

Orient to the Room

A practice for helping the body recognize that this moment is different.



Sometimes the body responds to the present as though an older moment is happening again.

A tone of voice.

A closed door.

A sudden sound.

The mind may know where you are while the body is still preparing for somewhere else.

Orientation helps the nervous system notice the current room.

Before You Begin

Keep your eyes open.

Move your head slowly.

You are not searching for danger.

You are allowing the present environment to become visible.



Look to the Edges

Turn your eyes toward the corners of the room.

Notice the ceiling.

The doorway.

The space behind and beside you.

Let your vision widen beyond the one thing that captured your attention.

This is the room I am in.



Find Signs of the Present

Name three details that belong to now.

Today's light.

The clothes you are wearing.

The sound of a familiar appliance.

A date on the calendar.

Something that tells the body this is not then.

This moment is different.



Find One Safe Enough Place

Let your eyes rest on one object or area that feels neutral or comforting.

A window.

A chair.

A plant.

The door.

Stay with it for one breath.

I can locate myself here.



Carry It with You

You do not have to convince yourself that everything is safe.

Sometimes “safe enough for this breath” is more honest.

Use this after being startled, during a difficult memory, or when your body feels as though it has been pulled into another time.

Look around.

Notice now.

Find one place to rest your eyes.