

Arrive

Before the day takes you, there is a breath where you are simply here.
This morning, we return to it.

The practice

1. Sit or stand wherever you are. Let your eyes soften, or close them.
2. Feel the places where you are already held: your feet on the floor, your back against the world behind you. Let the earth carry the weight it already carries.
3. Draw one slow breath, and let your exhale be longer than your inhale. Three breaths, unhurried.
4. Then, silently, offer yourself these words: *"I am here. I belong to this ground, to this breath, to this morning light."*
5. Let three things reach your senses: something you see, something you hear, something touching your skin. Greet each one quietly.

A question to sit with

What feels different when I let myself be here, instead of rushing ahead?

An invitation to nature

Step outside today, even for a minute. Place your hand or your bare feet on something natural: grass, a stone, a tree, water. Let it be steady beneath you, and feel it for a moment.