

The Property *Line*

Five minutes a day to remember where you end. A line you walk every morning is just the line.

01 ABOUT THREE MINUTES Walk the property

Trace your own edges with your own hand. Collarbone, arms, chest, neck, jaw, hips, thighs, knees, feet.

02 AS YOU GO Speak for the land

Wherever the hand goes, one sentence, quiet: *This is mine*. No elaboration.

03 ONCE, SLOWLY Mark the line

Trace the outside edge of you, where everything else starts. Then: *I decide what crosses*.

04 ALL WEEK Set the anchor

Pick one spot. Press it once. When the old urge rises to fix, absorb, or answer on the spot, press it before you answer.

Skip any zone that isn't yours today. The line is still where you left it.