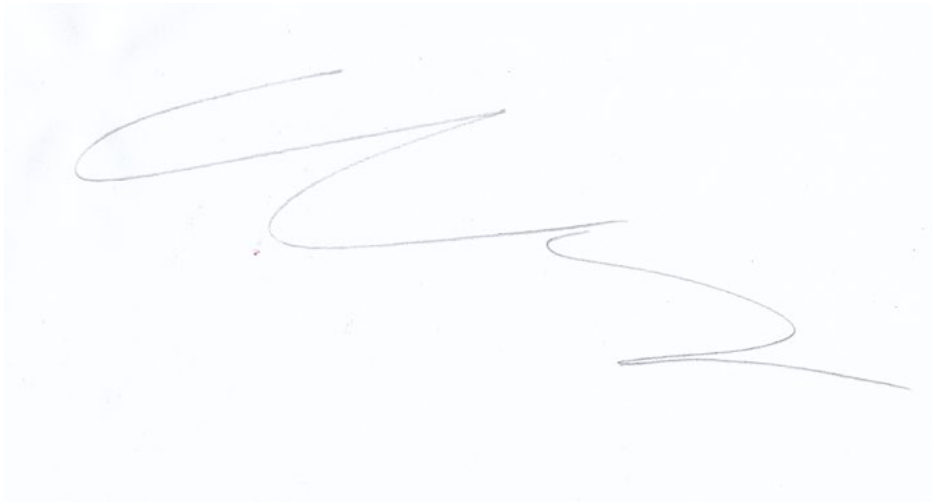
Squiggle

Idea:

- Ask someone to draw a squiggle on a paper

- Use the existing lines to draw some pictures from your imagination

Personal remarks:







Date:

July 21°

Title:

Reflection

Idea:

- Think how all experiences you made in last month affected your daily life, your feelings and thoughts

Personal remarks:

It's hard to translate in words what I've been experiencing. It has been very stimulating as most of the ideas in the diary involved activities that I didn't practice in my everyday life, especially meditation. To be honest I was very skeptical about meditation before, I never took it very seriously. Now, I think it's too early to see the influence of this practice in my everyday, but I start to see some positive results.

I feel happier, less stressed and anxious,
I have the feeling to appreciate way more
little things and being able to live in
the present moment.

I've never enjoyed writing too much, but
this is changing also. I've been keeping a
personal diary. I write in it as if was

writing to my best friend. I write him
what I'm feeling, what I'm going through
the day, the things I'm happy and
grateful about and the things that make me
sad and I want to change. I see it
as a sort of daily reflection.

Coming back to the Reflexive-work, I
structured the diary before starting and
I chose the activities that, in my opinion
fitted me the most (in this moment) as

a person whose desire is to bring out the best version of himself, each and every day. The experience has been accompanied by some readings: "Breaking the Habit of Being Yourself" and "You are the Placebo Effect", written by Joe Dispenza, which have been very useful to understand from a theoretical point of view how human brain works.

Another fundamental aspect that has greatly enriched this experience was the possibility to discuss about this topic everyday with people I was hanging out with, especially with my roommates. All the talks we had together were probably the most enriching part of this path, so I'm grateful to them for having taken part of it.

To conclude, I don't want this diary to be seen as a finished work, but more as a tiny documentation of an ongoing research. At the end for me it's all about self empowerment, it's life itself. How could it have an end?

