LISA ASKINS

THE WAY OF ATTUNEMENT

A Gentle Practice in Noticing



THE FIRST CIRCLE PRACTICES



WING 1
PRACTICES

This is the Wing of beginnings —
not the beginning of knowledge,
but the beginning of awareness.

Here, attunement is not a technique.
It is a homecoming —
the remembering of what you are
when you stop tightening yourself
into the shape of urgency.

The Way of Attunement teaches you how to come back.

Not back to the past,
but back to presence.
Back to your own inner field.
Back to the place where sensing begins.

LEARNING TO NOTICE WHAT IS HERE



Before we can respond to experience,
we first learn to notice it.

Our bodies are always receiving information.

A tightening.
A slowing.
Restlessness.
Ease.
Hunger.
Warmth.
Distance.
Clarity.

Often, these signals pass through us before we have consciously noticed them.

The **Noticing Practices** are invitations to become more familiar with this quiet language of experience.

They are not tools for diagnosing yourself.

They are not tests.

And there is no correct way to feel.

Instead, they offer a simple practice:

notice what is here before deciding what it means.

You may discover that something needs your attention.

You may discover that nothing needs to change.

You may simply become more familiar with yourself.

All are forms of attunement.

The practices follow a gentle rhythm:

Orient.
Notice.
Stay.
Respond.
Notice Again.

You do not need to complete every movement each time.

Sometimes noticing is enough.

Begin there.

What Is Here?

Meeting Yourself Before Making Meaning

We often meet ourselves through interpretation.

I'm stressed.
I'm tired.
I'm fine.
I'm overwhelmed.

Sometimes those words are useful.

But before the explanation, there is experience.

A sensation.
A feeling.
A pace.
A breath.
A thought.
A quality of attention.

This practice invites you to meet what is here before deciding what it means.

Orient

Pause wherever you are.

Feel one point where your body is supported.

Perhaps your feet against the floor.

Your back against a chair.

Your hands resting somewhere.

Notice the room or landscape around you.

Take one comfortable breath.

You are here.

Notice

Without trying to change anything, gently notice:

Body

What sensations are present?

Energy

Do you feel lively, quiet, restless, heavy, steady, or something else?

Emotion

Is there a feeling you can easily recognize?

Attention

Does your mind feel clear, scattered, focused, distant, spacious?

You do not need an answer for every question.

Notice what is easiest to notice.

Stay

Remain with what you noticed for another breath or two.

Try not to explain it yet.

Let the experience be itself.

Respond

Ask gently:

Does anything here need my attention?

Perhaps yes.

Perhaps no.

You do not need to respond immediately.

Notice Again

Look again.

What feels the same?

What feels different?

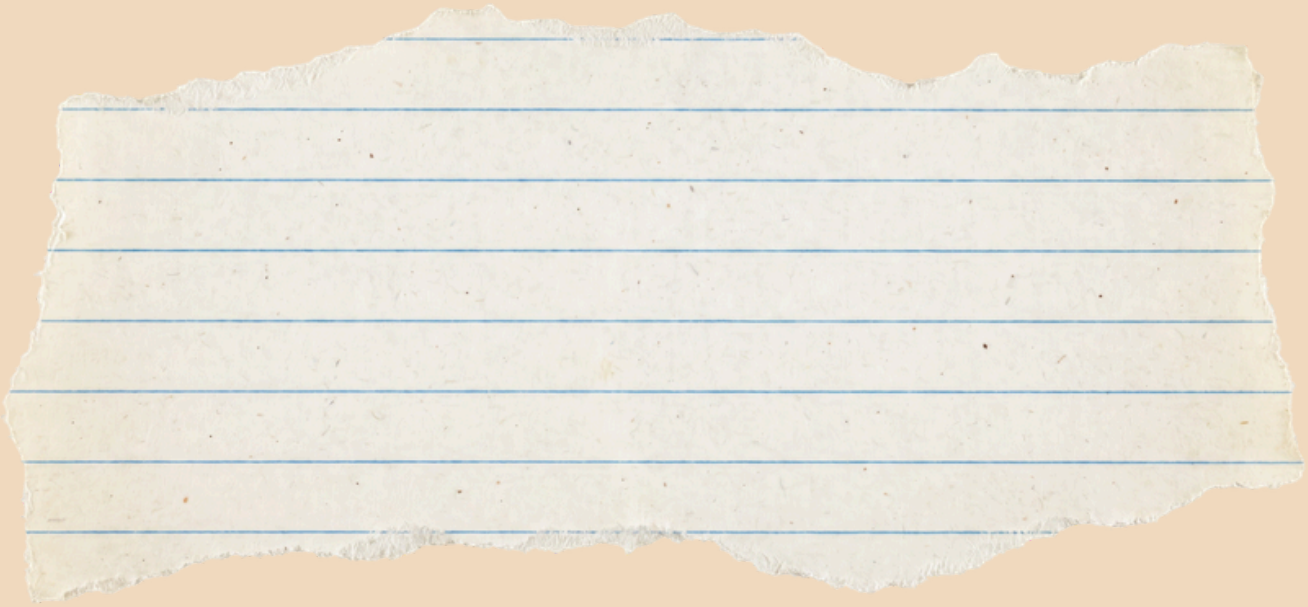
What became clearer simply because you noticed it?

Reflection

What was easiest to notice?

What did I want to explain immediately?

What happened when I allowed experience to come before interpretation?



A Gentle Reminder

You do not need to understand yourself before you can meet yourself.

Start with what is here.

What Is My Body Asking For?

Listening Before Interpreting

Sometimes what feels complicated is simple.

We may feel irritable when we are hungry.

Scattered when we are tired.

Restless after sitting too long.

Overwhelmed when there has been too much noise.

Before asking what an experience means, it can help to ask whether the body needs something.

Orient

Let your attention come gently toward your body.

You do not need to scan or search.

Simply notice that your body is here.

Feel its weight.

Notice your breathing.

Notice the temperature around you.

Notice

Ask:

Am I hungry?

Thirsty?

Tired?

Too warm or too cold?

In pain or discomfort?

In one position too long?

Needing quiet?

Receiving more sensory input than feels comfortable?

You may notice something else entirely.

Stay

Choose the clearest signal.

Stay with it briefly.

Try not to turn it into a story.

Simply recognize:

My body is asking for something.

Respond

If the need is clear and easily met, consider meeting it.

Drink some water.

Eat.

Move.

Change position.

Step somewhere quieter.

Rest.

Adjust the temperature.

Or simply acknowledge the need if you cannot meet it yet.

Notice Again

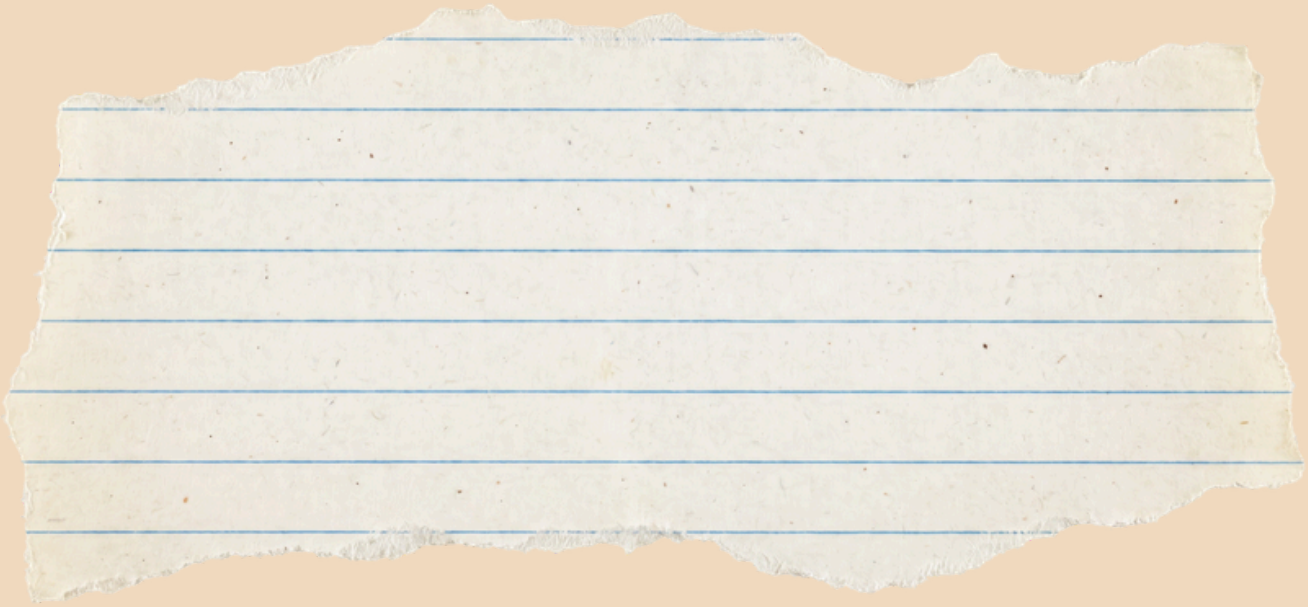
After responding—or simply recognizing the need—pause again. What changed? What remains?

Reflection

Which physical needs do I notice easily?

Which do I tend to overlook?

What changes when I listen before interpreting?



A Gentle Reminder

The body does not need to shout before it deserves your attention.

Sometimes care begins with listening sooner.

What Is My Pace?

Noticing Your Internal Rhythm

Every moment has a pace.

So do we.

Sometimes our internal rhythm moves quickly.

Sometimes slowly.

Sometimes the pace inside us matches what is happening around us.

Sometimes it does not.

There is nothing inherently wrong with fast or slow.

This practice simply invites you to notice your rhythm.

Orient

Feel your feet or another point of support.

Look around you.

Notice whether the environment itself feels busy, quiet, still, active, or somewhere between.

Then bring your attention gently inward.

Notice

What is your pace right now?

Fast?

Slow?

Restless?

Heavy?

Easy?

Rushed?

Still?

Something else?

Notice your breathing.

Your thoughts.

Your movements.

The impulse to act—or not act.

Stay

For a moment, do not change your pace.

Become curious about it.

Then ask:

How does my internal pace relate to what this moment is actually asking of me?

Respond

Perhaps nothing needs to change.

Or perhaps you notice an invitation:

to slow slightly,

to move,

to pause,

to finish one thing before beginning another,

or to allow yourself more time.

Choose only if something feels clear.

Notice Again

After a moment, notice your pace again.

Has anything shifted?

Does your pace feel more familiar? More intentional?

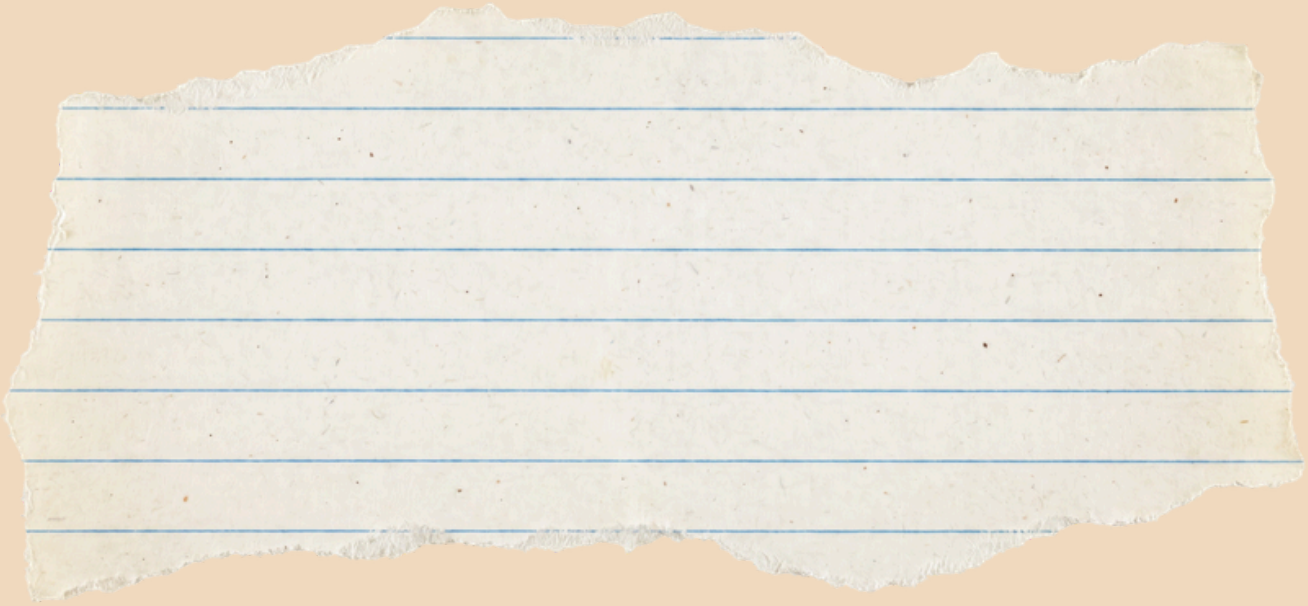
Easier to recognize?

Reflection

When do I tend to speed up?

When do I slow down?

What helps me recognize my own rhythm?



A Gentle Reminder

You do not have to move at the speed of everything around you.

Your pace is part of how you meet the world.

Where Is the Effort?

Noticing What You Are Holding

The body often prepares before we consciously know we are preparing.

A jaw tightens.

Hands grip.

Shoulders rise.

The breath becomes smaller.

The eyes focus intensely.

Sometimes that effort is useful.

Sometimes the moment has changed, but the effort remains.

This practice invites you to notice what you are holding.

Orient

Feel the support beneath you.

Let your gaze move gently around the space.

Take one comfortable breath.

Nothing needs to soften.

Nothing needs to release.

Begin by noticing.

Notice

Bring gentle attention to:

your jaw,

your shoulders,

your hands,

your belly,

your breath,

your eyes,

your posture.

Where do you notice effort?

Where do you notice ease?

Stay

Choose one place where effort is present.

Do not force it to change.

Simply stay with the sensation for a moment.

Ask:

Does all of this effort seem necessary right now?

You do not need to know why it is there.

Respond

If it feels comfortable, experiment with one degree less effort.

Unclench slightly.

Lower a shoulder.

Open a hand.

Let an exhale finish.

Or leave everything exactly as it is.

Notice Again

Return your attention to the whole body.

What changed?

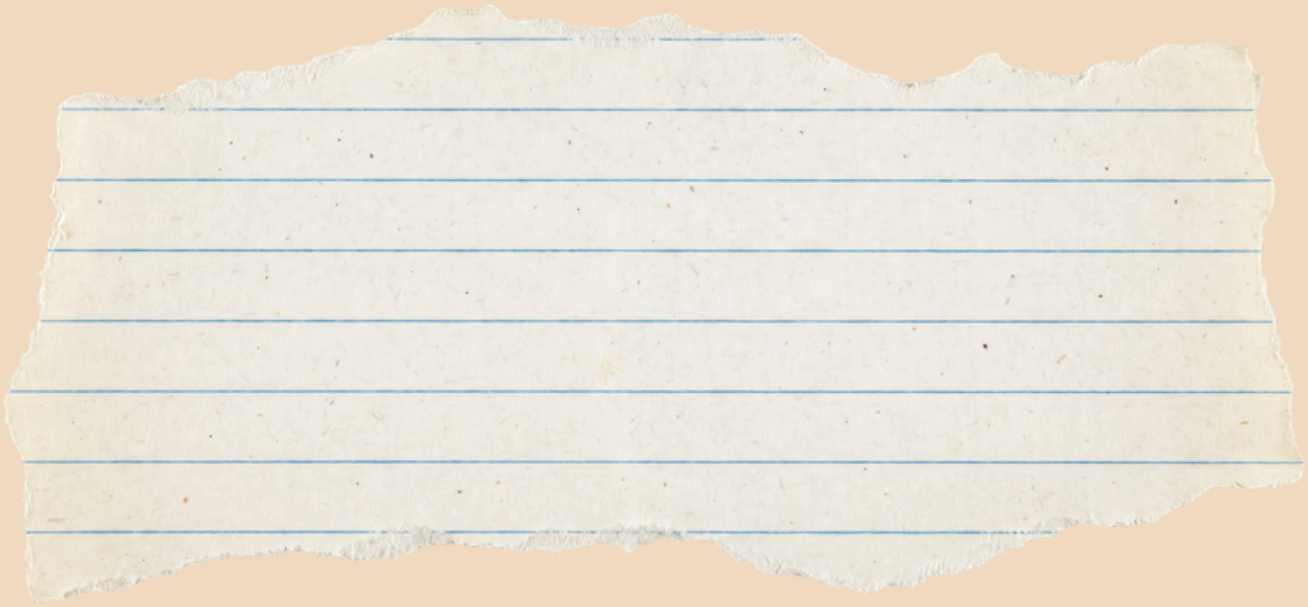
What didn’t?

What became more noticeable?

Reflection

Where do I tend to hold effort?

What does useful effort feel like compared with effort I no longer need?



A Gentle Reminder

Not every tension needs to disappear.

Sometimes the practice is discovering what you've been carrying.

Near, Far, or Somewhere Between?

Noticing Connection

Our sense of connection changes.

Sometimes we feel close to ourselves and the world around us.

Sometimes we feel far away.

Sometimes we want company.

Sometimes we need quiet.

Sometimes we are present but inward.

None of these experiences needs to be judged.

This practice invites you to notice your sense of connection.

Orient

Look around the space you are in.

Find three things that remind you where you are.

Notice a sound.

A shape.

A point of contact between your body and the world.

Notice

Ask gently:

How close do I feel to myself right now?

How present do I feel to my surroundings?

How available do I feel for connection with another person?

Do I feel near?

Far?

Somewhere between?

There is no preferred answer.

Stay

Let your answer remain simple.

You do not need to explain why you feel this way.

Notice what near or far feels like in your own experience.

Respond

Ask:

Would I like more connection right now?

If yes, notice what kind.

Connection with yourself?

With another person?

With the outdoors?

With something familiar?

With quiet?

You might touch a familiar object, step outside, hear a trusted voice, notice the ground, or simply remain where you are.

Notice Again

Afterward, ask:

Where do I feel now?

Near?

Far?

Somewhere between?

Perhaps nothing changed.

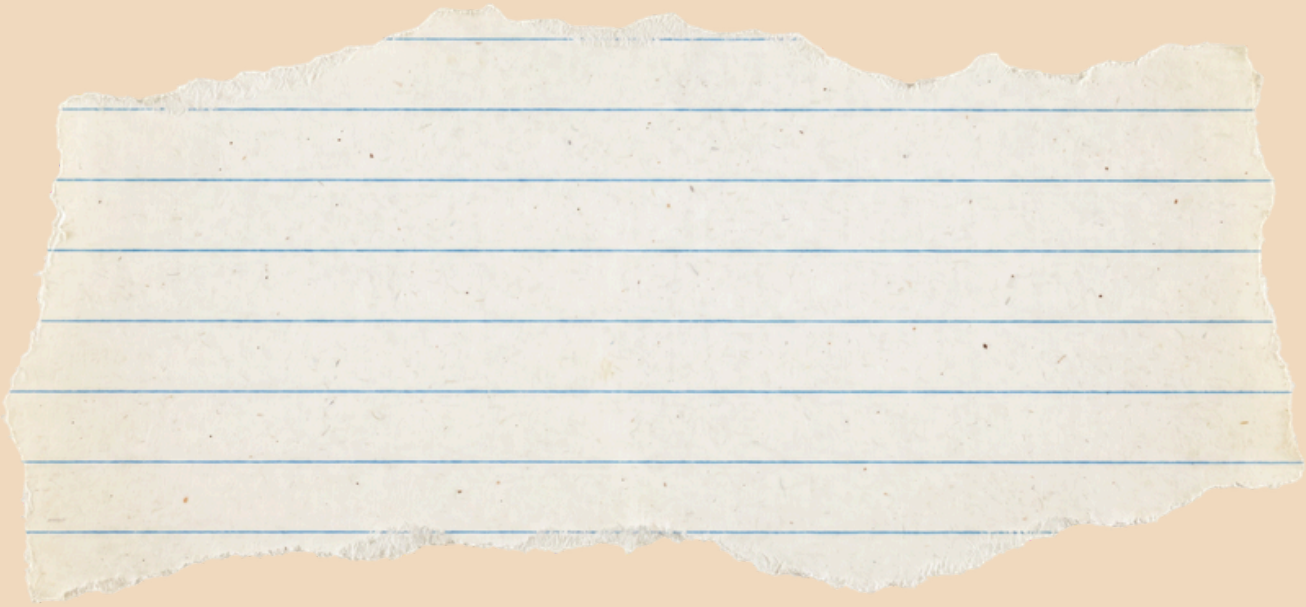
That's information too.

Reflection

What helps me feel present?

What kinds of connection feel supportive?

How do I recognize when I want to move closer or need more space?



A Gentle Reminder

Connection does not always mean moving toward.

Sometimes connection begins by recognizing honestly where you are.

What Is Already Steady?

Learning to Register Coherence

We often notice what is uncomfortable first.

Our attention is designed to recognize what’s needed.

But steadiness is information too.

A comfortable breath.

A supported back.

A clear thought.

Warmth in your hands.

A familiar sound.

A moment without urgency.

This practice invites you to notice what is already supporting you.

Orient

Pause.

Feel the ground or surface beneath you.

Allow your eyes to rest somewhere comfortable.

Take one easy breath.

Notice

Ask:

What feels steady right now?

Perhaps somewhere in your body.

Perhaps something in the room.

Perhaps your breathing.

Perhaps a relationship.

Perhaps something you know clearly.

Perhaps the rhythm of something familiar.

Find one thing.

Stay

Let your attention rest there for a few moments.

Allow yourself to register that steadiness exists.

Respond

Nothing may be required.

If it feels natural, allow yourself one more breath with what is steady.

Notice Again

Now widen your attention.

What else can you notice alongside the steadiness?

Can discomfort and steadiness both be present?

Can uncertainty and clarity?

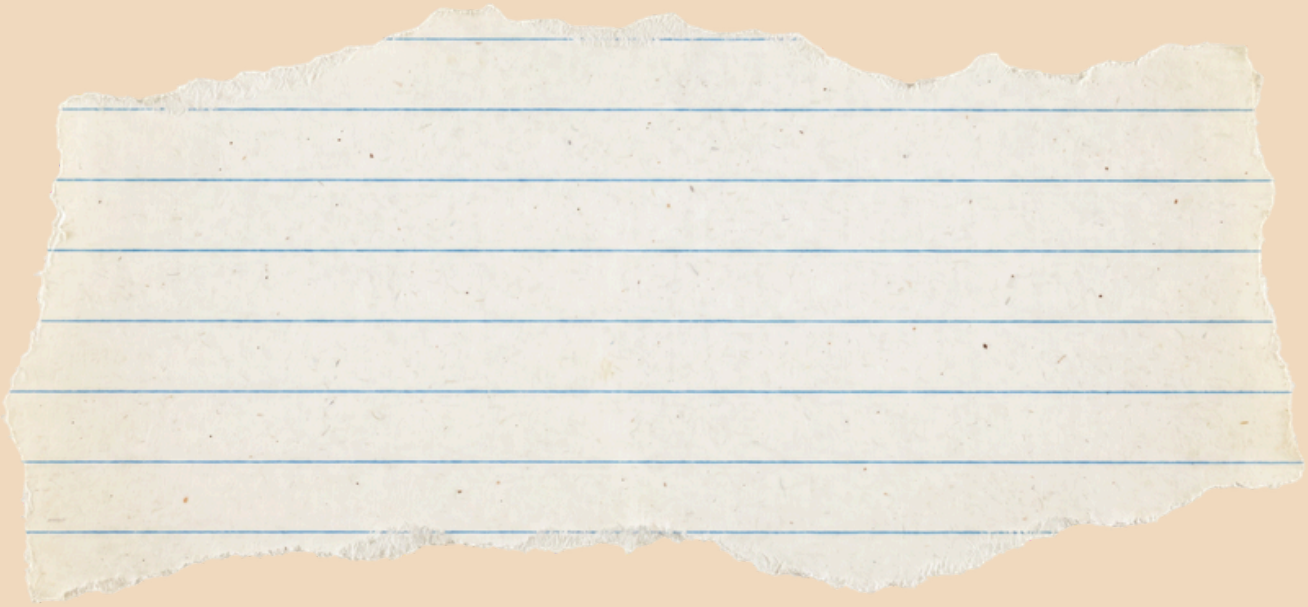
Can movement and support?

Reflection

What forms of steadiness are easiest for me to recognize?

Which ones do I overlook?

What changes when I’m aware of support?



A Gentle Reminder

Coherence does not require everything to feel perfect.

Sometimes it begins with recognizing what is already supporting you.

Notice Again

Learning from What Changes

Experience moves.

A walk changes something.

A meal changes something.

A conversation changes something.

Rest changes something.

A breath may change something.

Sometimes nothing changes at all.

We often move from one moment to the next without noticing the small shifts.

Notice Again is the practice of returning.

Orient

Pause after something has happened.

Perhaps you:

went outside,

ate,

rested,

finished a conversation,

or simply allowed some time to pass.

Feel where you are now.

Notice

Without comparing yourself to how you should feel, ask:

What is different?

What is the same?

What feels clearer?

What feels quieter?

What feels more noticeable?

Is there anything I didn't recognize before?

Stay

Give yourself a moment to register the answer.

Try not to decide whether the change was good or bad.

Simply notice movement.

Or notice its absence.

Respond

Ask:

Does what I notice now change what I need?

Perhaps another step has become clear.

Perhaps you want to continue what you are doing.

Perhaps you need something different.

Perhaps you’re complete.

Notice Again

Take a final look.

Ask:

Where am I now?

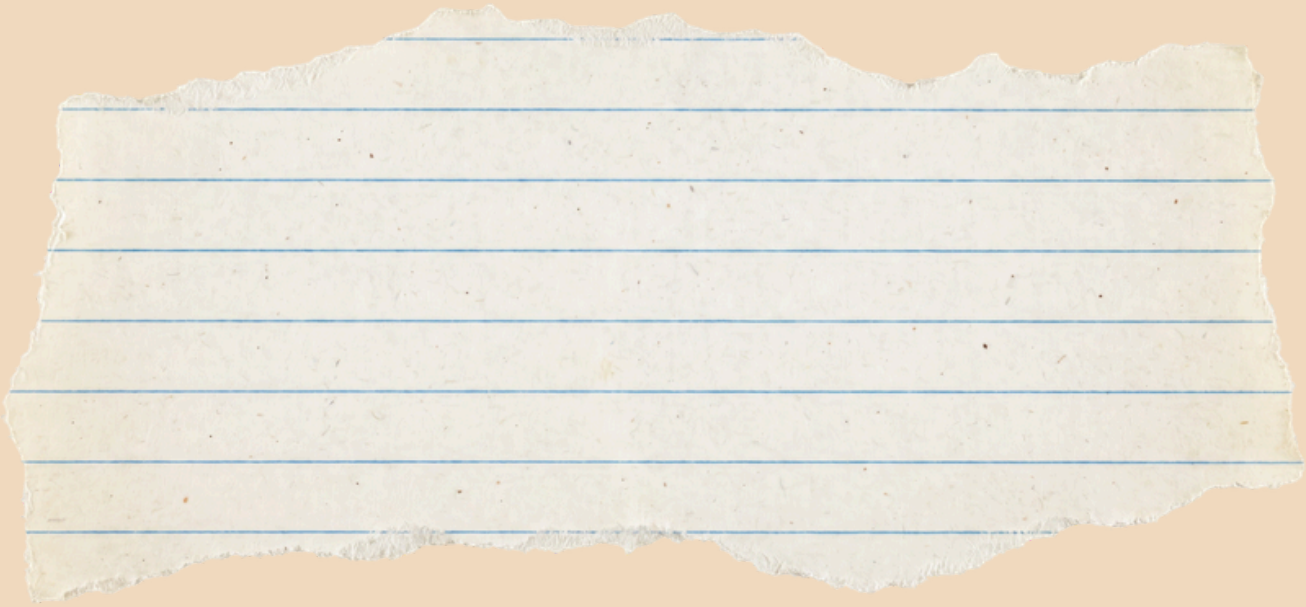
Reflection

What changed?

What remained?

What helped me recognize the difference?

What am I learning about what supports me?



A Gentle Reminder

Life does not occur in a fixed state.

The practice of Notice Again will help you learn the rhythms of your experience.

Noticing isn't a search for what's wrong.

It is a way of becoming more familiar with what's here.

As you practice, you may begin to recognize your own rhythms.

What asks for attention.

What helps you orient.

Where you hold effort.

When you want connection.

What steadiness feels like.

What changes when you respond.

And what remains.

You do not need to become an expert in your nervous system.

You are learning something quieter:

how to stay in relationship with yourself.

The practice is not to notice everything.

The practice is to become available to what is here.

And then, when the moment changes,

notice again.

Welcome to the House.

FINDING STABILITY IN A SHIFTING WORLD



An **Anchor** is anything that helps you orient to safety, clarity, or stability.

It helps answer three simple questions:

Where am I?

Am I safe?

What's happening?

Sometimes, when we feel unsettled or disconnected, we look for something wrong.

But perhaps what we need is something that helps us find our bearings.

The world asks us to move through many transitions each day:

- entering a room
- leaving a conversation
- shifting between roles
- receiving unexpected news
- moving between environments
- changing pace
- caring for others while caring for ourselves

When we recognize an anchor, it may help us settle, respond, and remain connected.

When we feel unanchored, we may notice ourselves:

- become anxious
- feel scattered
- lose clarity
- overreact
- shut down
- overextend
- rush to solve problems
- forget what we need

The absence of an anchor is not a personal failure.

It’s a signal to orient.

What Can Be an Anchor?

Physical Anchors

Something that helps the body orient.

Examples:

- your breath
- your feet on the ground
- a familiar posture
- a warm drink
- a hand over your heart
- the rhythm of walking

Environmental Anchors

Something in your surroundings that provides steadiness.

Examples:

- a tree
- a favorite chair
- sunlight through a window
- a quiet room
- a familiar pathway
- the sound of water

Relational Anchors

People whose presence helps your system settle.

Examples:

- a trusted friend
- a partner
- a mentor
- a pet
- a familiar voice

Relational anchors do not remove our responsibility to care for ourselves. They remind us that we are not alone.

Informational Anchors

Clarity that helps uncertainty settle.

Examples:

- understanding what is happening
- knowing the next step
- having a map
- receiving accurate information
- understanding expectations

Sometimes what we need most is not reassurance. It’s orientation.

Internal Anchors

The ability to generate steadiness from within.

Examples:

- remembering who you are
- recalling a core value
- trusting your experience
- returning to your breath
- choosing your pace consciously

A Gentle Reflection

You may wish to ask yourself:

- What helps me feel more like myself?
- What helps me orient when life changes quickly?
- What helps me settle when I feel overwhelmed?
- Which anchors are easy for me to access?
- Which anchors have I forgotten?

There is no perfect anchor.

Different moments may call for different forms of support.

The practice is not finding the right anchor forever.

The practice is learning to notice what helps you return.

A Gentle Reminder

You do not need to hold everything on your own.

Sometimes coherence begins with something simple:

a breath,

a tree,

a trusted voice,

a hand over your heart,

or the quiet recognition that you know where you are.

Welcome to the House.

THE RETURN PATH



Micro-repair is a small act of returning.

When you notice yourself tightening,

rushing,

withdrawing,

or losing your sense of connection,

you may discover that a small movement helps.

A breath. A change of position. A familiar sound. A moment with the natural world.

Nothing needs to be forced.

Sometimes noticing is enough.

And sometimes, a small act of returning
opens the way.

Back into relationship with:

- yourself,
- your body,
- your environment,
- and the moment you are in.

Choose one small repair when you notice contraction, overwhelm, disconnection, or simply a desire to return.

You might experience softening.

A little more room.

A different perspective.

Or perhaps nothing noticeable changes.

You do not need to try every practice.

Sometimes a small shift is enough.

Repair With Nature

Ground Contact Repair

Place your hand or foot on earth, stone, bark, or plant life.

Let your rhythm slow toward the ground.

Horizon Reset

Look toward the farthest visible point.

Let the world become larger than the contraction.

Micro-Awe Adjustment

Notice one small beautiful detail.

Allow beauty to re-enter the system.

Repair With Objects

Anchor Object Reset

Hold an object with weight or texture.

Return attention to what your hands can feel.

Gentle Placement Practice

Set an object down one degree more gently than usual.

Let the moment receive you softly.

Micro-Order Repair

Straighten one small thing.

Allow external alignment to support internal alignment.

Repair with Breath

Crescent Breath

Inhale softly for 4. Exhale gently for 6.

Let the exhale lead.

Unclenching Practice

Soften one tense area by just 5%.

You do not need to force release.

Label + Release

Quietly name the contraction: “tightening” “rushing” “bracing”.

Then choose one degree softer.

Repair With Sound

Humming Reset

Hum softly and low.

Let the body feel its own resonance.

One-Note Chant

Choose a single tone and stay with it gently.

Allow the sound to steady the field.

Repair With Light + Shadow

Soft Gaze Shift

Widen your vision.

Move from focused attention into peripheral awareness.

Light-Spot Reset

Let warmth or sunlight land on your skin.

Repair with Movement

Weight Shift

Shift gently from one foot to the other.

Hand to Heart Pause

Place your hand over your chest.

Quietly remind yourself: “I’m still here.”

Repair with Meaning

Micro-Blessing

Offer one quiet phrase: “Welcome home.” “I love you.” “Let’s start again.”

The Re-Choosing

One internal vow: “I can return to what supports me.”

Reflection

After practicing, you may wish to notice:

- What shifted?
- What softened?
- What became more possible?
- What helped me return to myself?
- Which repairs feel most natural to my system?

There is no need to analyze.

Repair is not perfection.

It is relationship.

A Gentle Reminder

Coherence is not maintained by never leaving yourself.

Coherence is strengthened each time you notice you've drifted and return gently.

Welcome to the House.



ABOUT THE HOUSE

The First Circle is one doorway into the House of Wonder.

A place to notice what is here, discover what supports you, and explore small ways of returning to yourself.

Beyond this doorway, the House opens into other spaces.

Places to explore relationship and connection.

To reflect on the world we share.

To wonder, imagine, and discover what becomes possible when we bring our attention to life.

There is no particular path you need to follow.

You are welcome to wander.

To linger.

To return whenever you wish.

The House is here to explore.

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