

SAFFRON X: RAHAO (PAUSE) WORKSHOP FACILITATOR HANDOUT

We are the generation of distraction. The mass appeal of memes, vines and tweets and social media is indicating how data is rapidly getting more and more condensed for our easily distracted young minds.

The art of reflection is something we are slowly forgetting. We are told every minute counts and not a second can be wasted. The time our minds need to collect its thoughts has been minimised to an almost non-existent amount. It is only until we reflect on a issue, can we respond to it properly.

DISTRIBUTE HANDOUTS

‘Honesty, this is how it should be.’

SET EXPECTATIONS EARLY ON

Saffron Mic is a platform for Sikh art and an outlet for forgotten expression. It allows us to respond to taboos and undiscussed topics in a safe and progressive environment. Before we are able to properly express our thoughts, we need to explore who we are and what we want to achieve.

Take your time. Do not rush! Stay in the zone and avoid talking or discussing with those near you.

DISPLAY ON PROJECTOR

In the back of your head during this exercise, keep asking yourself the following:

- Is the home I’m living in, a place of contentment or do I need to move?
- IF so, what changes do I need to make to move forward?

Are you all ready?

ALLOW PLENTY OF TIME FOR THIS EXERCISE

1. What accomplishments would you like to see in the following spheres of life?
Financial. Health. Social. Family. Spiritual. Career. Community. Mental. Fun.
 2. With each sphere, write a way you can ensure this accomplishment happens.
 3. Fill in the rest of the sentence: “When I leave this world, I want to be known for...”
 4. Write how many hours do you devote to each sphere in a week?
 5. How many hours should you devote to each sphere in a week?
 6. How do you track change in your progression?
 7. Fill in the rest of the sentence: “My dream in life is...?”
 8. Write down three actions to make this dream come true.
 9. Fill in the rest of the sentence: “The purpose of life is...?”
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SUBTLY ALLOW A FEW MINUTES FOR PROCESS TIME!

What we would like to do now, is for you all to fill in Q9 with your name and give it to a volunteer. You will now receive someone else’s Q9. We want each one of you to come to the front and show us the Q9 and read it out for us. **OR THEY READ THEIR OWN.**

20 MINUTES LATER

As people caught in the rat race, it's not always easy to take time out away from all distractions. But try it. Pop the phone on silent and just sit and think. Enjoy the train to and from work processing the day. Perhaps go for a walk or run. Try sitting in your garden and cloud watch. Maybe go for a drive with no music. Whatever it is, make time for yourself and enjoy the quietness. I guarantee you'll find what you want to see in life and how to make it happen get clearer and sharper.

If you're an artist, or a wannabe artist, we hope this has given clarity for what, how and why you should express yourself.

Thank you.

Does anyone want to share anything regarding this exercise? Did anyone find it uncomfortable? Did anyone take comfort from having clarity?

OPEN FOR DISCUSSION