

Kilo is defined as Stargazer, reader of omens, seer, astrologer, necromancer; kind of looking glass (rare); to watch closely, spy, examine, look around, observe, forecast.

Source: Nā Puke Wehewehe 'Ōlelo Hawai'i | www.wehewehe.org

In preparation: Remove all distractions. Silence all electronic devices and start thinking of the questions you want answers to or the reason for wanting to take this time to kilo. This practice is as long as you need it to be. However, it is recommended to do the following for at least 15 mins.

Step 1:

Find a place to sit or stand, preferably in nature, outdoors, and away from distractions.

Step 2:

Once you have found your space, take this time to calm your mind while taking five deep breaths.

Step 3:

Observe all your senses. What do you see, hear, smell, feel?

Step 4:

Now this time to take in the details of the environment around you. ie. clouds, weather, plants, animals...

Step 5:

Acknowledge the feelings that were brought up during your kilo. Take note of the things that stood out to you from your surroundings. If you are drawn to write or draw about your experience, you are welcome to do so.

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