

The Evening Homecoming

A practice for letting the day end without bringing every part of it to bed.



Some days follow us through the door.

The unfinished work.

The sharp conversation.

The worry about tomorrow.

Homecoming is not only arriving at a place.

It is allowing the body to understand that the day can be set down.

Before You Begin

Choose one moment that marks the transition into evening.

Closing the laptop.

Changing clothes.

Turning on a lamp.

Let that moment become the doorway.



Name What Is Finished

Say three things that are complete for today.

Even if they are unfinished in the larger sense, they are finished for this evening.

Today is allowed to stop here.



Put One Thing Away

Place one object connected to the day out of sight.

The bag.

The shoes.

The work papers.

Let the room change with you.

I can make a visible ending.



Choose the Evening Tone

Ask what the evening needs to feel like.

Quiet.

Warm.

Lighthearted.

Unstructured.

Choose one action that supports that tone.

The evening can belong to a different pace.



Carry It with You

Evening homecoming is not a reward for finishing everything.

It is part of living.

Use this when work, worry, or responsibility keeps crossing the threshold with you.

Name the ending.

Put something away.

Choose the tone.