

Water, Window, Breath

A three-part reset for the days when basic care has disappeared.



Hard days can make the smallest forms of care vanish.

Hours pass without water.

The room becomes stale.

The breath stays shallow.

We search for a large solution while the body is asking for something basic.

This practice begins there.

Before You Begin

You need a glass of water and, if possible, a window, doorway, porch, or place where you can notice outside air or light.

If none of that is available, imagine the sequence and do the part you can.



Drink

Take several slow sips of water.

Notice the temperature.

Feel yourself swallow.

Do not rush to finish the glass.

Let receiving be the first action.

I can give my body something simple.



Find Air or Light

Open a window or stand near one.

Step to the doorway.

Look toward the sky.

Let outside air, daylight, or even the view beyond the room interrupt the closed feeling.

The world is still around me.



Take One Complete Breath

Breathe in comfortably.

Let the exhale continue until it is finished.

Do not make the breath impressive.

Just let one breath have a beginning and an end.

I can begin again from here.



Carry It with You

This practice is intentionally ordinary.

Water.

Air.

Breath.

It is for the afternoon crash, the day spent staring at a screen, the moment after crying, or the hours when you realize you have disappeared into doing.

Drink.

Open.

Breathe.