BCI: Be, Contemplate, Imagine

What it is:
During a BCI session, you spend 30 minutes by yourself outside in nature just being, contemplating, and imagining.

Why it works:
Humans are unique in their ability to imagine, yet we rarely take time to do so, or to spend mindful time in nature.

Delivering the Good Life is greatly enhanced by taking time to reconnect with nature and with yourself.

Delivering the Good Life also requires shifting your thinking as well as imagining.

Spending directed time in nature can awaken dormant senses, stimulate surprising observations, and re-kindle stagnant imagination.

How it works:
Choose a topic.

Go outside and find a nice spot in a natural setting where you can be undisturbed for 30 minutes.

Once you find a spot, sit down and get comfortable.

Spend the first 10 minutes with your eyes closed, just being.

Open your eyes and spend the next 10 minutes noticing what you are sensing and contemplating your topic.

Spend the last 10 minutes imagining new concepts, ideas, or solutions for your topic, sparked by what you are sensing and noticing.

After the 30 minutes are over, take another 5 minutes to jot down anything that emerged.

Tips:
• It is helpful to bring something to keep track time
• You may enjoy taking additional time after the session to journal about what emerged
• It is helpful to do this often, as you will get better (and more out of it) over time
• Don’t be surprised if 10 minutes seems like an eternity the first time!

From the mini-course Using Biomimicry for Delivering the Good Life, a partnership between Sustainable Brands and MCAD