

# Sit Spot Challenge

Sit spotting is simple: find a special place in te taiao (nature) and become comfortable just being there, still, and quiet. Let nature surround, soothe, entertain, comfort, relax and seep into you. Sit spotting gives you a personal and intimate place in nature.

Meditation is about connections – to self, others, and the natural world around us. One way to connect with nature is to simply sit outside, but there are plenty of other ways too.

## 1 Open your window

feel the fresh air, sit, and listen to the sounds of nature

## 2 Even better, go outside and ...

- Sit until the kōhū (fog) burns off
- Sit until the te rā (the sun) completely sets
- Sit until the ua (rain) ends or begins
- Watch an animal, even an insect at work or play until it departs
- Sit until the puddle dries from the heat of te rā
- Sit and watch a shadow until it has crossed your path
- Sit until the manu (birds) finish their song
- Sit beneath a rākau (tree) until it lets go of a leaf and you see or hear it fall to the ground
- Sit at a lake/stream/beach, watch the wai (water) (observe change eg, wind effect)
- Sit until a kapua (cloud) completely changes shape, disappears, or passes on the horizon

## 3 Find a spot

Find a place in nature where you can sit and observe. Pick a place that's close, eg in your backyard, local park, somewhere it's easy to get to. Visit your sit spot regularly, eg, daily, several times a week

## 4 Sit still & observe

Tairongo. Observe with all of your senses. Listen for manu and other animals. Observe colours and light. Touch the rocks and moss. Smell the fresh rain or grass.



Hā ki roto, hā ki waho.  
Breathe in. Breathe out.

Titiro. Whakarongo. Hongihongi. Rongo  
whakapā. Tairongo...  
Look. Listen. Smell. Touch. Tune in...

Things to think about:

what did you hear, see? -

ko wai ngā Atua? who are the Atua  
present at your sit spot?

does it change if you  
go in the morning?

what about at night? ☆ ☆

Kua pēhea koe? how do you feel  
after sit spotting?

encourage someone in your  
whānau to give it a go too!

Ko au te taiao, te taiao ko au.

I am nature, nature is me.

