

Invitation to a Sit Spot practice

By Sarah van Erp

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Recently I committed to a 7 day sit spot challenge guided by Nature Philosophy.

I found a place not many people visit in the bush near my home in Sydney.

I go there straight after waking, around 6am, and sit for an hour.

I am deeply relaxed, present and attuned to the smells, sounds and sights.

Merging with the landscape I sink into a quieter and receptive headspace, gratitude flows, curiosity too, I am loved by this wonderful world, I feel complete.

What is a sit spot

A place in nature you can sit quietly taking in and communing with the natural world. A place where you can learn about the natural world at your own pace. Where you can develop your bond with nature, where you are witnessed and held beautifully as you are. What might you discover at your sit spot?

Why make time for a sit spot

It feels great to start your day outside, heighten your senses, become familiar with and comfortable in nature. Starting your day in this way helps you to get clear about your priorities, resolve or answer questions. What answers and insights will come when you take time to listen?

Where could you do your sit spot practice

Find a place near to home that is easy to get to, is outdoors and ideally in untouched nature. Off the beaten track is good so you are undisturbed. This may even be in your backyard.

Stay for an hour, breath out your minds chatter, breath in natures presence.

Go every day for a week if you can to deepen the experience.

Finding connection to your own inner rightness and guidance will be priceless skills for this time of transformation and healing.

I will run a zoom workshop about the sit spot practice on Thursday 30 July at noon. This will be an opportunity to hear more about my experience and to ask questions.

I strongly encourage you to have a go!