

Morning V

The thread of belonging

You belong to a wide web of living things. This morning, we feel for one thread of it, and let ourselves be held.

The practice

1. Settle where you are, breathe slowly, and feel the ground beneath you.
2. Bring to mind one living being you feel warmth toward, and who feels easy: a person, an animal, even a tree you know.
3. Picture them clearly. Let yourself feel the simple fact of connection, the thread that runs between you.
4. Offer them something kind, silently: *"May you be well. Thank you for being part of my world."*
5. Notice that to wish another well warms you too; the thread carries both ways. Rest in the knowing that you are held within something larger than yourself.

A question to sit with

Who or what makes me feel, even a little, that I belong?

An invitation to nature

Make one small, real moment of contact today. Meet someone's eyes and truly see them, send a word to someone you miss, or lay your hand on a tree and feel that it is alive alongside you.

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