



OBSERVATION IS THE BRIDGE

FOR THE NIGHT SKY

The video offered an image—moon behind stone, light against darkness.

When you're ready, step outside—or simply look through a nearby window.

Now, take that same quiet attention into the world around you.

Let your eyes rest there.

Not looking for anything in particular. Just... observing.

NOTICE WHAT RESONATES

- A quality of light.
- A shape that catches your attention.
- A silence between stars.
- A feeling that has no name.

HOW LONG?

As long as you wish.

A few breaths. A few minutes. Until you feel ready to return.

You don't need to understand what you noticed. You don't need to write anything down.

Just let it stay with you.