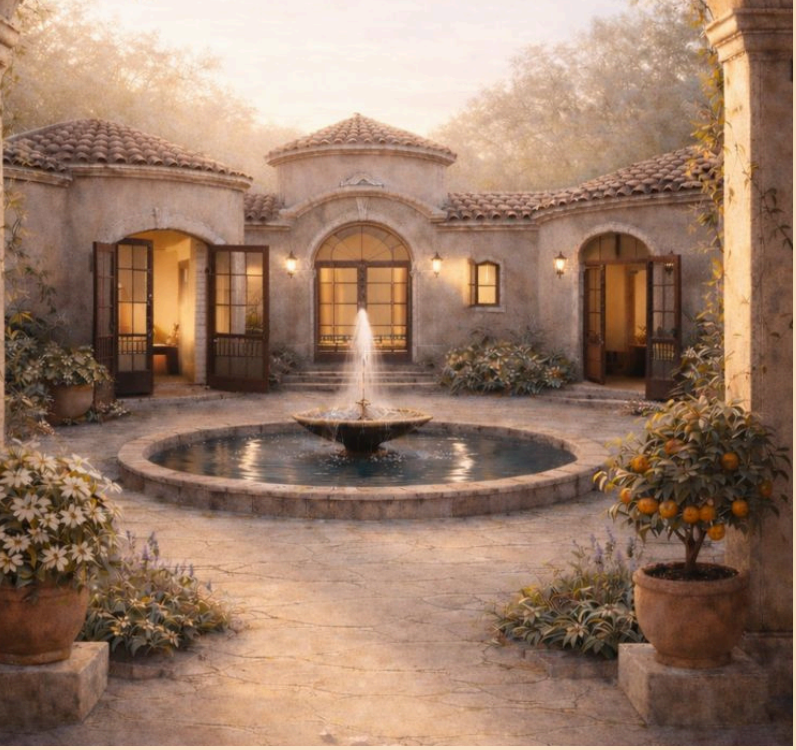
LISA ASKINS

THE WAY OF ATTUNEMENT

A Gentle Practice in Presence



THE FIRST CIRCLE POSTURES



WING 1
POSTURES

Before we can understand the world, we first learn how to meet it.

The Attunement Postures are gentle invitations to meet experience with:

curiosity rather than certainty,

presence rather than performance,

and relationship rather than control.

They are not steps to complete.

They are ways of returning.

Again and again.

Why These Postures Matter

Attunement is not something we achieve once.

It is something we practice throughout our lives.

Every conversation.

Every walk.

Every moment of uncertainty.

Every experience of beauty.

Every beginning.

The Attunement Postures help us cultivate the qualities that make deeper relationship possible.

They invite us to:

- meet experience with curiosity
- notice before interpreting
- orient before reacting
- remain present with uncertainty
- participate in what is becoming possible

Each posture offers a different way of meeting the world.

None is meant to be perfected.

You may explore these postures in order, return to one that speaks to you, or begin wherever your attention leads.

Over time, these postures may become trusted companions, ways of returning to yourself whenever life feels uncertain, hurried, or disconnected. You may find yourself returning to the same posture many times. Each return reveals something new.

The Six Attunement Postures

The postures unfold naturally.
They are not steps to master or complete.
Each begins with an Orientation Practice.
The practice helps you arrive.
The posture is how you choose to meet what comes next.

Wonder

Remaining Available to Surprise

Wonder is the posture of beginning.
It invites us to pause before we explain, to become curious before we become certain, and to allow experience to reveal itself in its own time.
Wonder reminds us that life is often richer than our first interpretation.

Receive

Allowing Experience to Arrive

Receiving is the posture of welcome.

Rather than immediately changing, judging, or fixing what we encounter, we learn to make space for it.

Receiving is an act of trust.

It reminds us that presence begins with openness.

Notice

Attending Before Interpreting

Noticing is gentle observation.

It asks very little of us.

Only this:

What is here?

Before we tell ourselves a story about the moment, we allow ourselves to experience it.

Attention becomes an act of care.

Orient

Finding Where You Stand

Orientation restores relationship.

It reminds us that clarity begins not with answers, but with knowing where we are.

When we orient ourselves—through our bodies, our surroundings, and our awareness—we create the conditions for coherent movement.

Stay

Remaining with the Emerging Pattern

Not everything asks to be solved.

Some experiences ask to be witnessed.

Staying is the practice of remaining in relationship long enough for deeper patterns to become visible.

Patience becomes a form of perception.

Engage

Participating with Intention

Attunement does not end with awareness.

Awareness can also invite participation.

Engagement is the posture through which understanding becomes lived experience.

Meaning begins to move.

Relationship becomes action.

We step forward, not because everything is known, but because we have become willing to participate.

Over the pages that follow, each posture is explored on its own.

Each begins with an Orientation Practice.

Each offers a different way of meeting yourself, others, and the living world.

Wherever you begin…

Begin gently.

The House will meet you there.

WONDER

Remaining Available to Surprise



Wonder is the posture of beginning.

It is the quiet willingness to meet life without immediately deciding what it means.

Wonder invites us to pause before we explain, to become curious before we become certain, and to allow experience to reveal itself in its own time.

It reminds us that life is often richer than our first interpretation.

Why This Posture Matters

Our minds naturally seek certainty.

That impulse helps us make sense of the world, but it can also cause us to overlook what is quietly unfolding before us.

Wonder creates space.

It gently interrupts automatic conclusions and opens the door to fresh perception.

Rather than asking us to know more, Wonder invites us to notice more.

It is the beginning of attunement because it allows us to meet experience before we define it.

Orientation Practice

Take one slow breath.

Allow your gaze to soften.

Feel your feet resting on the ground.

Notice the space around you.

Without searching for meaning, simply become aware of what is already here.

Instead of asking,
“What does this mean?”

gently ask,
“What am I noticing?”

Allow yourself one full breath before answering.

Enter the Posture

Remain available to surprise.

Let curiosity become your first response.

Allow contact before interpretation.

Trust that understanding can wait.

For this moment, simply meet what is here.

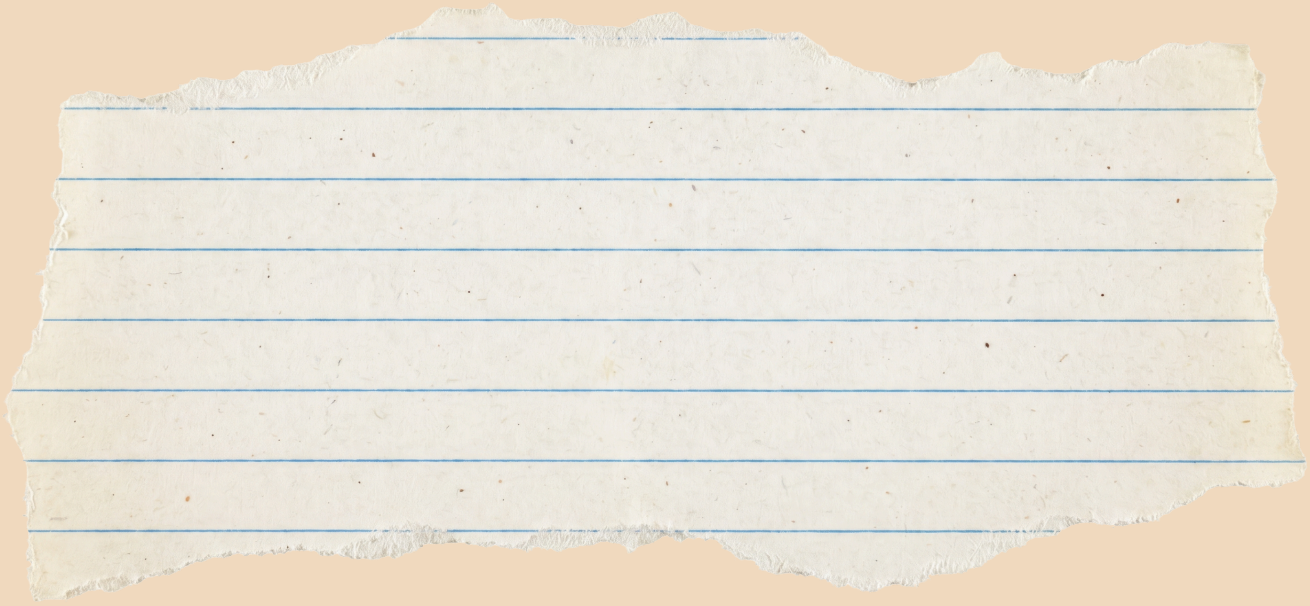


Reflection

What surprised me?

What became visible when I stopped trying to explain?

What did I notice that I might have missed?



A Gentle Reminder

You don’t need to understand everything immediately.

Presence is often enough.

Every act of genuine curiosity is an act of relationship.

Begin there.

RECEIVE

Allowing Experience to Arrive



After we become available to surprise, something begins to arrive.

A feeling.

A conversation.

A landscape.

A memory.

A question.

Receiving is the posture of welcome.

It asks us to soften our impulse to immediately change, judge, or solve what we encounter.

Instead, we create enough space for experience to become known.

Receiving is not agreement.

It is not submission.

It is simply the willingness to let this moment arrive before deciding what comes next.

Why This Posture Matters

Much of our lives is spent preparing our response before we have fully received what is before us.

We rush towards conclusion.

We organize.

We defend.

We explain.

Receiving gently interrupts that habit.

It reminds us that understanding begins with welcome.

When we allow experience to arrive without immediately shaping it, we discover that presence itself creates room for wisdom.

Receiving teaches us that openness is not weakness.

It is the quiet foundation of relationship.

Orientation Practice

Let your shoulders rest.

Soften your jaw.

Rest your hands comfortably.

Take one slow breath.

Notice the points where your body is supported.

Feel the chair beneath you.

The ground beneath your feet.

The air moving across your skin.

Without changing anything, simply allow this moment to arrive.

Enter the Posture

Welcome this moment as it is.

You do not need to hold on to it.

You do not need to push it away.

Simply allow it to be here.

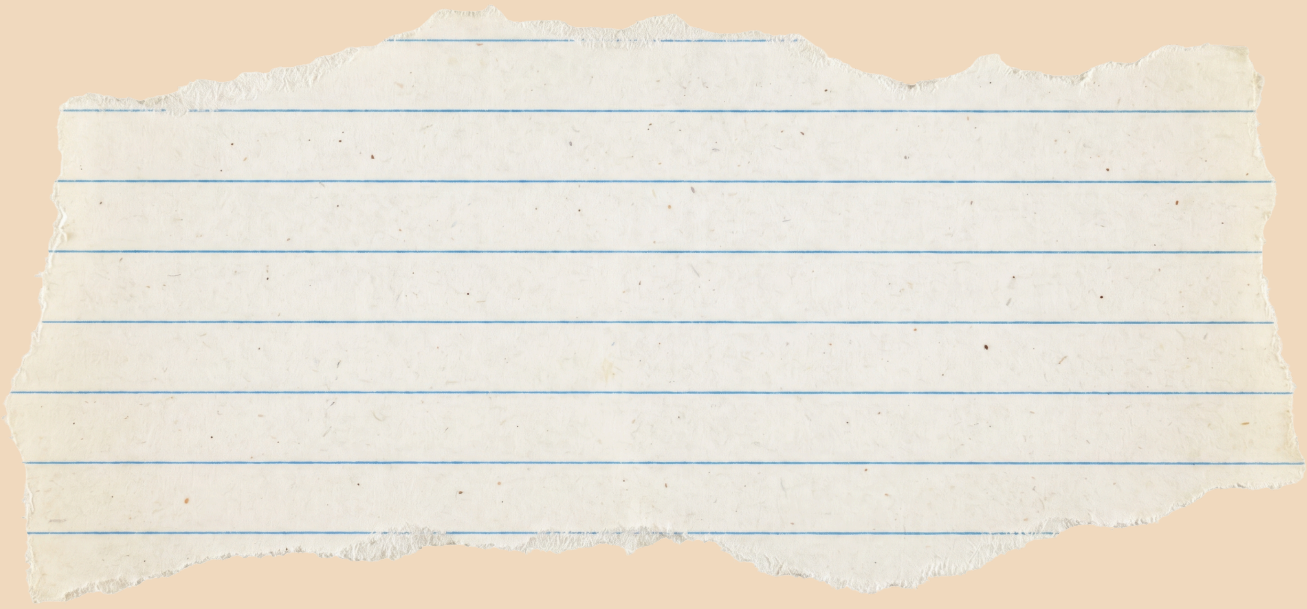
Notice what becomes possible when nothing needs to happen immediately.

Reflection

What became easier when I stopped trying to control the moment?

What arrived that I might otherwise have missed?

Where did I notice openness in myself?



A Gentle Reminder

You do not have to earn this moment before you can receive it.

Life has already arrived.

Simply welcome it.

Begin there.

NOTICE

Attending Before Interpreting



After we welcome experience, we begin to notice it.

Noticing is one of the quietest postures in the House.

It asks very little of us.

Only this:

Be here.

Look carefully.

Listen fully.

Observe before you interpret.

Noticing reminds us that attention is one of the simplest ways we express care.

Why This Posture Matters

Our minds naturally organize experience into familiar patterns.

This allows us to move quickly through the world, but it can also cause us to overlook what is quietly present.

Noticing gently widens our awareness.

The more fully we notice, the more accurately we meet reality.

Orientation Practice

Pause.

Take one easy breath.

Without looking for anything in particular, slowly notice:

Three things you can see.

Three sounds you can hear.

Three points of contact between your body and the world around you.

Allow yourself to simply notice.

Nothing needs to be explained.

Nothing needs to be evaluated.

Simply attend.

Enter the Posture

Allow your attention to rest gently.

Notice without searching.

Observe without rushing.

Trust that what matters does not need to compete for your attention.

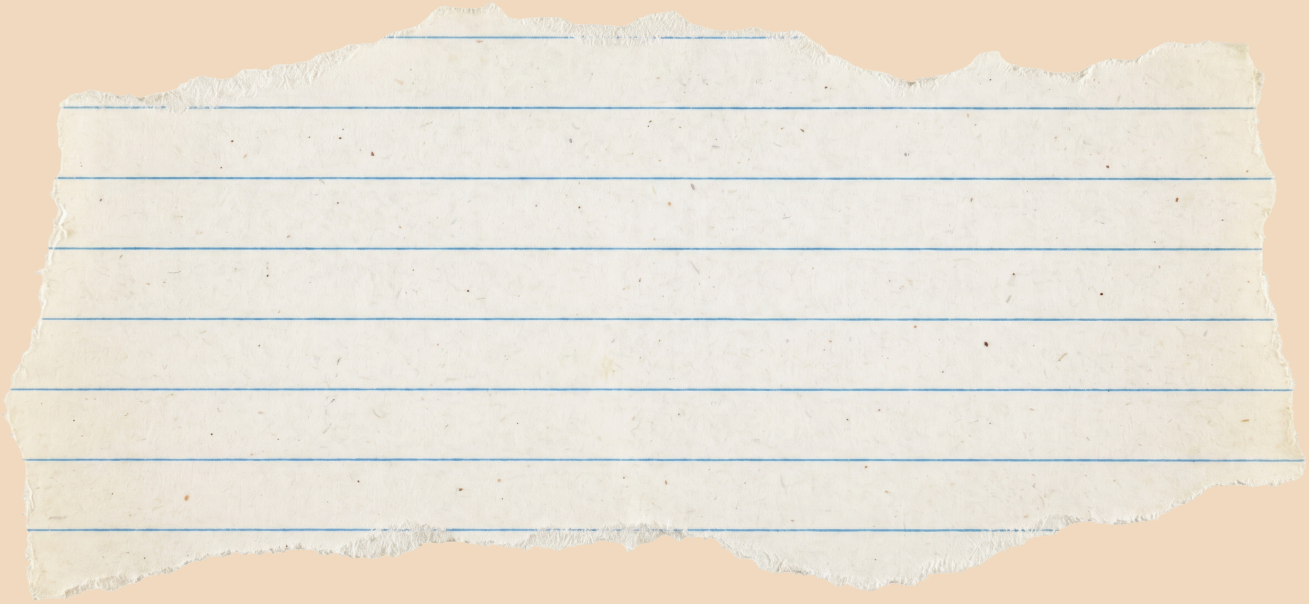
Give this moment your presence.

Reflection

What did I notice today that I usually overlook?

How did my experience change when I paid fuller attention?

What felt quietly alive?



A Gentle Reminder

Life is always speaking.

Much of its wisdom arrives quietly.

Notice first.

Understanding will follow.

ORIENT

Finding Where You Stand



After we notice what is here, we begin to understand where we are.

Orientation is the posture of relationship.

It reminds us that clarity does not begin with certainty.

It begins by knowing where we stand.

Before we choose a direction...

Before we respond...

Before we act...

We first locate ourselves within the moment we are living.

Orientation is not about finding the right answer.

It is about finding your relationship to any given moment.

Why This Posture Matters

Life is constantly changing.

Our relationships change.

Our circumstances change.

Even our understanding of ourselves continues to evolve.

When we lose our sense of orientation, even simple decisions can feel overwhelming.

Our perception narrows.

We become more reactive.

The next step becomes difficult to see.

Orientation gently restores relationship.

Rather than asking,
“What should I do?”

it first asks,
“Where am I?”

As we recognize where we stand, the next step often appears naturally.

Orientation Practice

Pause.

Take one comfortable breath.

Feel your feet resting on the ground.

Find three landmarks around you.

They may be near or far.

Large or small.

Allow them to remind you where you are.

Then…

Sit with yourself for a little while.

Notice what is here.

Perhaps a thought.

Perhaps a feeling.

Perhaps a need.

Or perhaps simply the experience of being here.

There is nothing you need to change.

Simply recognize where you are.

Enter the Posture

Allow yourself to arrive where you already are.

Meet yourself honestly.

Meet the world openly.

There is nowhere else you need to be before beginning.

Stand here for a little while.

Allow this moment to become familiar.

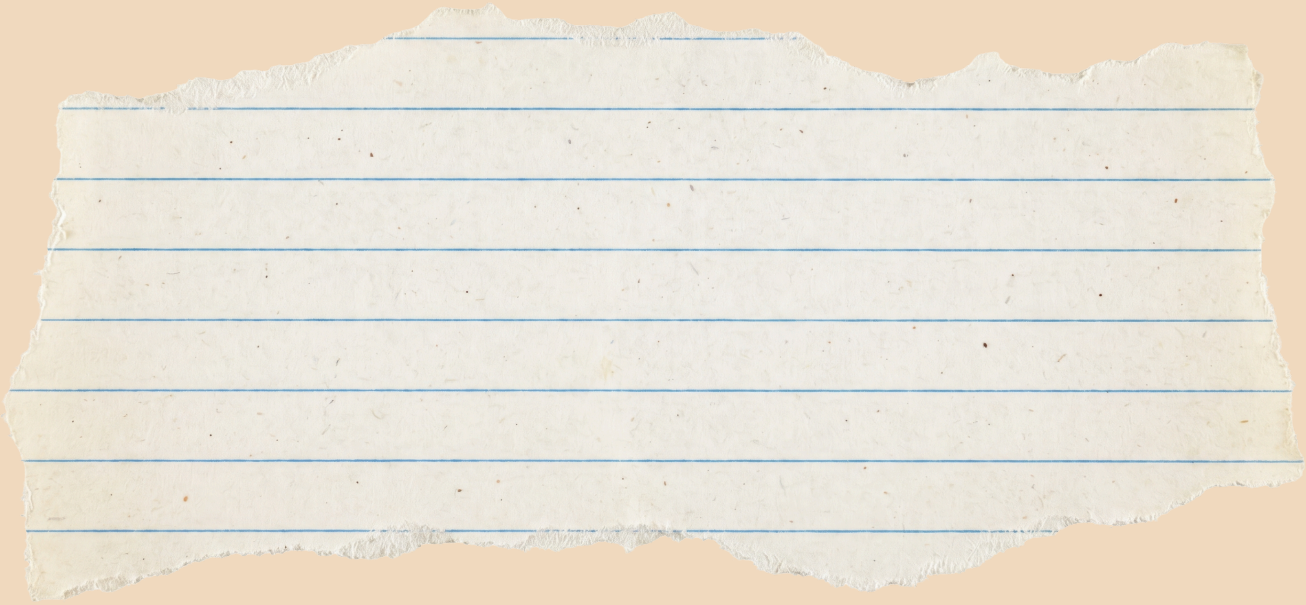


Reflection

Where am I in this moment?

What feels clear to me?

What is one small step that feels true from here?



A Gentle Reminder

You do not have to know where the whole path leads.

You only need to recognize where you are.

From here...

the next step will reveal itself.

STAY

Remaining With the Emerging Pattern



Not every moment is asking us to move.

Some moments ask us to stay.

Staying is the posture of patience.

It invites us to resist the urge to hurry toward certainty, action, or conclusion.

Instead, we give ourselves permission to remain long enough for something deeper to become visible.

Patterns often emerge quietly.

They ask for our attention.

They ask for our presence.

They ask for a little more time.

Why This Posture Matters

Much of life encourages us to move quickly.

To solve.

To decide.

To respond.

To continue.

Yet many of the most meaningful things in life reveal themselves gradually.

Trust.

Understanding.

Friendship.

Beauty.

Belonging.

Wisdom.

These cannot be hurried.

Staying is an invitation, not an obligation. Discernment remains your constant companion.

Staying teaches us that presence is sometimes the most meaningful participation we can offer.

Orientation Practice

Pause.

Take one comfortable breath.

Find one place where your attention naturally rests.

It might be a tree.

A sound.

A conversation.

A single thought.

Or simply your own breathing.

Stay there for a little while.

There is nothing to solve.

Nothing to achieve.

Simply remain in relationship.

Notice what begins to emerge.

Enter the Posture

Allow yourself to remain.

Not because you are waiting for something to happen.

But because this moment is worthy of your presence.

Trust that you do not have to hurry understanding.

Relationship unfolds in its own time.



Reflection

What became visible as I stayed?

What changed when I stopped trying to rush the moment?

Where in life is inviting me to stay a little longer?



A Gentle Reminder

You do not have to hurry what is unfolding.

Remain a little longer.

Life is still revealing itself.

ENGAGE

Participating with Intention



We’re always participating in relationship.

Some moments invite us to observe.

Some invite us to listen.

Some invite us to remain.

And some invite us to participate intentionally.

Engaging is the posture of participation.

It is the quiet willingness to enter the living conversation already unfolding around us.

Participation begins with presence.

From presence, our words, choices, and actions become expressions of relationship rather than reactions to circumstance.

Why This Posture Matters

We influence every environment we enter.

Whether through our presence, our attention, our words, or our actions, we are always participating in the life around us.

The question is not whether we are participating.

The question is how.

Participation shaped by hurry often creates more hurry.

Participation shaped by fear often creates more fear.

Participation shaped by coherence invites greater coherence.

Before we engage, we have wondered.

We have received.

We have noticed.

We have oriented.

We have stayed.

Now we are ready to participate intentionally.

Participation is an invitation, not a performance. Discernment remains your constant companion.

Orientation Practice

Pause.

Take one comfortable breath.

Notice the space around you.

If it feels natural, hum a little.

Notice how the hum moves through your body.

Notice how it enters the space around you.

Then choose one small way to participate.

Offer a greeting.

Ask a thoughtful question.

Care for something nearby.

Express appreciation.

Take one true step.

As you engage, notice what changes.

Not only around you.

Within you.

Enter the Posture

Bring your whole self.

Not a perfected self.

Not a finished self.

Simply yourself.

Allow your participation to arise naturally from what you have already come to know.

You do not need to make something happen.

You only need to enter the relationship with honesty.



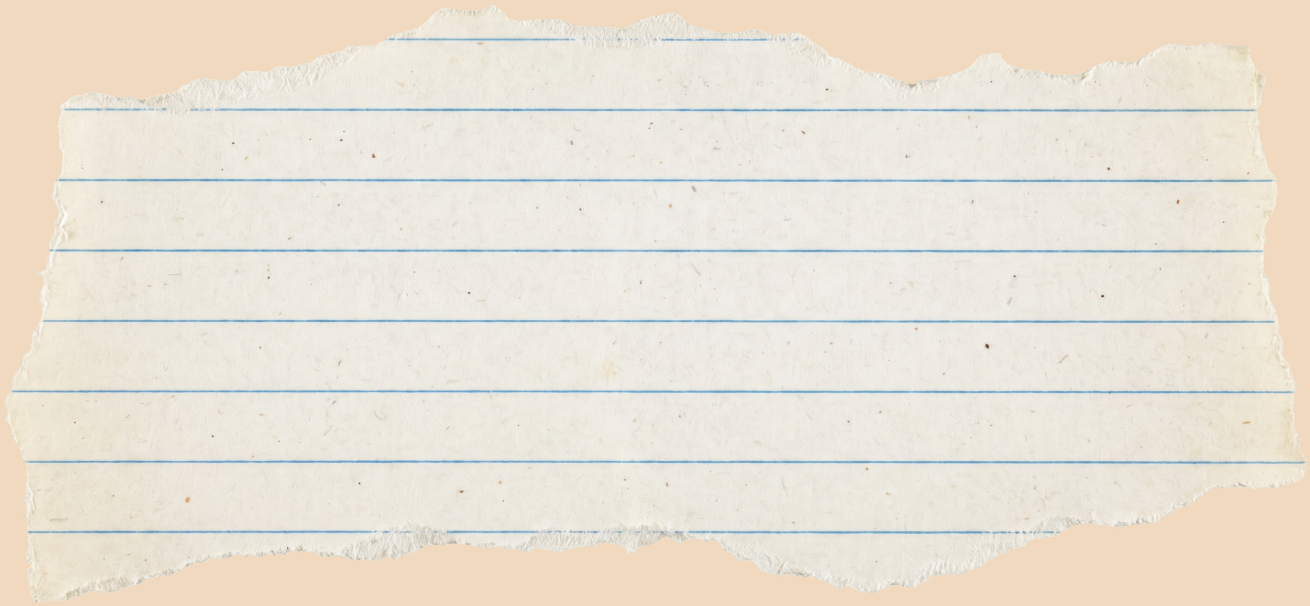
Reflection

How did it feel before I participated?

How did I feel afterward?

What changed in the space between myself and the world?

What small act helped me enter relationship more consciously?



A Gentle Reminder

You do not need to change the whole world.

You only need to participate intentionally in the part of it that is asking for you.

Attunement is not something we master.

It is a relationship we learn to tend.

Each return deepens our understanding of ourselves, others, and the living world.

As you continue walking through the House, you may notice these postures becoming less like practices and more like companions. You may not move through them in order. You may return to Wonder. You may linger in Stay. You may find yourself Orienting again and again.

This is not starting over.

It is the natural rhythm of relationship.

The House is not asking you to become someone new.

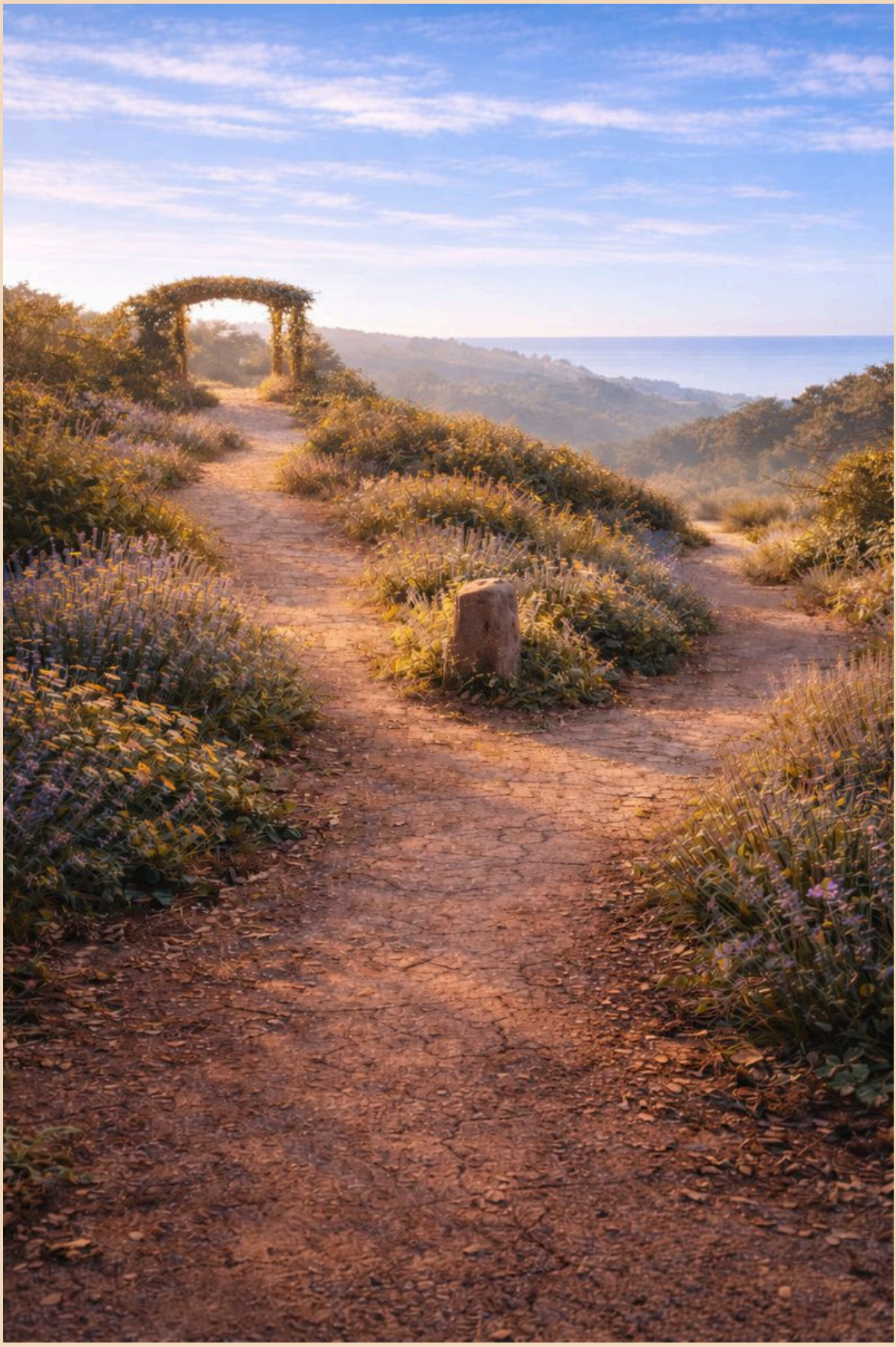
It is inviting you to stay open to the process of becoming more fully yourself.

Until then...

step into the world.

Participate with intention.

The House will be here when you return.



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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A Note on the Illustrations

The illustrations in this book were created with the assistance of generative AI, guided by the author's creative direction and visual design.