



Become a camcorder

You may have used a camcorder—a portable video camera with a built-in microphone. These gadgets have a simple function: to record the sights and sounds that occur in the spot that the lens and microphone are pointed. Camcorders do this without editorializing or making any judgments. Wherever we point them, they just register the details.

There are times when we can benefit by functioning in the same way. Just registering the sights, sounds, smells, tastes, and textures in our immediate environment can help us relax in a matter of seconds. And like the camcorder, we can just register the details in a neutral, objective, nonjudgmental way.

Experiment with becoming a camcorder. Following are some specific details about the outside world for you to “record.” Expand the list with your own ideas.

- The number of steps between your front door and the sidewalk
- Colors of the clothes that your spouse, partner, or children wear
- Locations of objects in a room
- Plants, flowers, and trees in your neighborhood
- Varieties of sound in your environment: traffic, birds, voices, air conditioners, furnaces, machines, and so on
- Smells, colors, textures, and tastes of foods that you eat often
- Colors of the sky and shapes of clouds
- The feeling of your fingers on the keys on a computer keyboard
- The sensation of your clothes touching your skin