

CHINA BLUE

Listening Monthly Practice PROMPTS

January — STILLNESS
(Listening for what remains)
Listen for the quiet beneath the day

February — THRESHOLD
(Listening for subtle change)
Listen for the warmth inside your chest

MARCH — EMERGENCE

(Listening for beginnings)
Listen for water finding a path

APRIL — PERMEABILITY

(Listening for flow)
Listen for the wind touching everything

MAY — ATTUNEMENT
(Listening in relationship)
Listen for how your body responds

JUNE — EXPANSION
(Listening for fullness)
Listen for the sound of enough

JULY — VIBRATION
(Listening for energy)
Listen for insects holding the day together

AUGUST — SATURATION
(Listening for density)
Listen for inner heat

SEPTEMBER — SHIFT
(Listening for transition)
Listen for light thinning

OCTOBER — RELEASE
(Listening for letting go)
Listen for the sound of descent

NOVEMBER — MEMORY
(Listening for what lingers)
Listen for echoes

DECEMBER — RETURN
(Listening for cycles completing)
Listen for the circle closing