

The Sit Spot

A ten-minute practice for coming back to yourself — no gear, no app, no cost.

1 Find one spot outdoors.

A step, a bench, a patch of grass, a trailhead. Close to home is fine — the same spot every time is better than a perfect spot once.

2 Sit for ten minutes.

No phone, no podcast, no goal. You are not meditating correctly or incorrectly. You are just there.

3 Notice five things.

What moves, what sounds, what smells, what the light is doing. Let your attention land on the world instead of the worry.

4 Come back tomorrow.

The practice is the returning. Same spot, ten minutes, most days. After a week you'll start to notice the place changing — and yourself with it.

Stillness is not the absence of movement. It is where movement starts.