

## A SOLO IN NATURE IS

A dedicated amount of time where you are alone (or all “one”) in nature, where you consciously avoid the presence or speech of other people.

To observe the way you naturally pay attention. The unknown has a life of its own and is given life by the way you pay attention to it. Does fear arise...and of what? Do you dive headlong into novelty? Do you rest first, once finally alone?

A re-awakening of your five senses. The greens and blues of your home lands or the reds, oranges and pinks of your AM and PM sky start to speak back and renew you in and of themselves, whether they are useful to your life or not.

A time to explore new ways of being in the world. When you investigate the way you are in world, you’ll find that you may actually be afraid of the necessary central conversation--and it’s because it leads to some kind of kind of falling away of what is extraneous in your life and an emerging of a kernel that is not yet fully known inside of you. It’s a center which is as much unknown to you as to the outer world.

## SOLO BEST PRACTICES

Follow your intuition and select a space that calls you. There is no right or wrong spot.

Ask permission to be a guest of your solo space. This puts you in reciprocity with all that is there.

Once you find your spot, mark the 4 directions in some way. You can draw a circle and sit inside it, turning to each direction to explore what your senses bring you. You can move to outside the “circle” to sit in any of the directions and explore what you find using that perspective. You can make an offering in each direction for even more reciprocity.

Practice directional sensing. For example, what can you see above, what can you see on the ground, and what is in your field of vision? Do this with your other senses. Or pick one sense, and do this in each of the 4 directions.

## QUIETING YOUR “CLEVER MIND”

Breathe deeply, paying close attention to your breath.

Lay down to merge with the earth, sky, and clouds.

Remove barriers between you and the earth (no shoes, etc.).

Explore how your body is called to move in the space.

Play with spontaneous emotional expressions.

Do the following suggestions until you’ve quieted your mind. Some people describe this as slowing down until you discover the natural pace of your spot or aligning your energy with the natural energy of your spot, like entrainment. Once you think it’s time to stop, keep doing it a little longer. You may be surprised what happens.

Don’t be discouraged with your intellectual chatter. Thank it for all that it does, let it know it’s on vacation, and start again.

## DEEPENING YOUR PRACTICE

Journaling in each direction.

Drawing what you see in each direction.

Having a conversation with yourself or with a more-than-human in each direction.

Your guides may frame the solo or invite you to deepen into something that is up for you, but that should be the LAST thing you move into until you quiet your clever mind. This is why we dedicate so much time to solos.

## THINGS TO REMEMBER

Nature works in its own timing. Allow your solo to work on you. You may think that nothing happened as you’re leaving your site, but nothing could be farther from the truth.

There are no mistakes in nature or on solo. All is as it should be.

A solo isn’t a hike, meditation or time for outdoor recreation. It’s a practice of creating an intentional space to transition from doing to being.



# THE PRACTICE OF SOLOS

IN NATURE