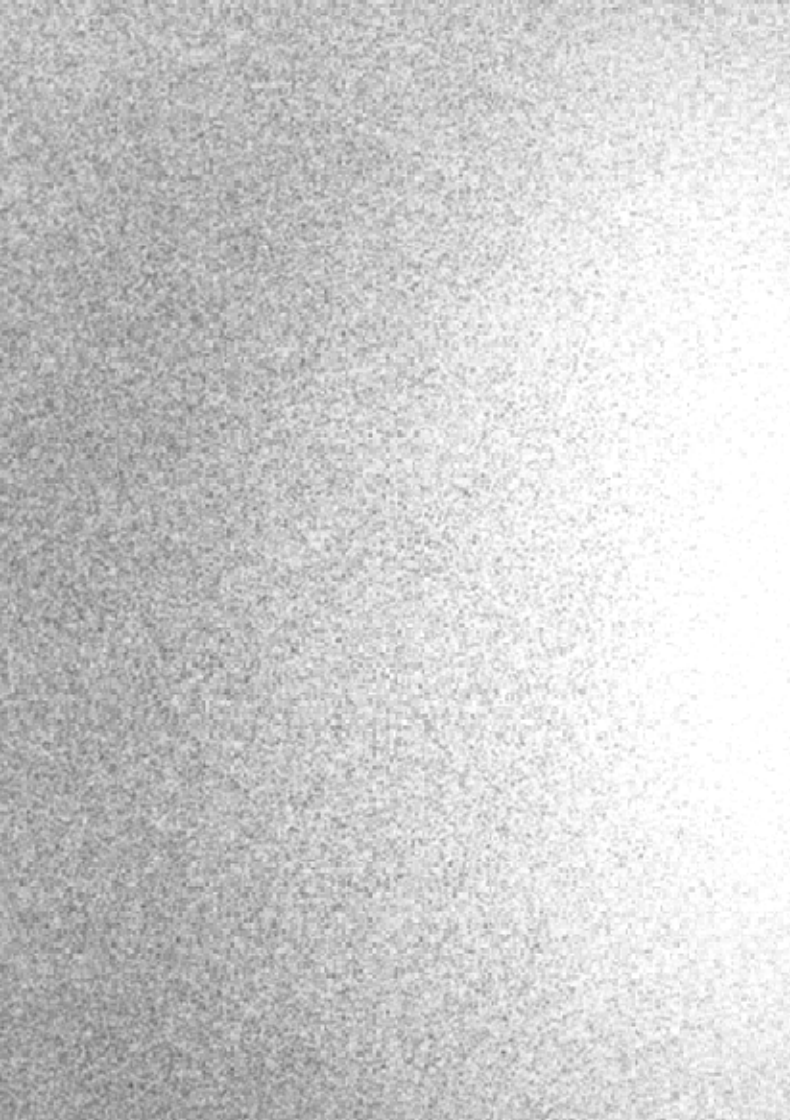
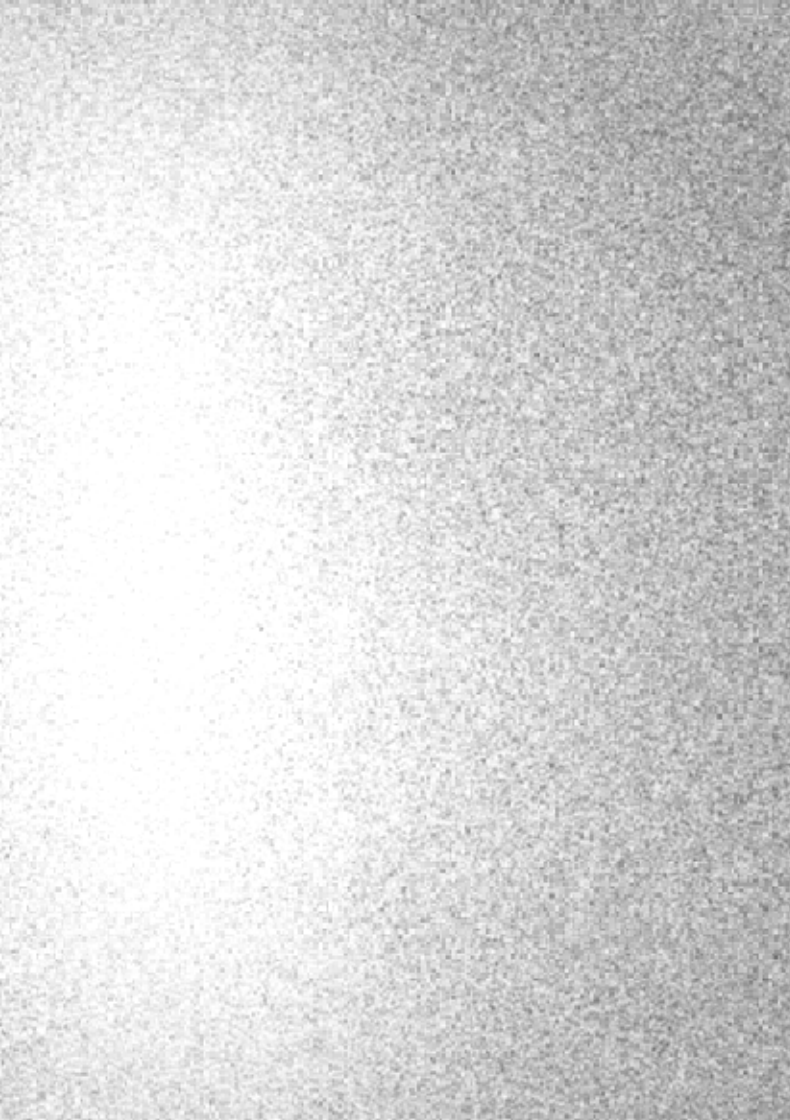


How to settle on this planet

Step by step manual



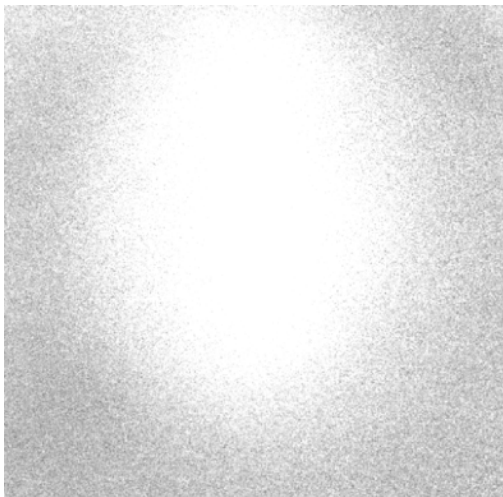


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Exercises

Not in any specific order



How to build deeper connections with your houseplants

1. Find a plant. Could be a houseplant, a tree, a patch of moss, the basil plant in your kitchen.
2. Find a comfortable position, sitting or standing or laying.
3. Look at your plant and focus your attention on the details of its appearance. What do the leaves look like? Look at the way it grew. See the older parts of the plant and the newer ones growing out of it.
4. Become aware that also in this moment the plant is growing.
5. Become aware that also in this moment you are growing.
6. How does that make you feel?
7. Become aware of your breathing. Is it gentle and natural or shallow or anxious or deep and powerful? Breathe in the way that seems the most natural in this moment.

8. Feel the breath enter your body, fill up your lungs and then leave again. Become aware of the air, the smell, its quality.
9. Become aware that also in this moment the plant breathes. It provides the material that you need for your breathing.
10. Simultaneously, you provide the material that the plant needs for its breathing.
11. Become aware of the relationship that you have with the plant through this continuous process of breathing.
12. How does that make you feel?
13. Think of other plants around you that are entangled in the same process.
14. Think of other beings that are entangled in this same process.
15. How does that make you feel?

How to root in space

Goes well with “How to get to know a place” p. 12.

1. Sit down. On a chair, a fallen tree, a concrete bench, the floor, a rock..
2. Sit up comfortably straight. Feel your head reaching ever so slightly upwards. Breathe naturally and gently.
3. Become aware of the parts of your body that are in contact with what you are sitting on and the ground.
4. How does that make you feel?
5. Become aware of the gravity of the place.
6. Feel beneath your feet and what you are sitting on. Realise that where the gravity is pulling you is towards the planet.
7. How does that make you feel?
8. Feel that you are being held.
9. Pretend you had roots like a plant. Allow those roots to spread into the ground.
10. Where do they end?

How to make yourself at home in your street

Feeling at home somewhere is as much a question of security as it is about agency. Taking on responsibility of a place grants you in the true sense of the word response-ability.

1. Walk in the street that you live in. Be attentive to any situation that grab your attention.
2. Reflect on your reaction to it. What does it trigger?
3. Seize the opportunity to respond to the situation adequately. Did you find litter and it upsets you? Pick it up. Did you see a flower that you liked? Respond with gratitude.
4. Repeat with a number of other situations.
5. Think of situations you can respond to, that are not in your direct vicinity.
6. What does your response look like?
7. Where does your response-ability end?
8. How does that influence your doing?

How to get to know a place

1. Acquire a map of your area.
2. Read it. Look for names of places. Is there a small hill that has a name? A mountain? An area? A village? A forest?
3. Visit one of these places.
4. Call it by its name.
5. Repeat with another place.

How to consecrate a pebble

1. Go to a close by body of water. Locate a pebble that catches your attention and which can fit into your pocket easily.
2. Observe its material, its shape, its weight. Does it feel warm or cold? What is its colour? Is it rough or smooth?
3. Feel beyond, do you feel your fingers tickling when you hold it? If not, pick up another pebble and try again.
4. When you have found a suitable pebble take a moment to welcome it with gratitude.
5. Give it a name that has no name. Simply follow the sensation that it triggers in you and remember it.
6. Notice how this process of nameless naming can be done with anything, object or being.
7. Express your gratitude towards the pebble for revealing its secret.
8. Keep it in your pocket for as long as feels right. Then pass it on.

How to feel if you are alive

1. Concentrate on the tip of one of your index fingers. Try to close your eyes and just feel it.
2. What does your fingertip feel like?
3. You will notice a tingling, vibrating sensation. Focus now on the rest of the finger. Can you feel the sensation spread?
4. Let it cover your whole hand. Then let it start in the other hand too. Let it wander along your arms and up to your shoulders.
5. Focus on the rest of your body from the chest down. Let the sensation spread down into your feet and toes.
6. When your whole body is tingling move your attention up into your neck and head and let it spread there too.
7. Through directing your attention to it this process has revealed the energy to you that acts in your body always. How do you feel?
8. Prepare to notice this energy in other beings.

How to expand your circle of compassion

1. Contemplate on the ancient question:
Is there such a thing as a selfless act?
2. Let's assume there is not.
3. What can you include in your selfness? How far can your sense of self expand?

How to think about meaning

1. Notice that you are alive.
2. You probably too have never made the conscious decision to become alive. At some point you just were. You were born and aged and you are still aging. You started remembering more and more, maybe you are already starting to remember less and less. You will, most probably, someday die. Right now, you are alive.
3. What does that mean to you?
4. Think very abstractly about all the mechanisms around you that you are part of. Think of plants you eat and breathe, think of human beings that support your ongoing existence through their work. Think about the beings you support through your work.
5. How does that make you feel?
6. Can you feel how these mechanisms hold you? Can you feel how they have led to your existence and are sustaining it? And how you are part of it?

How to become unfathomably huge

1. Sit in a café, the library, a museum, a bar, a square, a forest, a beach and a busy street.
2. First, just listen. Without judgement on what it is you are hearing. Hear all the sounds and noises around you and let them pass through your ears. You will notice that after a while they merge and, while they are still there and loud, retreat in the background.
3. Now, probably a second layer of more subtle sounds and noises emerged. Repeat the process while holding the first layer still. Once this layer too has settled, listen for another one and repeat until all of the sounds have united in you and you are fully emerged in them.
4. How far can you hear?

