



Sit Spot and the Art of Inner Tracking: A 30-Day Challenge to Develop Your Relationship to Self, Earth, Others, and the Wisdom of the Ancestors

R. Michael Trotta

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Sit Spot and the Art of Inner Tracking, a 30-Day Challenge is more than just a journal. It's more than a coaching program. It's a path, a journey. In many ways, it's a hero's journey, one that will lead you from the known into the unknown and back with unforeseen treasures. It will guide you into two distinct yet deeply related practices that will merge and serve as a powerful ally to help you fulfill your intention for this and many other journeys life has to offer you. Sit Spot is the simple act of finding a particular place outdoors where you sit quietly and observe. By taking yourself out of your regular daily routine and reconnecting with the rhythms of the natural world, you begin to recalibrate and reconnect with your own true nature. By spending time outside in this way, and by consciously practicing your ability to observe, you will strengthen your awareness. Think of awareness as a muscle. Often, we're not fully aware of what's going on inside us and around us; we've let that muscle atrophy. The Sit Spot Challenge will be your personal trainer for the next 30 days, helping you rebuild and retrain this crucial ability.

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