



Module Two

Lesson 8

Sit spot

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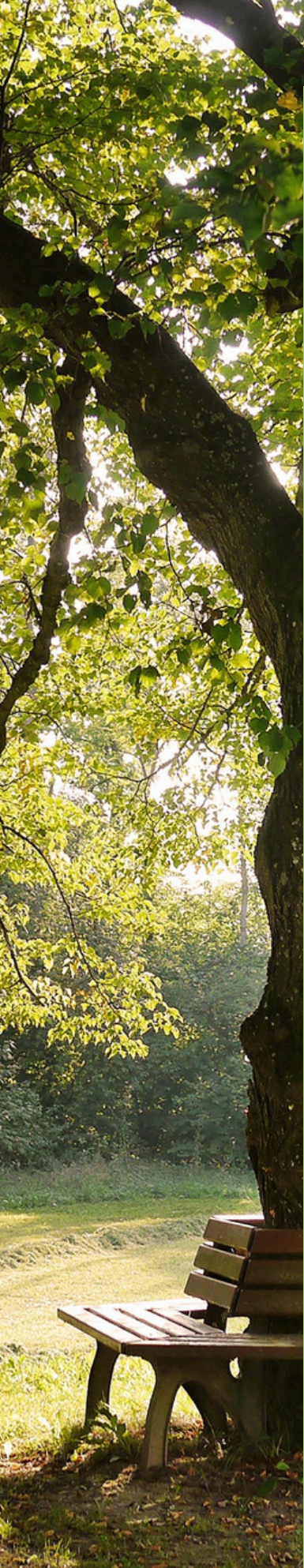
Sit spot



A sit spot is a place in nature where you can go and sit, take in what's around you, take some time for yourself, and expand your practice from your body to the much wider environment. You can also enhance your time in, and connection to, the living world.



Choose a place you can return to time and time again, so that it becomes familiar, a comforting and special place for you, so ideally somewhere close to where you live. It will become a place where you can notice the changes in the nature around you every time you visit, and truly get to know the animals and birds who live there as individuals. With time, they will become familiar with your presence too and become less shy around you, more willing to let you into their lives.



Ideally, this would take 20 to 40 minutes because you want to have enough time from the point of your arrival to sitting quietly for the animals and birds not to see you as a threat and come out of hiding.

While you are waiting for this to happen, simply sit still and take a few deep breaths. Set the intention to be fully present and to let go of any thoughts that enter your mind as soon as you notice them. Yet don't come with any fixed goal in mind. Don't look for specific things, don't hope or expect to see something, just be open to whatever arises.

Pick a point in the environment that is directly in front of you. Rest your attention on it, keep your focus soft and gentle. Notice what you can see. Take it all in, the shapes, the patterns, the colours, all the different types of trees and plants. What can you see in your peripheral vision?

Turn your head to the right and take in everything that's in front of you. What can you see that is different from your view straight ahead? Focus again on the colours, shapes, the different species. Check again what you can see in your peripheral vision.

Now turn your head to the left and do the same thing - take in what you can see and consider how different it is from your view straight ahead and your view to the right. What's in your peripheral vision now?

Look forward again, and tune into the sounds around you. Can you hear the wind rustle the leaves? Can you hear any birds singing or calling? Listen to the sounds close to you and those far away in the distance.



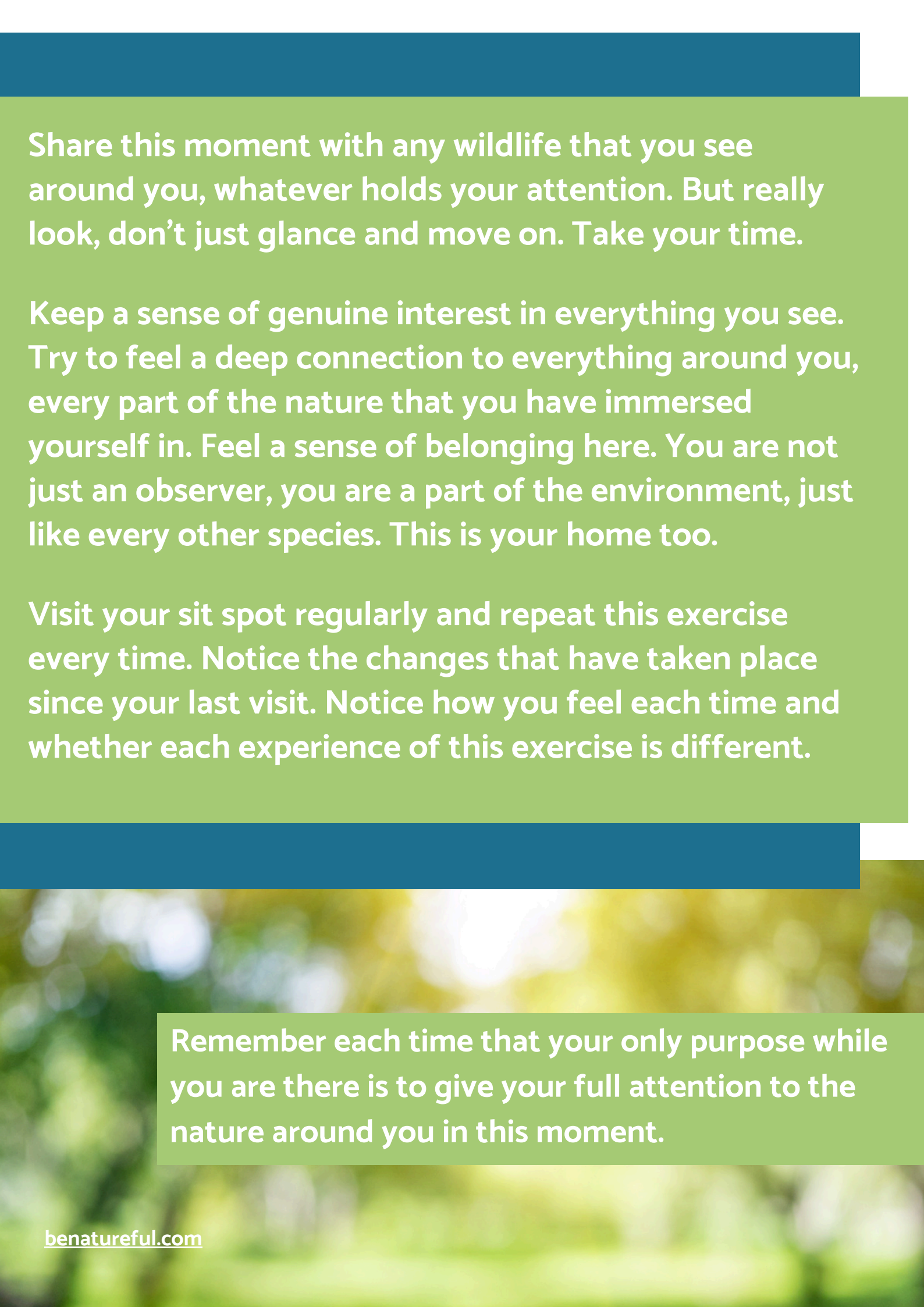
Can you feel the sun on your face? Are there any smells being carried towards you, from flowers or the soil?

Feel your feet on the ground, is it soft or hard underfoot? Feel the weight of your body on the bench or tree or ground you are sitting on.

Notice how you feel. Is your body relaxed and calm? Do you have any tension anywhere? What is your energy like? How is your mind? Is it becoming clearer? If your mind still feels busy, take some deep breaths and follow your breath as it flows in and out of your lungs.

Now be free to take in whatever catches your attention. Look up into the sky. Look down at the ground beneath you. Take in all of your surroundings. Watch a plant sway in the breeze. If you want to watch a bird near you, focus your attention fully on him or her.

Watch how the bird moves, how the bird behaves, follow with your eyes but remain still.



Share this moment with any wildlife that you see around you, whatever holds your attention. But really look, don't just glance and move on. Take your time.

Keep a sense of genuine interest in everything you see. Try to feel a deep connection to everything around you, every part of the nature that you have immersed yourself in. Feel a sense of belonging here. You are not just an observer, you are a part of the environment, just like every other species. This is your home too.

Visit your sit spot regularly and repeat this exercise every time. Notice the changes that have taken place since your last visit. Notice how you feel each time and whether each experience of this exercise is different.

Remember each time that your only purpose while you are there is to give your full attention to the nature around you in this moment.