

TRACKING & NATURE CONNECTION

AUTUMN 2015

Connecting with Nature through the Art of Tracking

Sit Spot Routine - Presence and Sacred Questions

Sacred questions arise from your full presence in Nature and the deep well of curiosity that resides in each of us. Sacred questions can be research questions that you can't wait to find the answer to, or they can be questions that pull you into nature again and again to directly encounter the answer, or they can be how we hold a deeper question, which may not be answerable in conventional knowing, as an open space within that we continue to deepen and gain more consciousness and understanding about.

Below are some questions and activities that can come from the sit spot routine. The sit spot routine is the way to deep knowledge of place, deep connection to place.

What is the current phase of the moon?

Where is Polaris from your sit spot?

Describe the smell of the Earth at your sit spot?

How many edible plants are within five feet of your anchor point? How do you recognize them?

What are three aerial predators in your sit area? How do they affect the songbirds?

Go to your sit spot tonight and watch the stars.

Go to your there tonight to listen to the silence and sounds of the night. How do you feel in the dark?

Go to your sit spot at dawn and at dusk in the same day.

Dig a small hole at your sit spot and explore the dirt.

Where is the closest bird nest or roosting place to your sit spot? Whose is it?

Make a weather prediction today by just observing conditions a few minutes in the AM.

Drink dew off of a safe plant or tree near your sit spot. Let that be your first drink in the morning.

Eat three different dandelion leaves and compare their tastes. Let that be your first taste of the day.

Journaling your experience of your sit - *after* the sit each time - is a good integration and opportunity to share your story of the day.