

Nature connection through a "sit spot"

What is a sit spot?

Simply a location in nature where you go regularly. It might be your balcony if you live in a city, a corner of your garden or a spot in a park.

It is good to choose a sit spot as close to your house as possible. A back doorstep is ideal, then you are much more likely to visit regularly and at different times of the day. You can also have another sit spot further afield if you like.

On a sit spot you can quiet your mind and focus your senses on nature. Enjoying your sit spot for 15-20 minutes is good, or even 5 minutes is better than no sit spot at all.

Why would you go there?

Nature connection through a sit spot optimizes and harmonizes the biology of our human nervous system and grows your sensitivity to nature. On your sit spot you can practice mindfulness and connect with nature, to cultivate awareness as you expand your senses. Sit spot awakens the deepest and most ancient of human awareness potential.

When you go to the same spot regularly the other beings that live there start to see you as part of the landscape and start to go about their day to day activities. This gives you an opportunity to get to know them and for them to get to know you.

Basically:

1. go outside
2. sit down
3. raise your awareness

Sit spot exercises

- Relax, take some deep breaths and consciously feel your body.
- Feel the direction of sun, notice where the wind comes from...
- Detect peripheral movement: notice the edges of your field of vision.
- Hear far away sounds and hear the wind in the trees.
- Smell the soil, the trees and what else there is to smell.

Train your sensory awareness until it becomes a pattern in your life.

From seeing to connecting

Being aware of the rustling in the trees and the songs of the birds is one thing; connecting to it is another.

When you see a bird you can ask yourself if you recognize it as an individual. What is it doing precisely? Why is it acting that way? What message do you hear in its voice? Do you make a real connection with the bird?

Can you zoom out, fly up like a bird and oversee the map of the landscape?

If you close your eyes, can you imagine another landscape? Do you hear, smell and feel that landscape as well?

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