



EVENING RITUAL

Engage in a soothing evening ritual to help you unwind, reflect, and reconnect with the sky above. Follow these steps to embrace tranquility and gratitude:

Find Your Spot

- Begin by stepping outside or positioning yourself by a window. Ensure you have a comfortable view of the sky or nature around you.

Breathe Deeply

- Close your eyes and take three slow, steady breaths. Inhale deeply through your nose, hold for a moment, and exhale gently through your mouth. Allow your body to relax with each breath.

Observe the Overlooked

- Open your eyes and take a moment to notice one element of nature that you might typically ignore. It could be a drifting cloud, the intricate details of a leaf, or a tranquil patch of sky. Focus on this element and appreciate its presence.

Reflect on Your Needs

- Ask yourself gently, **“What do I need to feel supported right now?”** Allow this question to resonate within you. Listen to your thoughts and feelings without rushing to find solutions or answers.

Embrace Stillness

- Spend a few moments in silence, simply being present with your thoughts and the natural world around you. Let go of any urge to fix or change anything.

Express Gratitude

- Conclude your practice by expressing gratitude for one way your body or the Earth has supported you today. It might be the strength in your legs that carried you through the day or the calming presence of nature’s beauty.

Return Gently

- When you feel ready, slowly bring your awareness back to your surroundings. Carry the peace and gratitude you’ve cultivated into the rest of your evening.

This gentle practice is a nurturing way to end your day, encouraging a deeper connection with yourself and the natural world.