

# LANTERN TREE MOMENTS

## Lantern Practices

These six lantern practices are invitations - not tasks, small lanterns you can light whenever you need warmth, grounding, or return.

May they meet you gently.

May they remind you that  
sanctuary is never far.

*Sanctuary doesn't require travel.  
It doesn't require preparation.  
It doesn't require performance.  
It only asks for a moment  
— a breath, a pause, a softening —  
the way a lantern asks only to be lit.*



## SIX AT HOME LANTERN PRACTICES

### **The Threshold Pause**

Pause at the doorway before entering a room.  
Let your hand rest on the frame.  
Feel the shift between “before” and “after.”  
Step through as if crossing into a clearing.

### **The Lantern Breath**

Imagine a small lantern glowing at the center of your chest.  
With each inhale, the light brightens.  
With each exhale, it softens but stays steady.  
Stay until you feel warmed from the inside.

### **The Warm Cup Ritual**

Hold a warm mug with both hands.  
Let the heat travel into your palms, your chest, your shoulders.  
Sip slowly, as if you’re drinking from a quiet pool of light.

### **The Lantern Walk**

Walk slowly through your home  
– as if carrying a lantern through a forest path.  
Move with intention.  
Notice what your light touches.

### **The Gentle Reordering**

Choose one drawer, shelf, or corner.  
Don’t organize – simply tend.  
Move things until the space feels like a branch settling into place.

### **The Dusk Moment**

As the light changes outside, pause.  
Notice the shift from day to evening.  
Let yourself soften with it, like a lantern being lit at twilight.



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## The Lantern Tree

Imagine you are walking through a quiet forest at dusk, the air soft and expectant. The trees grow taller, their branches weaving a hush above you—until the forest opens into a clearing, and there it stands: a great, ancient oak, its wide arms outstretched like an embrace.

From every branch hang lanterns—tiny flickers and steady glows alike, made of glass, twine, and time—each holding its own quiet light.

As you step closer, the light softens around you, asking nothing, only offering—and somewhere deep in your chest, something long held begins, gently, to loosen, as if this place has been waiting for you all along.

## A Lantern Tree Moment

A lantern tree moment isn't something you chase—it's something you quietly arrive at. It's the instant when the noise softens just enough for something true to rise. A small shift. A little more room to breathe. A quiet light where there was once only holding.

Learn more about Lantern Tree Moments and sign up to be notified of new offerings at [www.lantern-treemoments.com](http://www.lantern-treemoments.com)

