Solunakēn

Attuned Trader Orienting

Take a Look.

A short, awareness-based practice to help you take in what's here now and choose your next step with more clarity.

1 

Rest.

Rest your hands.
Feel the chair beneath you and the support around you.

2 

Look.

Lift your gaze and look gently left, then right, taking in your surroundings.

3 

Notice.

Find three ordinary things around you—colors, shapes, light, movement, or sounds.

Repeat 2–3 times, or simply return to your natural gaze.

Reflection

What do I notice right now?
Do I feel a little more present and steady?



PAUSE • ORIENT • ACT