

# BE HUMAN, NOT CONCRETE.



the  
Hearten Up  
podcast

with Joel Clapham

## INFORMATION SHEET: MINDFUL DISHWASHING

**Mindfulness is essentially being fully present, conscious and intentional in the moment of now.** Others might explain it differently or try and sell you something to improve your 'mindfulness', (and I do quite enjoy colouring in, but that's an optional extra and not essential). Genuine and authentic mindfulness can be found and created in the everyday moments and tasks we take for granted – or begrudge!

Try this exercise and see how it feels to you at the time, and afterwards.

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- Stand at your sink, and be still. Close your eyes, breathe in for a count of four, hold for a count of four, exhale for a count of four, hold for a count of four.
  - Open your eyes, and make a mental note of what you can see, and smell.
  - Empty the sink from any dirty dishes and run the tap while you wipe the sink and draining area clean.
    - What does the sponge/brush/cloth feel like in your hand?
    - What does the water feel like?
  - Now place the plug in the sinkhole, noticing how it feels in your hand.
  - Turn on the taps and place your hands under the water as it runs.
  - Add dishwashing detergent, and notice the subtle change in aroma as the bubbles begin to form. Run your fingers through the bubbles and notice how it feels.
  - Begin placing the dishes in the water, and notice how it feels as you scrub them. Is there a change in the water's oiliness, its temperature?
  - Feel the weight of each dish as you lift it from the water, and place it on the draining area to dry.
  - As you wash each dish and place it out to dry, focus on what they feel like, what aromas there are, the noise of dishes gently clanking as you stack them up
  - Notice how clean they are and allow yourself to feel pride in having cleaned them.
  - Once you finish, lift the plug and watch the water recede, listen to any gurgling, and wipe the sink clean. Well done – you have just mindfully washed your dishes.

**How do you feel now?**