

How to Begin

Three Invitations from the First Circle

There is no particular way to begin. These three invitations offer a gentle starting place. Choose what resonates, and return whenever you wish.

1. Find Your Anchor

What helps you feel grounded, steady, or connected to yourself?

Explore Anchors on page 43 of The Way of Attunement: A Gentle Practice in Noticing.

My Anchor:

2. Choose a Posture

Which way of meeting experience would you like to explore?

Wonder · Receive · Notice · Orient · Stay · Engage

Explore the six postures in The Way of Attunement: A Gentle Practice in Presence.

The posture that draws me:

3. Choose a Noticing Practice

Which practice would you like to bring into your everyday life?

Explore the Noticing Practices beginning on page 4 of The Way of Attunement: A Gentle Practice in Noticing.

The practice I'd like to explore:

You can begin anywhere. Your choices can change. The invitation is always open.

When I Return

What did I notice? Did anything surprise me? Has something changed?

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