

# FIND A SIT SPOT TO AWAKEN YOUR SENSES

## What exactly is a “sit spot”?

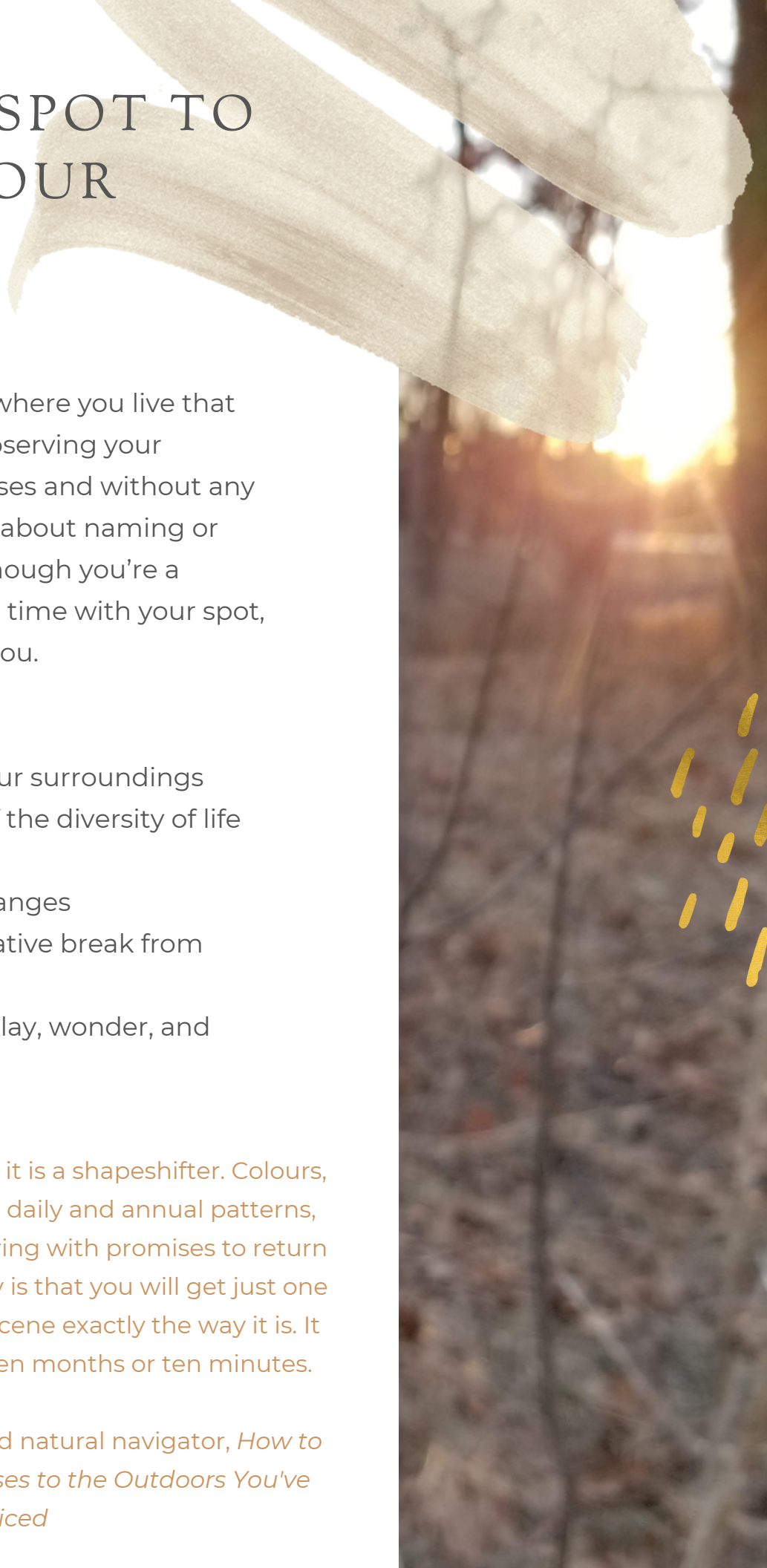
It's a place in nature close to where you live that you visit on a regular basis, observing your surroundings with all your senses and without any plan. You don't have to worry about naming or identifying what you see as though you're a biologist. Just enjoy this quiet time with your spot, taking in everything around you.

## Why do we use a sit spot?

- To get comfortable with our surroundings
- To become more aware of the diversity of life around us
- To notice patterns and changes
- To escape or take a restorative break from screens
- To experience a sense of play, wonder, and curiosity

The world around us is morphing; it is a shapeshifter. Colours, smells, and sounds swirl through daily and annual patterns, putting on display then disappearing with promises to return in new clothes... The only certainty is that you will get just one opportunity to experience each scene exactly the way it is. It will be different if you return in ten months or ten minutes.

~Tristan Gooley, British author and natural navigator, *How to Read Nature: Awaken Your Senses to the Outdoors You've Never Noticed*



# SIT SPOT EXPLORATION

Suggestions for trying out a sit spot practice near or at home:

- **Pick a spot where you notice a little bit of nature.** Pick a spot that's easy to get to and safe. If you can't go outside, try looking out a window or observing something living like a houseplant. Even noticing natural "inanimate" objects in your home, such as a wooden table or bowl of fruit, can be surprisingly revealing.
- **Set a time of day to visit your spot.** You might choose a time you already have set aside for exercise or another mindfulness activity.
- **Take a few slow, deep breaths and then do a quick body scan.** Notice how the body feels right now. Starting at the top of the head, gently scan down through the body, noticing what feels comfortable and what feels uncomfortable.
- **You may want to hold a grounding object such as a rock or a stick.** Your object can be anything you find pleasant or soothing to hold in your hands. This can be especially helpful if you're doing your sit spot indoors.
- **Sit quietly for 5 or 10 minutes while observing your spot.** Ten minutes is an ideal minimum. If that feels a bit too long at first, then start with 5 minutes.
- **Notice one thing with each sense: touch, sight, hearing, smell, and taste.**
- **At the end of your sit spot, notice how you feel before getting up and moving on with your day.**
- **As a second layer to this practice, consider jotting down a few notes in point form in a small notebook or sharing what you noticed in your sit spot with a friend or family member.**
- **Repeat daily, weekly, or at least a few times during the first month.**

I look forward to hearing about what the sit spot experience was like for you and learning any tips you discovered along the way.

**Emma Rooney**

**(416) 843-0584**

**[emma@bloomingcaravan.ca](mailto:emma@bloomingcaravan.ca)**