

How to develop a Sit Spot Practice



How to Begin

- Find a quiet spot in a natural area or park where you are drawn to, and that you feel safe and comfortable
- Make a personal commitment to visit regularly
- Let go of any expectations and be open to nature's wisdom



How to settle in

- Arrive at your sit spot, turn off your phone and give yourself permission to be for 10-20 minutes
- Sit down, make yourself comfortable
- Bring your awareness to your body seated on the earth, feel the sensations in your body
- Close your eyes and notice your breath for a few minutes. Becoming aware of the movements of your breath in your belly, shoulders or chest



How to practice

- Tune into your senses. Listen for sounds around you, gaze up at the sky, take deep breaths in, feel the warmth of the sun or the cool of the breeze
- Observe what happens around you, explore the landscape with soft curious eyes
- Notice the colors, the textures, the stillness and the movement
- Listen for sounds, distant, close. Cup your ears and listen for sounds in different directions
- Breathe in the aromas, what can you smell
- Notice the change of the season, a flower in bud, the dampness of the earth, the sounds around you
- Watch how the birds and insects live their life, what have they seen
- Can they see you?
- Expand your awareness, what lessons can you learn in this moment



How to end the practice

- Acknowledge yourself for taking the time to rest and connect with nature.
- Notice how you feel
- Acknowledge your sit spot and express gratitude to the mother earth for holding you
- Get up from your sit spot and leave quietly



Tips to maintaining a regular practice

- Have a spot close by that you enjoy being at
- Don't be hard on yourself if you can't get to your spot as much as you like
- Be open to wonder and awe
- If thoughts and distractions arise, notice them, express gratitude to your mind, allow them to pass and bring your awareness back to your senses