

## ***The Sit Spot Practice***

*Developed by Deb Greene-Jacobi for Cascadia Quest*

One of the foundational practices of developing an intimate connection with Nature is the Sit Spot. The invitation is to find one place in your natural world that you can visit with great regularity and get to know this place very well. Let this Sit Spot become a place where you become comfortable with just being there and learn to sit still, alone, often and quietly. Find a spot at or near home that calls you and dedicate time, all of your senses and your heart to opening fully to this simple yet profound place. Make time to go there either as a daily practice or a few times per week if possible. Sit by yourself for 20 minutes and bring a notebook and pencil. After sitting quietly, before you leave you may want to journal, make notes or even draw.

Open to all of your senses to observe what you notice is living and breathing in the moments you are there...above, below, around and within.

What do you see? Sun shining above, quality of light, clouds in the sky, birds flying, squirrels running, bees, a deer walking, a variety of trees, flowers on plants. What do you see?

What do you hear? Bird song, wind, bees buzzing, a plane flying overhead, dogs barking, a car driving, an owl, coyote, frogs, crickets, quiet then maybe a cacophony. What do you hear?

What do you feel? A cool breeze, calm, quiet, peaceful, excited, your breath, the ground beneath you, a tree at your back. What do you feel?

What do you smell? The sweet crispness of morning, blooming flowers, turned up earth, food cooking inside your house...What do you smell?

It may be morning one day or early evening another to learn all the moments present in your Sit Spot. How does your Sit Spot change day to day and in different times of day? Go there for sunrise, morning, sunset, in moonrise, under starlight, with fog, wind, even light rain. Get to know your place intimately in many moments and seasons.

Whenever you go...there you are...present, open quiet and alive. Feel your deepening connection to the inner and outer landscape of knowing Nature and yourself. The connection is yours for safe keeping, forever, a place of belonging. Home in Nature.