

# SIT SPOT

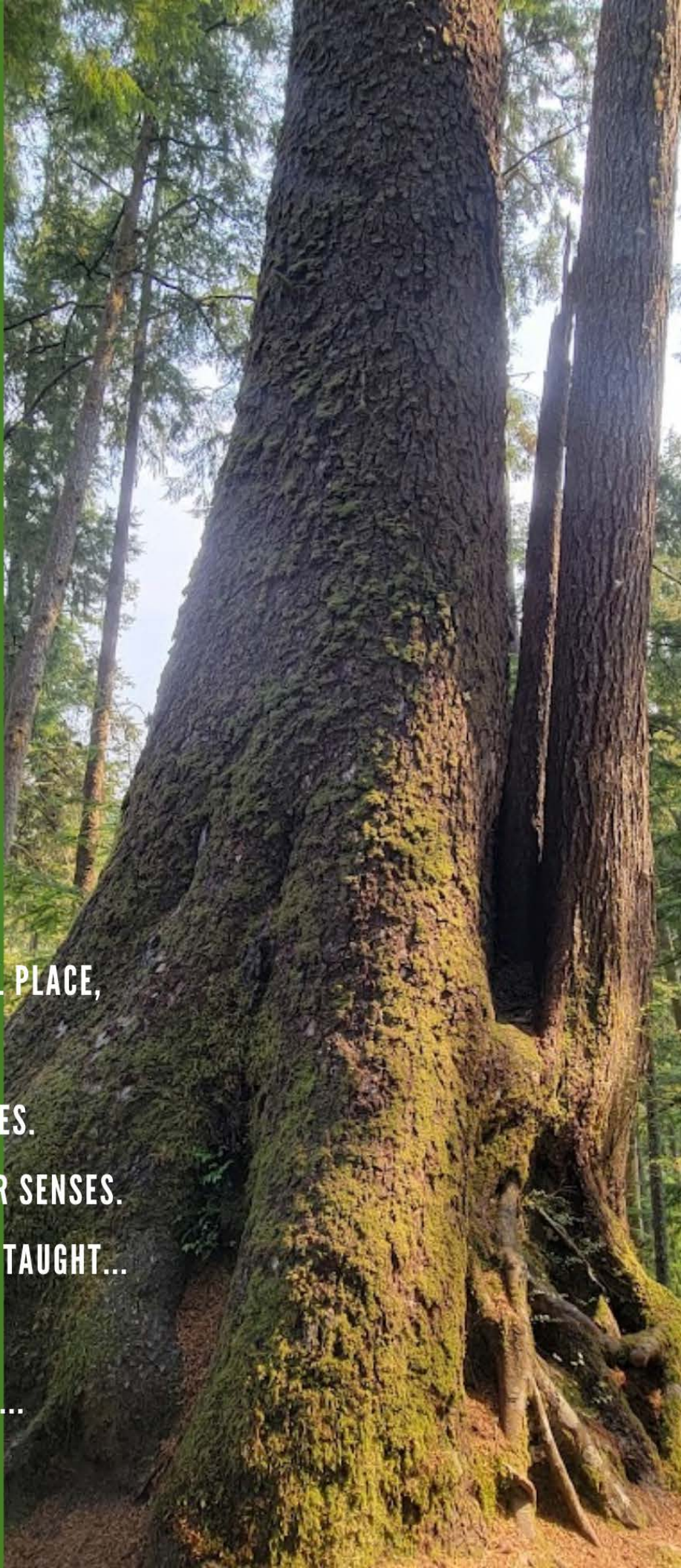
FIND A "SIT SPOT" IN A NATURAL PLACE,  
PREFERABLE WILDISH.

SIT STILL FOR 20-40 MINUTES.

NOTICE EVERYTHING; USE ALL YOUR SENSES.

LET YOURSELF BE BEFRIENDED, BE TAUGHT...

COME BACK WITH STORIES...



# DEBRIEFING THE SIT SPOT

## Dialogue Questions:

### 1. Inner Observations

- a. Did you have resistance to doing the sit spot?
- b. How difficult was it for you to settle?
- c. Did you feel unsafe?

### 2. Outer Observations

- a. Tell a story of your sit spot; what was your experience?
- b. Using all your senses, what did you notice?
- c. Did your curiosities arise? Did anything unexpected occur?

## Reflection Questions:

- 1. What can we say about the body patterning of modernity?
- 2. What can we say about the mind patterning of modernity?
- 3. What did you learn about the separation patterns of modernity?
- 4. What did you learn about relationality?
- 5. What can we say about the languages of the living world?
- 6. What can we say about the intelligibility of the living world?
- 7. What can we say about other ways of knowing?