

SPIRITUALITY

An invitation to attention

Tend to the things you want to grow.

There is no keeping score. Spirituality is in the noticing.

Attention is the beginning of devotion. –Mary Oliver

Tiny Things:

1. Take three breaths, slightly slower and fuller than usual. (Where do you pull your attention from in order to do this? Just notice)
2. Pick your toes up and place them back on the ground intentionally. Be where you are. (What do you need to pay attention to to feel rooted?)
3. Set an intention for your day and return to it repeatedly. (What energy does your day need?)
4. Choose one ordinary task like washing dishes and do it with extraordinary attention. (What changes when you pay attention?)

Journal Prompts

1. In what areas of your life do you catch yourself keeping score? What would it be like to put down the evaluation sheet and just practice?

2. When you feel connected to yourself, other, and to the earth:

What are you doing?

Who are you with?

Where are you?

Choose one of your five senses that you underutilize: _____

How can you prioritize using that sense today to pay attention?

What are five observations you have when you pay more attention?

How can deepening your attention feed your journey?

To what do you want to be devoted?