



"Your Italian Design and Travel Guru"

Enlightened Rome Bonus #2

Basking Benefits

bask (verb) 1: to lie or relax in a pleasant warmth or atmosphere: basking in the warmth of the sun
2: to take pleasure or derive enjoyment basked in the spotlight

- Merriam-Webster

Basking gets a bad rap. Americans' work ethic disparages even the appearance of "doing nothing," yet basking is an essential social, communal, and cerebral relaxation. Limit chronic stress, overwhelm, anxiety, sleep deprivation, depression, and fast-paced lifestyles that contribute to inflammation and illness. Add mindful basking as a daily practice to improve your quality of life.

Spending time absorbing and basking in beauty has the potential to elevate our experiences to a whole higher level. Beyond planning, which is a good, practical and essential skill, it invites another element, I call *allowing*. Whether that is spirit, or the inner being, or higher self isn't so much the point as is the activity of making space, pausing, and inwardly relaxing to let new ideas enter our lives.

Beauty-Filled Piazzas and Urban Squares

Find a great urban square or public space to visit regularly. Plan your visit to allow time to bask. Think of this activity as time invested wisely. The best piazzas are highly successful in their capacity to nurture people. Cities compete with one another to offer the best overall quality of life. Planners and architects recommend "blurring the line" between public and private space. Many cities, especially in the United States, offer few, if any, arts-infused urban squares. Places that are free, uplift, encourage dreams and actively inspire. Arts, architecture, and sheltered, pedestrian-oriented spaces present heroic messages. Piazzas and urban squares stimulate imagination and inspire us. Examples of artists, architects and heroes remind us and encourage us. They allow us to find our own inner courage stirred and emboldened to *aspire*.

Make basking in beautiful urban squares and public spaces a habit and enjoy:

- 1. Absorbing essential Vitamin D outdoors.**
- 2. Engaging brain areas that process pleasure through appreciating art.**
- 3. Allowing mindful relaxation rests your brain and gives it time to absorb and process.**
- 4. Easing into states of natural, heightened awareness.**
- 5. Being inspired by observing the talents and achievements of heroes and exemplary talents.**
- 6. Connecting with others, and build a sense of community.**
- 7. Making calmer decisions.**
- 8. Improving digestion.**
- 9. Releasing endorphins.**
- 10. Aspiring to bold goals.**