

The Silence Before All

"Before sound, before motion — I arrive in stillness. Three breaths bind me to self, others, and the world."

This ritual begins the path with grounding. It gathers scattered thoughts into presence and reminds the practitioner of interdependence: self, community, and cosmos. Its purpose is arrival — to enter the day not hurried, but whole.

Sit where both feet touch ground. Place a mirror or bowl of water nearby if possible.

First breath — inhale, acknowledge *yourself*. Whisper your name.

Second breath — inhale, acknowledge *others*. Picture one face, or a circle of companions.

Third breath — inhale, acknowledge *the world*. Imagine the breath as ancient, passing through forests and stars.

With the last exhale, speak one word of intention: *Patience, Clarity, Compassion*, or what arises.

Codex Connection: *Law of Interdependence* — each breath is shared, not owned.

Glyph Action: Trace *The Burning Mirror* before you, polishing clarity into the day.

Meditative Prompt: *What is arriving with me that I can release?*

Closing: *"As silence holds me, I hold the day."*