



# H.U.M.A.N. — A Daily Rhythm of Relational Integrity

A gentle invocation. A compost protocol. A re-membering practice.

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H — Hold stillness

Pause. Breathe. Let the nervous system settle.

Not to “empty” the mind, but to listen to what’s already stirring.

***Am I present to the relational field?***

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U — Unhook supremacy

Notice where the voice of control, urgency, self-importance, or performance is whispering.

Let it be named. Let it be loosened.

***Where am I trying to dominate, impress, or prove?***

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M — Metabolize meaning

Turn toward what arises. Compost discomfort.

Let paradox stay tangled. Let mystery remain unclaimed.

***Can I stay with this tension, without forcing clarity?***

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A — Attend with humility

Listen to the moment, the other, the Earth. Speak less. Sense more.

Offer without obligation.

***What is being asked of me—not by the task, but by the field?***

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N — Nurture the next step

Not the master plan. Not the big arc. Just the next relational act.

Done with integrity, not ambition.

***What can I do now that honours the whole, not just the part I think I am?***

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Optional Closing Phrase:

***“I am not sovereign. I am entangled. And I am enough for this moment.”***