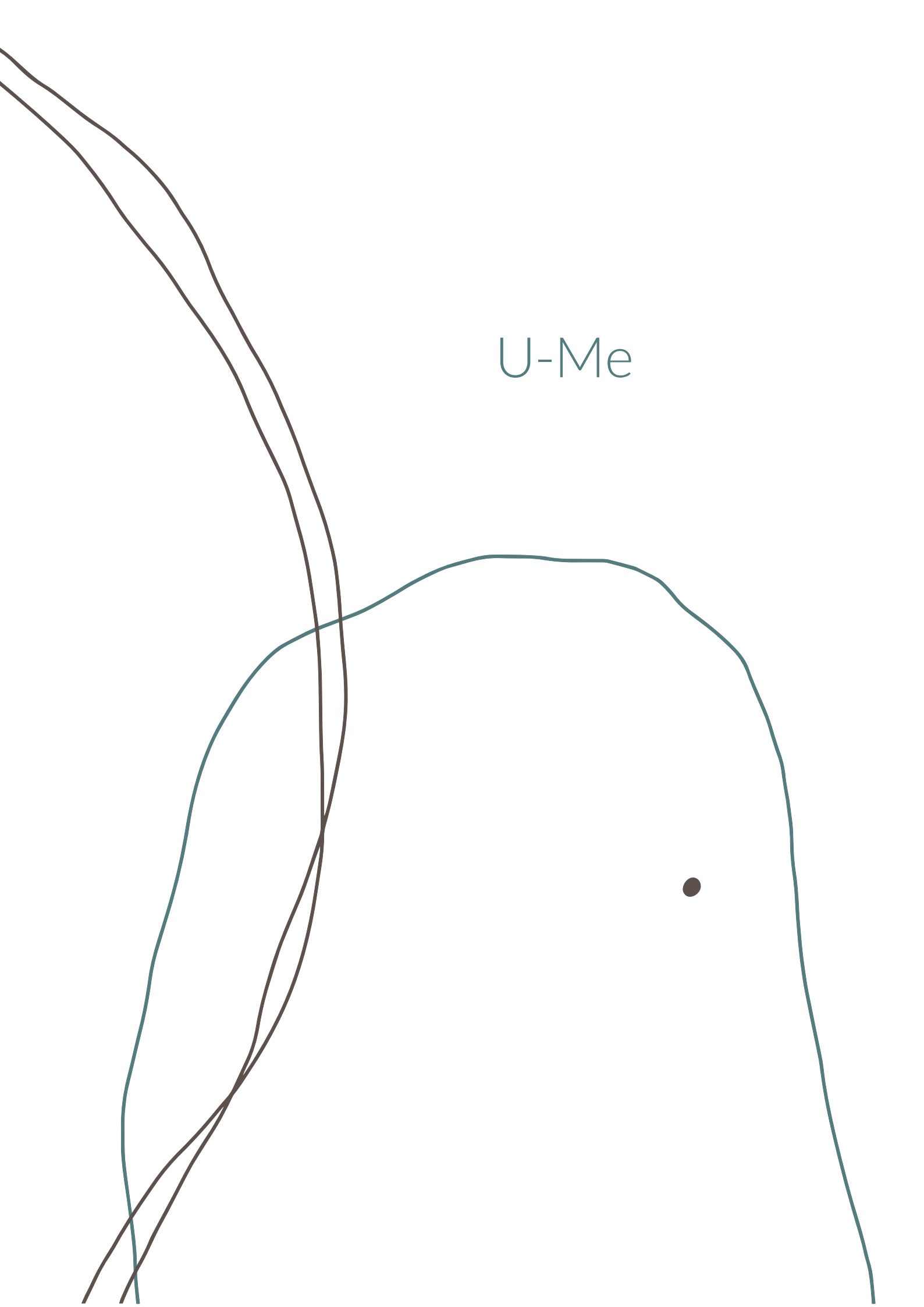


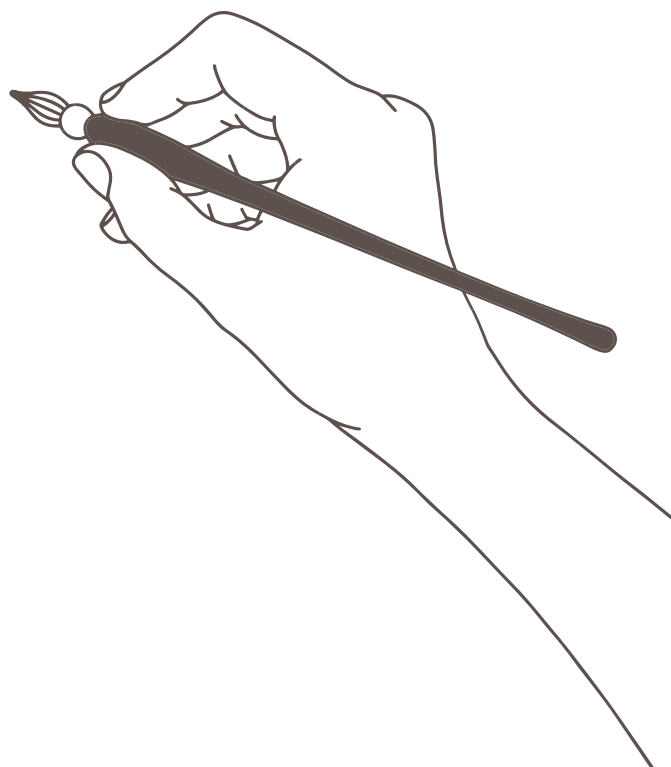
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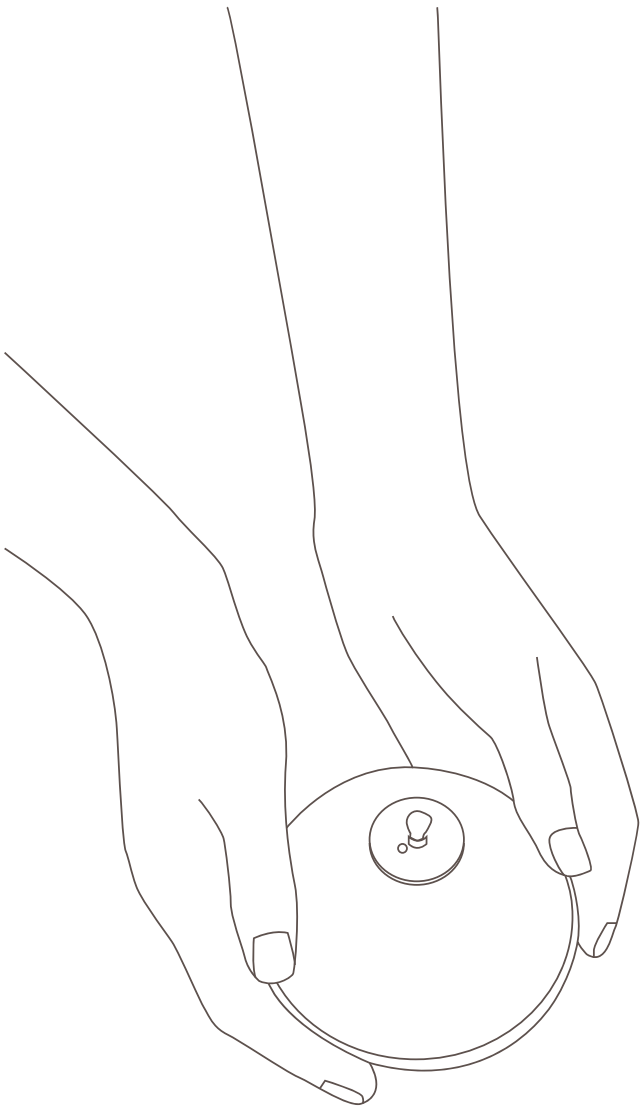


Over time we find ourselves and shine
In equilibrium with the energies of nature
AKI, a meaningful object for the modern world
A small oil lamp that will light your path

*Use the following pages in any way you want to help you maintain your light
and find inner harmony. Together with AKI, complete the activities and embark
on a journey that will reveal different horizons, open up new possibilities and bring you back to yourself.*

Read, reflect, observe, listen and express your essence through a new daily ritual.





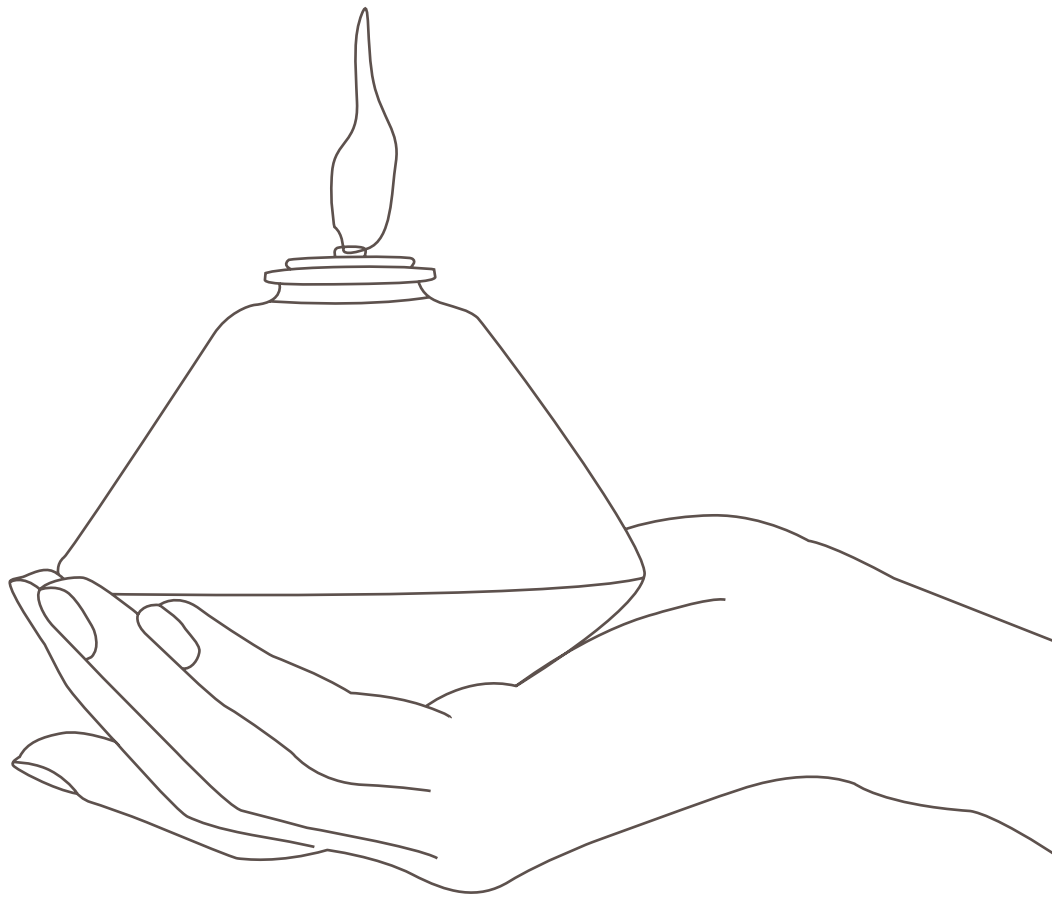
TIME

If you step away from to-do lists, goals and tasks, are you losing time or taking care of your time?

Time can pass quickly or slowly. Sometimes we feel we lack the time we need.

Sometimes we have too much time and we don't know how to fill it. Often we think time controls us, but by freeing up precious time for ourselves we can build healthier, happier rhythms that encourage self-care and wellbeing.

Activity: Plan your week with moments just for yourself. Light your AKI and forget about everything else.



HABITS

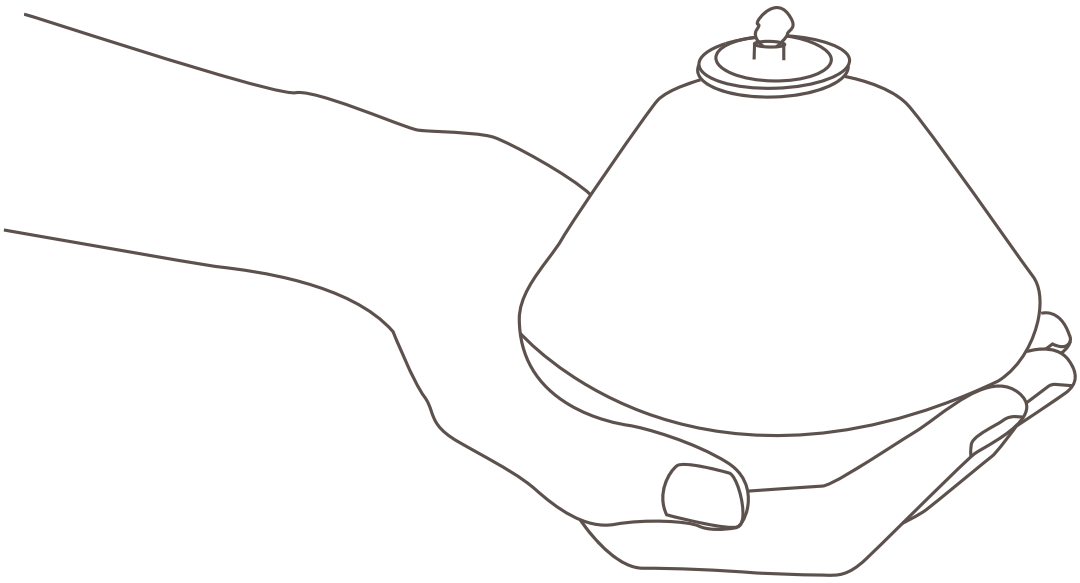
What is mundane repetition, and what is a meaningful ritual performed with intention?

Many of our habits have been shaped by social pressure – the sense that we ‘should’ go to the gym, attend this or that course, meet friends at a certain time and in a certain place.

But the new normal has swept away these expectations, and in their place we can develop different activities that are better aligned with our true needs and interests.

Activity: Imagine a daily ritual – a small act that will bring meaning and joy to your everyday life.

Follow it, and then write down how your routine and wellbeing have changed



DIGITAL CONNECTION

Nowadays we are always connected.

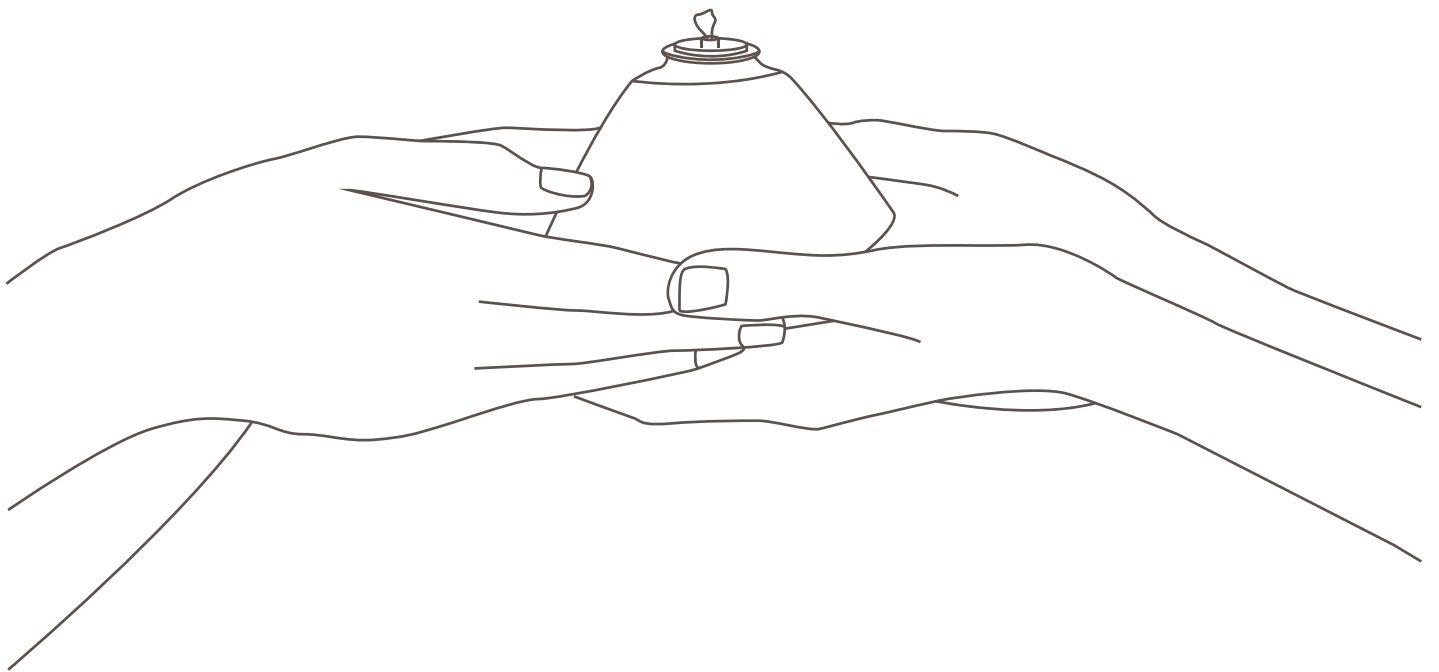
Is that a positive thing, or does it mean we lose out on other experiences?

Social media and digital communications allow us to keep in touch with friends and family, find information in an instant, and work remotely or more efficiently. Without them, the past two years would have been very different. But are we always our true selves in the digital world?

Do we use it to satisfy our curiosity and forge meaningful connections, or can it make us feel lost and even more isolated? And what do we squander to make space for it?

Activity: Switch off all digital connection for at least one hour a day and use that time for yourself.

You could cook a dish you've always wanted to taste, read without distraction, go for a walk in nature, write a page in your journal, try a new hobby such as knitting or drawing... There are endless possibilities!



MEMORIES

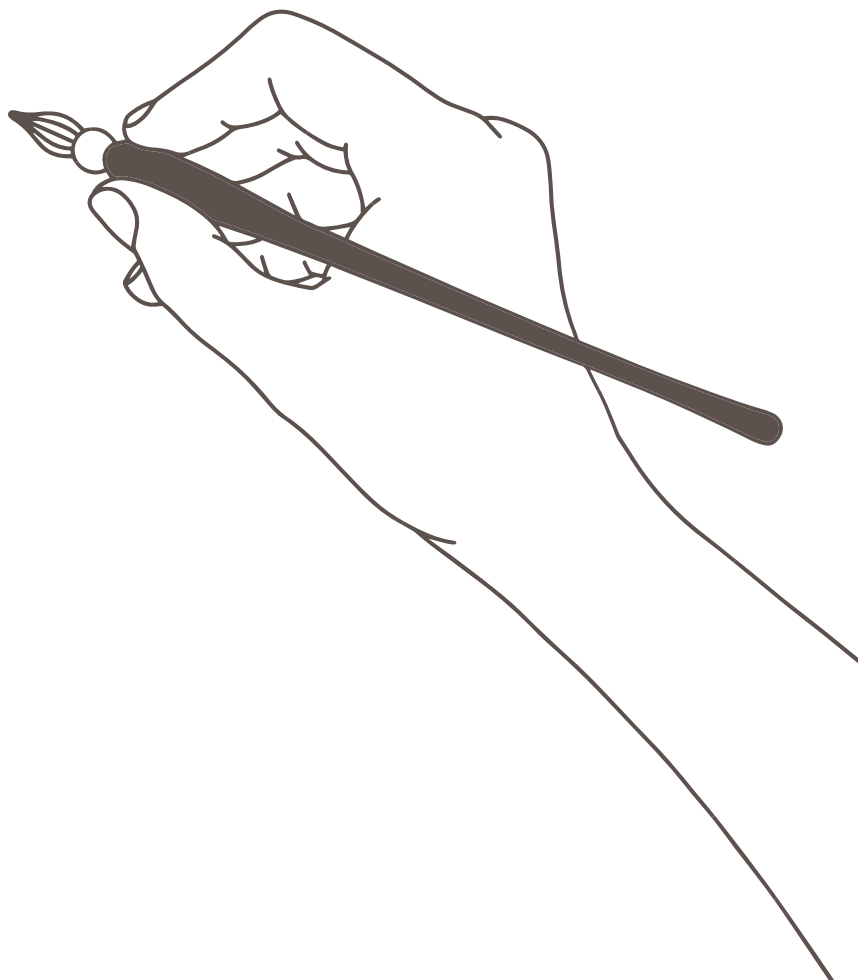
Do your memories merely provoke nostalgia, or can they take you back to your roots and help you confirm the direction of your journey?

Our fast-paced, hyper-connective world has not only reduced our capacity to retain information, it has also sparked negative connotations around memories. It's often said that we shouldn't spend time questioning what has been and should instead focus only on moving forwards. But memories – both happy and sad – can help us to heal and grow.

Memories are intertwined with our senses, and they soon fade if we don't take time to notice the smells, sounds, sights, tastes and touches that feed them.

By rediscovering forgotten memories, nurturing them and engaging with them, we can connect with our past and find new meaning in our present.

Activity: Wander back through your memories and write down an episode that, even today, shows who you truly are. Or look through old photographs and find one that unites your past and your present.



SILENCE

Is silence an absence of something?

Or is it an opportunity to be fully present in a particular moment?

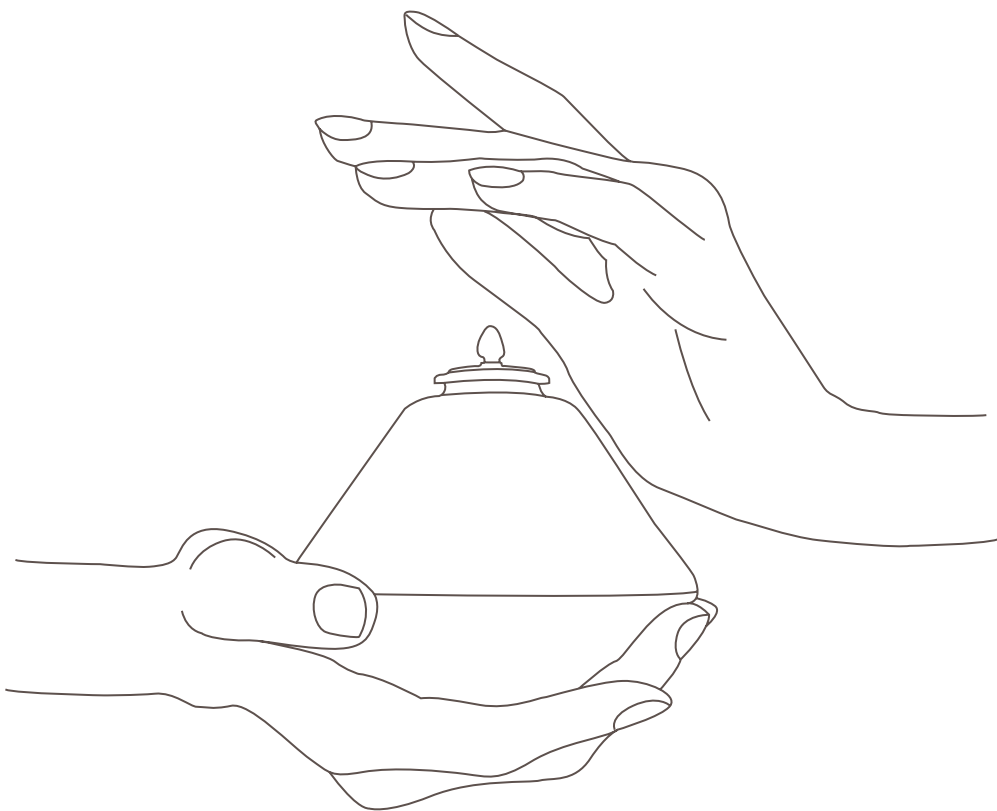
We usually think of silence as a lack of communication and connection.

But being silent is another way to interact with our surroundings – and with our inner selves.

It can feel strange at first, as silence is a rare thing in our world of TVs, phones, computers and traffic, but its positive impact has long been recognised by mindfulness, meditation and yoga practitioners.

Silence creates space for us to discover new thoughts, new emotions and new experiences – things that may only reveal themselves once all the normal noise has been stripped away.

Activity: Sit in a quiet place, away from man-made distractions, and close your eyes. Listen to your breath, pay attention to your heartbeat and free your senses. Notice the things you hear – perhaps birdsong, trickling water or a breeze rustling the trees – and the words that pop into your head.

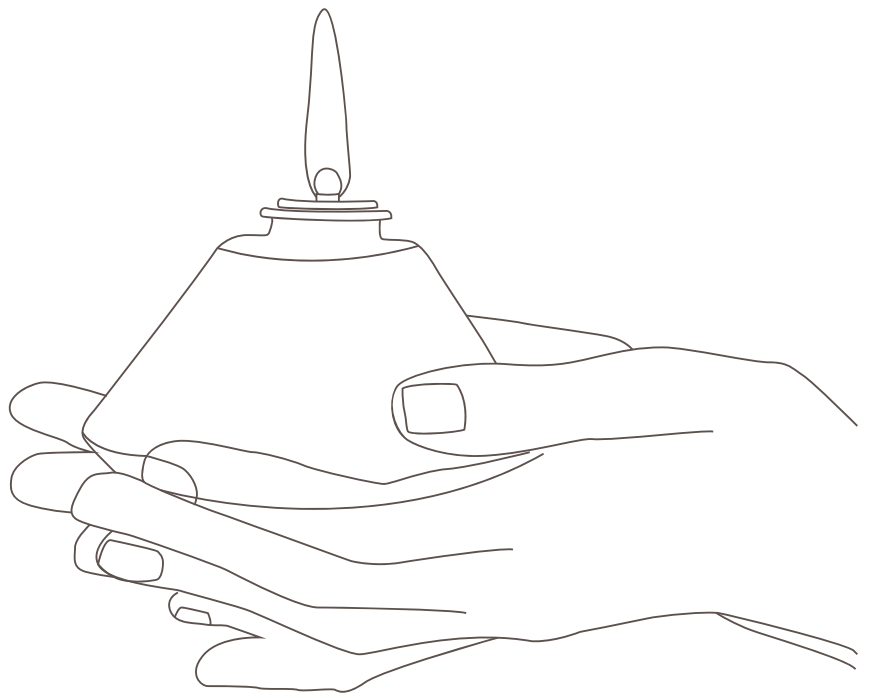


HOME

What is home, and how does it make you feel? Does it mean refuge and warmth, the people you love, or your ancestral roots? And are you yourself when you're at home?

Before the pandemic, busy work and social lives meant home was often just a place to sleep at night – a bolthole that we might not see for hours or days at a time. But all that has changed. Home is no longer just a physical space. It's a sanctuary where we can rest, unwind and feel safe. We now appreciate the importance of home to our overall wellbeing, and we seek to create spaces that make us and those closest to us feel welcome and relaxed. Spaces that bring us an emotional connection.

Activity: Look at your home and whether it fits you. Choose something that no longer represents you – perhaps a piece of furniture, an item of clothing or an accessory – and donate or recycle it. Sketch or describe the space without it, and consider the portrait your home now paints of you



BEAUTY

Does searching for beauty mean looking to external sources, or finding it within yourself and your own life?

Poets and philosophers have spent centuries trying to define beauty, but recent times have spurred many of us to re-evaluate its meaning. Faced with uncertainty and change, we have come to realise that we are all imperfect – that life is imperfect – but that we are beautiful and life is beautiful nonetheless. We have discovered that the source of beauty is more important than beauty itself, and that true beauty shines from within. It can just as easily take the form of kind words, little gestures and thoughtful behaviour as it can a flower, a piece of music or external appearance.

Activity: Notice and collect small sources of wonder in your daily life and the world around you. Record them through writing, sketches or colour.



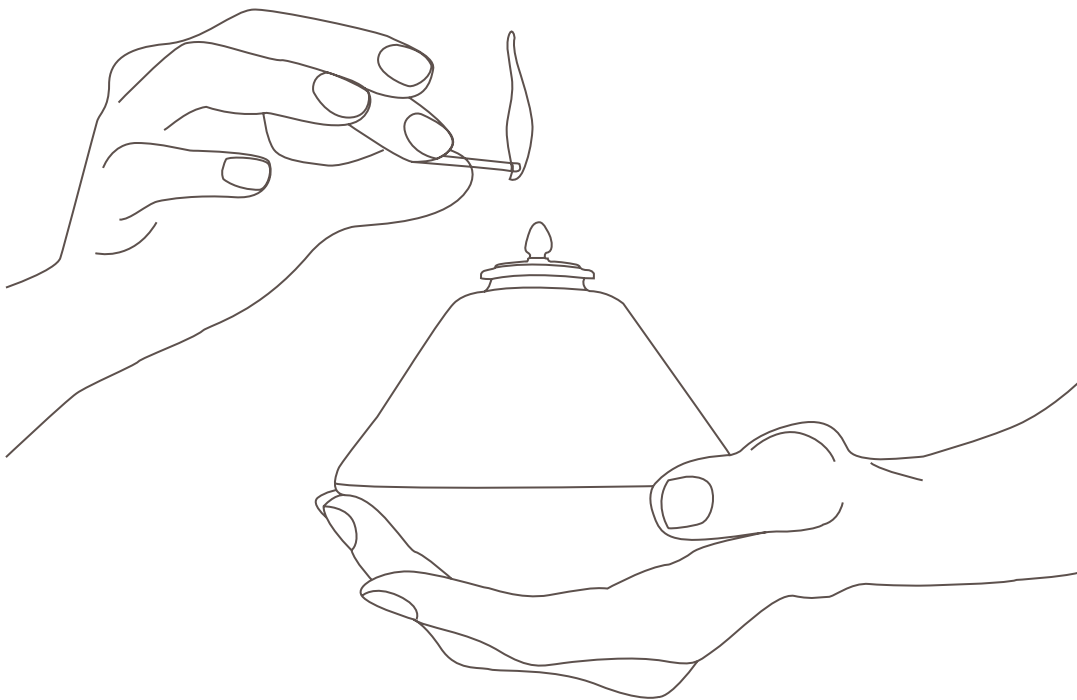
FEAR

What is fear? Weakness, insecurity and anxiety? Or an awareness that can help you to navigate your way through life?

Fear is necessary for survival. We have often avoided showing or sharing our fears, and we have tried to suppress them in an attempt to manage them. But the Coronavirus forced us to learn to live with fear, and the worries around social status and professional performance that had dominated many of our thoughts were suddenly replaced with a more primal concern about life, illness and death. Fear needn't be a source of shame and embarrassment. Perhaps it's merely an understanding of our own fragility, and an acceptance that we aren't invincible. If we acknowledge and sit with our fears, can they help us to make decisions, embrace risk and find a new spirit of compassion?

Activity: Write down how fear affects you. What sparks it? What emotional and physical symptoms do you experience? Rethink your reaction to fear by reframing the negatives as positives.

As a representation of fear, plant a seed and prepare a meaningful mantra to use when it breaks through the surface of the soil. Celebrate the little plant and its journey from darkness to light.

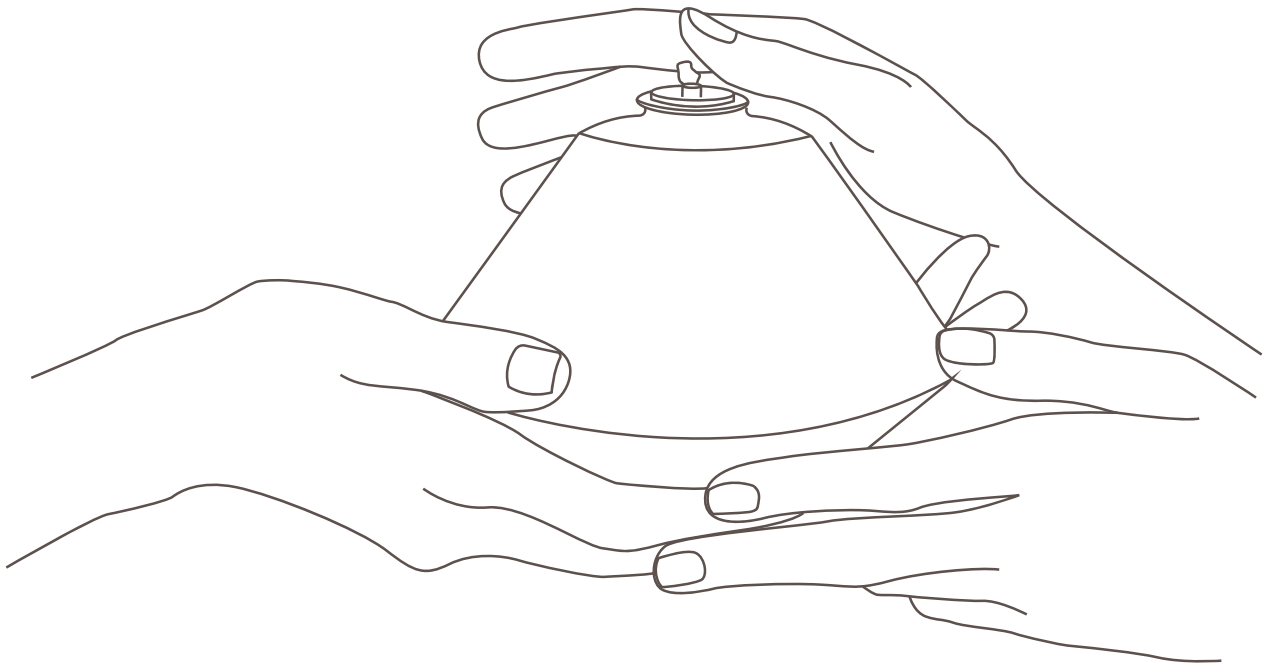


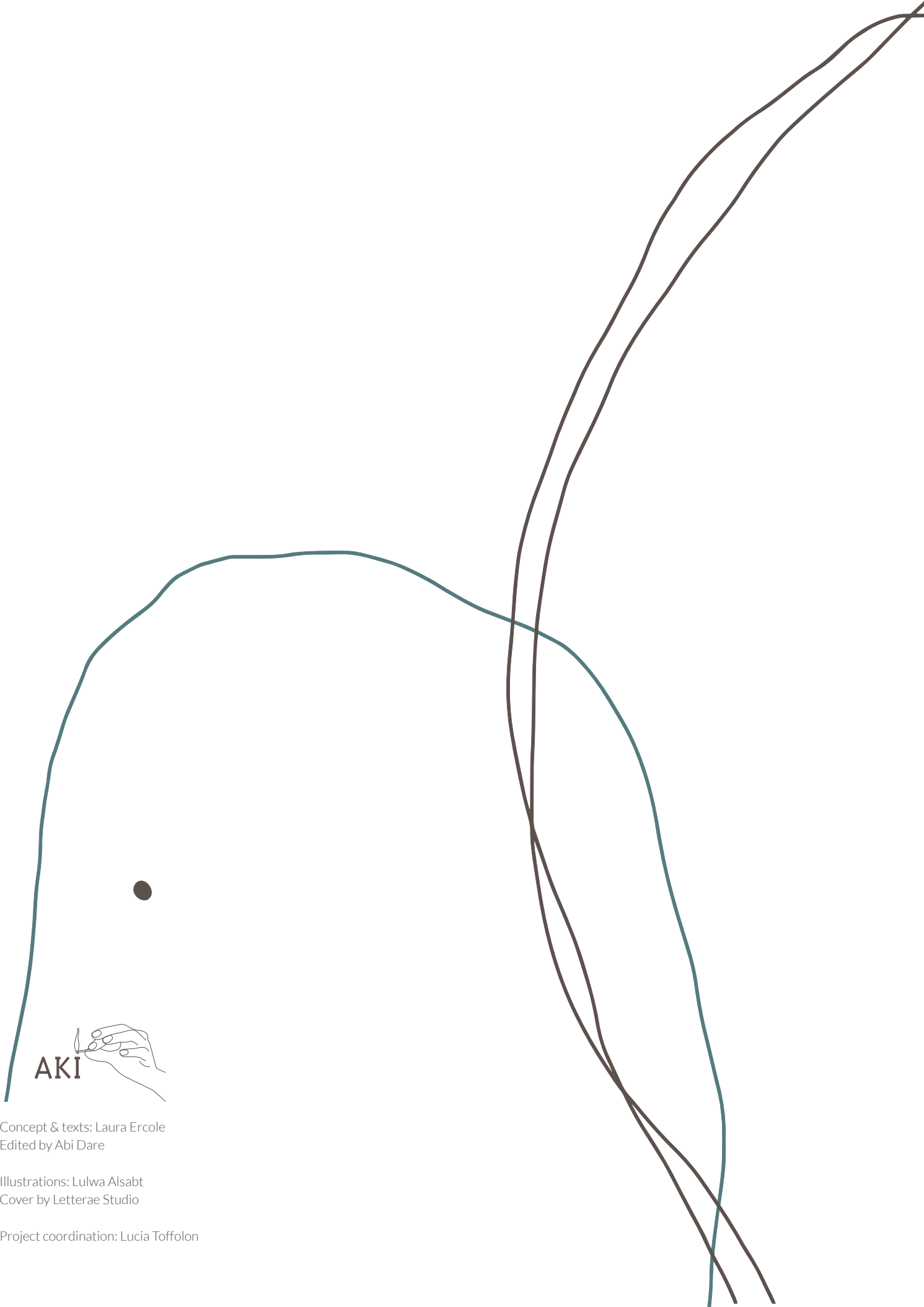
FULFILLMENT

Is personal fulfilment obtained through material possessions and outward success? Or is it a search for inner light, harmony and energy?

We are made up of body, mind and soul, and so a holistic approach is fundamental to our wellbeing. Our lives require balance, and if we focus solely on what we have, we lose a sense of who we are. Physical, emotional and spiritual dimensions all forge us as persons, and only by nurturing all three can we find our authentic selves and discover what it is to be human.

Activity: Watch how the flame of your AKI comes alive and moves – how it becomes a comforting presence. Write a letter to your inner flame – your AKI – and think about what really matters to you.





AKI



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