



A GIFT FROM NEHORIA

The Quiet Minute

*The smallest practice in the house. One minute, kept daily,
outworks an hour kept never.*

1

ARRIVE

Sit down. Put the phone in another room. One slow breath in, one slower breath out.

2

ASK

One question, read once: What am I not noticing? Reading it five times is not deeper.

3

LISTEN

Sixty seconds. Nothing to solve, nothing to fix. An answer may come. It may not. Both count.

4

RETURN

Stand up and go back to your day. That was the practice. A missed day is a rest, not a failure.

One minute, kept, is a door kept open.

NEHORIA

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