

Finding your Sit Spot

- Take some time to walkabout, letting your “body radar” guide you until you find a place in the natural world (your “Sit Spot”) where you will come to regularly
- “Zone of awareness > zone of disturbance” Jon Young
- Your sit spot is somewhere you will come to to spend some time, to get to know, to become familiar with/to all who live here
- On arrival at your Sit Spot, one by one face and acknowledge The Seven Directions: pause, close your eyes, and listen for the quietest sound each direction, one at a time... East – South – West – North – The Earth – The Heart – The Sky
- As this is your Sit Spot, find a spot to sit (“anchor point”) and sit...
- ***How we approach the landscape and the beings who live here matters...***
- ***Attitude:***
- “It’s all alive, it’s all intelligent, it’s all connected, it’s all relatives” *Bioneer’s Logo*
- “Well you have to respect that tree or hill or whatever it is you’re with. Take a horned toad for example, if you think you’re *better* than a horned toad you’ll never hear its voice – even if you sit there in the sun forever.”

from Another Way to Listen, by Byrd Baylor

- ***Attention:***
- “Who can open the door who does not reach for the latch?
Who can travel the miles who does not put one foot
In front of the other, all attentive to what presents itself
Continually?
Who will behold the inner chamber who has not observed
With admiration, even with rapture, the outer stone?”

From Have you Ever Tried to Enter the Long Black Branches, by Mary Oliver

- “If you notice anything
It leads you to notice
More
And More.”

From The Moths, by Mary Oliver

- Take time to pay attention to aspects and/or beings at your sit spot – using all your senses
- Before leaving notice your feelings of gratitude and, for a few moments, drop into those feelings of gratitude as a way of honoring...