



Harbor Orienting

PRACTICE



A gentle way to arrive in the present moment.

1



Look around the space.

Let your eyes gently take in your surroundings.
Notice the colors, shapes and light.
Name three things you can see.

2



Listen.

Notice the harbor waves, birds, and breeze.
Let the sounds around you help you arrive here now.
What can you hear right now?

3



Feel your support.

Notice your body in the chair.
Feel the seat supporting you.
Feel your feet on the floor.
Let yourself be held by this moment.

4



Notice yourself.

Take a moment to notice how you are right now.
There's nothing to change. Just notice.
What do you notice in yourself?



You don't have to make this moment happen.
You can simply be here.

What do you notice now?

