

Reverence Day 5: Habit

Hello Dear Ones,

Today, as we explore *habit*, you might start with noticing how this word lands. When faced with habit, what happens in your shoulders? In your face? What comes to mind?

Habit can have contradictory associations; sometimes it suggests a rut we're stuck in, but it could also be a practice of support or commitment. It could be *many* things, in fact! If we aren't judging habit, what might it show us?

Preparing to Write

Begin by noticing your own posture. With much softness, see if you can make a small, even imperceptible shift - perhaps just moving your eyes, or loosening your jaw - that might help you see your habitual posture a little more clearly.

Spend a few moments internally visiting the landscapes of your own habits. Perhaps there are stories you often tell, grooved ways of being, practices of comfort. See if you can bring permission and kindness to your explorations.

Prompt:

I have a habit of...

Resources to take your explorations further:

John O'Donohue's luminous, [For One Who is Exhausted, a Blessing](#), contains this gorgeous line:

Imitate the habit of twilight / Taking time to open the well of color / That fostered the brightness of day.

What might it mean to imitate the habit of twilight? Of water? Of winter?

With love & reverence,

Johanna