

T H E T E R R A N S E R I E S

Document VII

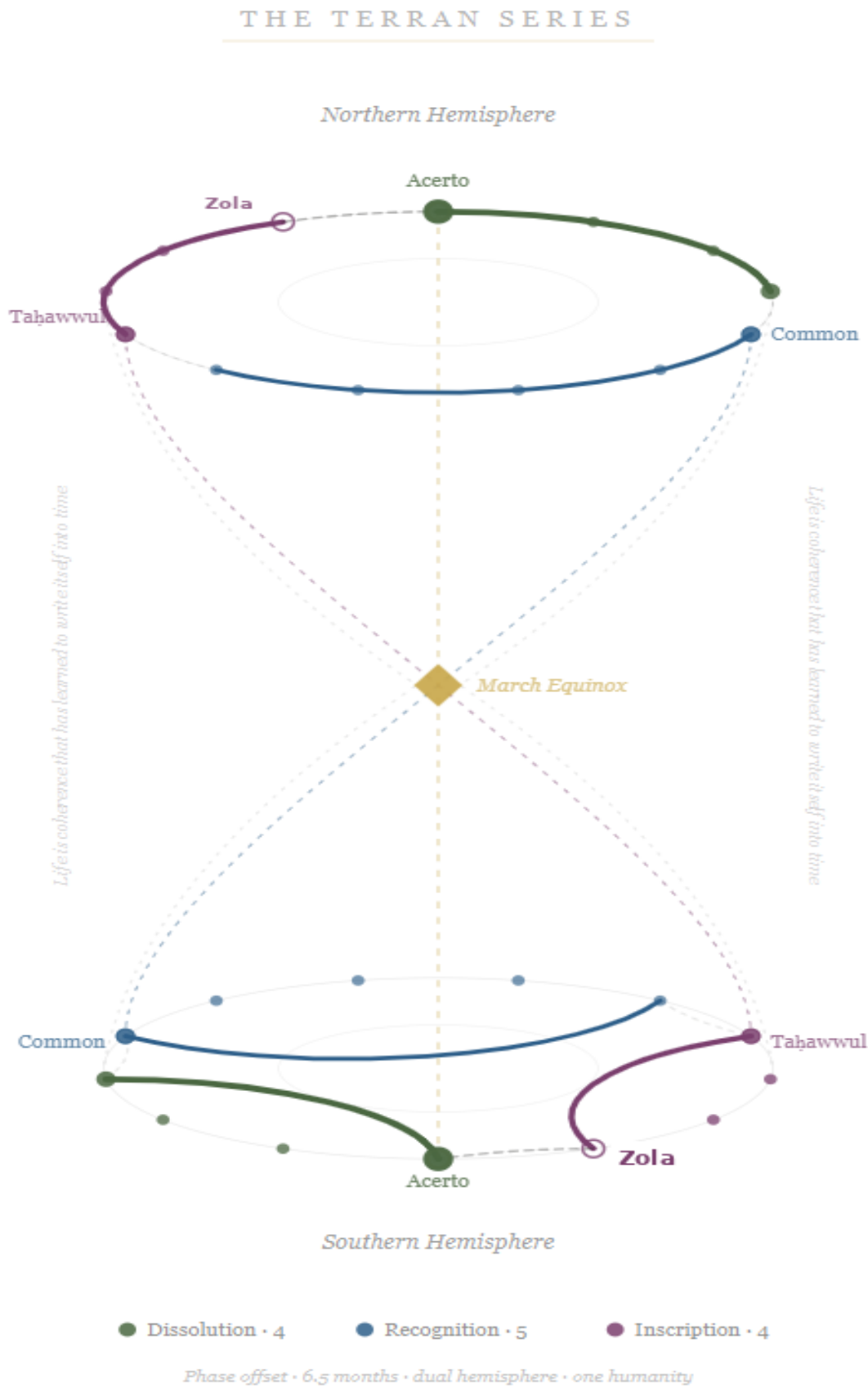
THE TERRAN PRACTICE

A Weekly Practice for All of Humanity

13 Months · 52 Weeks · Three Essentials

Dual-Hemisphere · Six Language Families · One Arc

June 2026



How to Use This Practice

The Terran Practice is a 52-week contemplative framework built on the architecture of the Terran Calendar. It does not replace any existing practice — religious, wellness, or otherwise. It sits beneath whatever you already do, offering a shared temporal orientation that any person, in any hemisphere, from any tradition, can inhabit simultaneously.

Each month carries one inquiry question. That question does not change for four weeks. What changes is your relationship to it. Hold it. Let it deepen. Do not try to answer it — try to live inside it more precisely each week.

Each week carries three essentials:

Attention — a quality of noticing to bring to ordinary experience this week.

Inquiry — the month's question, held again. It is the same question. You are not the same person who held it last week.

Body — one physical gesture of awareness. Not exercise. Not ritual. A single act that brings the week's orientation into the body.

The four weeks inside every month follow the same inner movement: Encounter, Resistance, Integration, and Transmission. The month sets the direction. The weeks texture it.

Tecido — month 8 in the NH year, month 7 in the SH year — carries hemisphere-specific orientations in week 3, because the lived experience of that month differs genuinely between hemispheres. In the NH, Tecido arrives in late summer moving toward autumn — one is entering darkness. In the SH, Tecido arrives in late winter moving toward spring — one is entering light. The practice honors that difference without dividing the humanity that holds it.

Zola — the planetary month — arrives on September 16 for both hemispheres simultaneously. It is month 7 in the NH year and month 13 in the SH year. It does not coincide with any other month. Zola is its own month, belonging to neither hemisphere and shared by both. The practice for Zola is not contemplative withdrawal. It is presence within whatever gathering you find yourself in. The planetary pause is the practice.

The NH practice begins April 1, with Month 1 — Acerto — immediately following the March equinox. The SH practice begins October 15, also with Month 1 — Acerto — at the Southern Hemisphere spring. Both practices run through the same 13 months and 52 weeks in the same inner sequence. The year ends in the intercalary days of Zola — the planetary month, the threshold between cycles. Those days belong to neither hemisphere exclusively. They are the remainder. Sit with them honestly.

“Life is coherence that has learned to write itself into time.”

MOVEMENT I — DISSOLUTION

Months 1–4 · Formation · 4 Months · 16 Weeks

The year begins not with resolution but with honest reckoning. These four months move through inventory, confrontation, release, and the discovery of what remains when everything removable has been removed.

The central question of Dissolution: What are we actually made of?

Month 1
Acerto
Portuguese

Monthly Inquiry
What am I carrying that I have never actually chosen?

Week 1 · Encounter

Attention

Notice what feels heavy this week without trying to lighten it. Let the weight be information.

Inquiry

What am I carrying that I have never actually chosen?

Body

Each morning, place both hands on your chest for one breath. Feel what is held there. Name nothing.

Week 2 · Resistance

Attention

Notice what you defend without being asked to. What assumptions do you protect before they are threatened?

Inquiry	What am I carrying that I have never actually chosen?
Body	Stand still for sixty seconds at some point in the day. Let the stillness make something uncomfortable.

Week 3 · Integration

Attention	Notice the difference between what you chose and what you inherited. They feel different. Learn that feeling.
Inquiry	What am I carrying that I have never actually chosen?
Body	Walk more slowly than you need to, once this week. Let your pace be a question rather than a destination.

Week 4 · Transmission

Attention	Notice what has shifted — not resolved, but shifted. What do you see now that you did not see in week one?
Inquiry	What am I carrying that I have never actually chosen?
Body	Before sleep, exhale fully — longer than feels natural. Release what this month named.

Month 2 Encarar <i>Portuguese</i>	Monthly Inquiry <i>What do I keep almost seeing — and what would change if I looked directly?</i>
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Week 1 · Encounter

Attention	Notice the edge of your own attention this week. Where does your gaze consistently stop short?
Inquiry	What do I keep almost seeing — and what would change if I looked directly?
Body	Sit facing a window or open space. Look at what is actually there, not what you expect to be there. One minute.

Week 2 · Resistance

Attention	Notice what you explain away before examining. What do you rationalize before you look?
Inquiry	What do I keep almost seeing — and what would change if I looked directly?
Body	This week, pause before leaving any room. Turn once and look at it as if for the last time.

Week 3 · Integration

Attention	Notice what it costs to look directly. Not what you see — what the looking itself requires of you.
Inquiry	What do I keep almost seeing — and what would change if I looked directly?
Body	Hold eye contact with someone for one breath longer than comfortable, once this week.

Week 4 · Transmission

Attention	Notice what you now see that you were almost seeing all along. What was always there?
Inquiry	What do I keep almost seeing — and what would change if I looked directly?
Body	Before sleep, recall one thing you saw clearly this month. Let the body remember it, not just the mind.

Month 3 Tebanasu <i>Japanese</i>	Monthly Inquiry <i>What would I be if I stopped holding this?</i>
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Week 1 · Encounter

Attention	Notice what you grip this week — in thought, in conversation, in the body. Grip is information.
Inquiry	What would I be if I stopped holding this?

Body	Open your hands, palms up, for thirty seconds each morning. Let them be empty.
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Week 2 · Resistance

Attention	Notice the difference between holding and caring. What have you confused for the other?
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Inquiry	What would I be if I stopped holding this?
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Body	Set something down that you usually carry with you — a bag, a phone, a habit — for one hour this week.
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Week 3 · Integration

Attention	Notice what remains when you stop holding. What is still there without your maintenance?
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Inquiry	What would I be if I stopped holding this?
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Body	Exhale and do not immediately inhale. Stay in the empty moment for one breath's length. Once daily.
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Week 4 · Transmission

Attention	Notice what the month has loosened in you. Not freed — loosened. That is enough.
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Inquiry	What would I be if I stopped holding this?
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Body	Let your hands hang open at your sides for one full minute this week. Notice what that asks of you.
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Month 4 Msingi <i>Swahili</i>	Monthly Inquiry <i>What in me has never actually been threatened?</i>
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Week 1 · Encounter

Attention	Notice what remains consistent in you across very different situations this week. What does not change?
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Inquiry

What in me has never actually been threatened?

Body

Sit on the ground or floor for five minutes this week. Feel what holds you up without being asked.

Week 2 · Resistance**Attention**

Notice what you think is foundational but is actually conditional. What requires a certain condition to exist?

Inquiry

What in me has never actually been threatened?

Body

Stand barefoot on the earth or floor for one minute. Let the contact be the practice.

Week 3 · Integration**Attention**

Notice the difference between what you perform and what you simply are. One requires effort. One does not.

Inquiry

What in me has never actually been threatened?

Body

Before rising from bed, feel your weight before you move. That weight is Msingi. Begin from there.

Week 4 · Transmission**Attention**

Notice what this month revealed as bedrock. Not what you wish were foundational — what actually is.

Inquiry

What in me has never actually been threatened?

Body

Place one hand on the ground or floor. Feel that it holds. Carry that sensation into the next month.

MOVEMENT II — RECOGNITION

Months 5–9 · Engagement · 5 Months · 20 Weeks

The longest movement. Coherence begins to perceive itself — in relationship, in the Earth, in the tension between hemispheres holding opposite experiences simultaneously yet remaining one species on one planet.

The central question of Recognition: What holds us together despite everything?

Month 5
Common
English

Monthly Inquiry

Where do I end and the other begin — and am I certain?

Week 1 · Encounter

Attention

Notice one moment this week where you assume you know what another person is experiencing. Sit with the assumption.

Inquiry

Where do I end and the other begin — and am I certain?

Body

In any gathering this week, notice the physical space between you and others. Feel it as shared, not separating.

Week 2 · Resistance

Attention

Notice where difference feels like a wall rather than a distinction. What do you need the other to be?

Inquiry

Where do I end and the other begin — and am I certain?

Body

Make eye contact with a stranger once this week — briefly, without agenda. Notice what passes.

Week 3 · Integration

Attention

Notice one thing you share with someone you consider very different from yourself. Let it be specific, not abstract.

Inquiry

Where do I end and the other begin — and am I certain?

Body	Eat one meal this week with full attention to the fact that someone grew, carried, and prepared what you are receiving.
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Week 4 · Transmission

Attention	Notice how your sense of where you end has shifted this month. Not dissolved — shifted.
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Inquiry	Where do I end and the other begin — and am I certain?
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Body	Before sleep, recall one face you saw this week. Hold it with the same attention you give your own.
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Month 6 Daichi <i>Japanese</i>	Monthly Inquiry <i>What did I receive that I did not earn, and what does that ask of me?</i>
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Week 1 · Encounter

Attention	Notice the Earth beneath you this week — not as backdrop but as the ground that has always been here.
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Inquiry	What did I receive that I did not earn, and what does that ask of me?
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Body	Touch the earth — soil, grass, stone, sand — once this week with bare hands. Stay for one minute.
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Week 2 · Resistance

Attention	Notice where you feel entitled to what you have received. What do you treat as yours by right rather than by gift?
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Inquiry	What did I receive that I did not earn, and what does that ask of me?
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Body	Look up at the sky for two uninterrupted minutes this week. No destination. Just the sky.
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Week 3 · Integration

Attention	Notice one act of reciprocity available to you this week — something you can return, restore, or tend.
Inquiry	What did I receive that I did not earn, and what does that ask of me?
Body	Water something living this week — a plant, a tree, a garden — with deliberate attention to what you are sustaining.

Week 4 · Transmission

Attention	Notice what the month has asked of you. Not demanded — asked. There is a difference.
Inquiry	What did I receive that I did not earn, and what does that ask of me?
Body	Stand outside at dusk or dawn once this week. Feel the Earth turning. You are on it. It carries you.

Month 7 Tecido <i>Portuguese</i>	Monthly Inquiry <i>What am I weaving with my presence — and does it hold?</i>
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Week 1 · Encounter

Attention	Notice the quality of your presence in every exchange this week — not what you say, but what you bring before you speak.
Inquiry	What am I weaving with my presence — and does it hold?
Body	Before entering any room or conversation, pause for one breath outside. Let that breath be intentional.

Week 2 · Resistance

Zola · The Earth returns to balance this week. Whatever gathering you find yourself in — whatever celebration, whatever feast, whatever coming-together — notice what is being woven there. You do not need to do anything differently. Only notice.

Attention	In every celebration this week, notice the thread being woven between people. What kind of fabric is forming?
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Inquiry	What am I weaving with my presence — and does it hold?
Body	In any gathering, feel your feet on the ground. The Earth is in balance beneath every celebration happening right now.

Week 3 · Integration · Northern Hemisphere*Northern Hemisphere — entering darkness after the solstice.*

Attention	Notice what you are willing to carry into the contracting season — and what you are ready to leave in the light.
Inquiry	What am I willing to carry into the dark — and what must I leave in the light?
Body	As light diminishes this week, sit in the dimming once — at dusk, without turning on a light immediately. Stay.

Week 4 · Transmission

Attention	Notice what this month's weaving revealed about what you are made of in relation to others.
Inquiry	What am I weaving with my presence — and does it hold?
Body	Thread something this week — a needle, a lace, a cord. Let the act of threading be the practice.

Month 8 Iḥ tiwā' <i>Arabic</i>	Monthly Inquiry <i>What am I containing right now that I have not yet made room for?</i>
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Week 1 · Encounter

Attention	Notice what you push away in others this week before examining it. What do you refuse to contain?
Inquiry	What am I containing right now that I have not yet made room for?
Body	Cup your hands together, empty. Hold that shape for one minute. Feel what it means to make room.

Week 2 · Resistance

Attention	Notice the difference between tolerating and containing. Tolerance holds at arm's length. Containment makes room inside.
Inquiry	What am I containing right now that I have not yet made room for?
Body	Breathe into your belly this week — not your chest. Let the breath expand the container rather than just filling it.

Week 3 · Integration

Attention	Notice one thing you have been holding at arm's length that is asking to come closer. Not to be resolved — to be held.
Inquiry	What am I containing right now that I have not yet made room for?
Body	Hold something heavy in both hands for thirty seconds this week — a book, a stone, a bowl of water. Feel what containing asks.

Week 4 · Transmission

Attention	Notice how much more you can hold than you thought you could at the start of this month.
Inquiry	What am I containing right now that I have not yet made room for?
Body	Place one hand over your heart, one over your belly. Breathe once between them. This is the size of your container.

Month 9 Kashf <i>Arabic</i>	Monthly Inquiry <i>What has been true all along that I am only now beginning to see?</i>
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Week 1 · Encounter

Attention	Notice what has been in plain sight this week that you have been organizing your perception around without seeing.
Inquiry	What has been true all along that I am only now beginning to see?

Body	Sit in a familiar room and look at it as if you have never been there. One minute. No agenda.
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Week 2 · Resistance

Attention	Notice your resistance to what is becoming visible. Why would you prefer not to see this?
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Inquiry	What has been true all along that I am only now beginning to see?
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Body	Close your eyes in a familiar place. Listen for sounds you usually filter out. Open your eyes. Notice what changed.
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Week 3 · Integration

Attention	Notice how the new seeing changes what came before it — not what happens next, but what already happened.
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Inquiry	What has been true all along that I am only now beginning to see?
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Body	Walk a familiar route and find one thing you have never noticed. Let that thing be enough for the week.
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Week 4 · Transmission

Attention	Notice what you cannot unsee. That is Kashf. It is not discovery. It is recognition of what was always there.
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Inquiry	What has been true all along that I am only now beginning to see?
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Body	Before sleep, name one thing that became visible this month. Say it aloud or write it. Give it form.
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MOVEMENT III — INSCRIPTION

Months 10–13 · Return · 4 Months · 16 Weeks

Coherence does not merely recognize itself — it writes itself forward. These four months move from deliberate turning through creative encoding, intergenerational transmission, and finally the threshold.

The central question of Inscription: What will we carry forward, and how?

Month 10
Tah awwul
Arabic

Monthly Inquiry

What direction am I choosing — and what am I pretending is choosing me?

Week 1 · Encounter

Attention

Notice every choice you make this week — including the small ones. Name each one as chosen, not inevitable.

Inquiry

What direction am I choosing — and what am I pretending is choosing me?

Body

Before any significant action this week, pause and face the direction you are about to move. Let the facing be deliberate.

Week 2 · Resistance

Attention

Notice where you defer your choosing to circumstance, habit, or other people's expectations. What are you outsourcing?

Inquiry

What direction am I choosing — and what am I pretending is choosing me?

Body

Change one habitual physical direction this week — sit in a different seat, take a different route, face a different wall.

Week 3 · Integration

Attention

Notice the difference between choosing and deciding. Deciding closes options. Choosing opens a direction. Which are you doing?

Inquiry

What direction am I choosing — and what am I pretending is choosing me?

Body

Stand at a threshold — a doorway, a path junction, an open space — and choose your direction before moving through it.

Week 4 · Transmission**Attention**

Notice what direction this month has turned you toward. Not chosen for you — turned you toward. You still choose.

Inquiry

What direction am I choosing — and what am I pretending is choosing me?

Body

At the end of this week, face the direction of the next month. Stand in it for one breath. Then move.

Month 11
Kuumba
Swahili

Monthly Inquiry

What have I lived through that is ready to become something?

Week 1 · Encounter**Attention**

Notice what experiences from this year are asking to be given form — not processed further, but shaped into something.

Inquiry

What have I lived through that is ready to become something?

Body

Make something with your hands this week — however small, however simple. Let the making be the practice.

Week 2 · Resistance**Attention**

Notice the difference between processing experience and encoding it. Processing circles. Encoding fixes in form.

Inquiry

What have I lived through that is ready to become something?

Body

Write one sentence this week that captures something you have lived. Not explained — captured. One sentence only.

Week 3 · Integration

Attention	Notice what wants to be shared — not performed, but genuinely offered. What have you made that belongs to others as well?
Inquiry	What have I lived through that is ready to become something?
Body	Share something you made or noticed this week with one person. Let the sharing complete the making.

Week 4 · Transmission

Attention	Notice what this month crystallized from the rawness of the year. What is now in a form that can be carried?
Inquiry	What have I lived through that is ready to become something?
Body	Hold what you made or named this month in your hands — physically or in imagination. Feel its weight. It is real now.

Month 12 Chuánchéng Mandarin	Monthly Inquiry <i>What thread am I handing forward — and is it strong enough to carry what matters?</i>
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Week 1 · Encounter

Attention	Notice what you are already transmitting this week — through behavior, through presence, through what you repeat.
Inquiry	What thread am I handing forward — and is it strong enough to carry what matters?
Body	Think of one person who handed something to you — a skill, a quality, a way of seeing. Hold them in mind for one minute.

Week 2 · Resistance

Attention	Notice the difference between what you intend to transmit and what you are actually transmitting. They may not be the same.
Inquiry	What thread am I handing forward — and is it strong enough to carry what matters?

Body

Do one thing this week exactly as someone who came before you taught you to do it. Let the continuity be felt.

Week 3 · Integration**Attention**

Notice who is watching you — not in surveillance, but in the way that those who come after us always watch. What are you showing them?

Inquiry

What thread am I handing forward — and is it strong enough to carry what matters?

Body

Teach something small to someone this week. Not because they need it — because the teaching is the thread.

Week 4 · Transmission**Attention**

Notice what you are ready to hand forward. Not what you have mastered — what you have lived enough to pass on.

Inquiry

What thread am I handing forward — and is it strong enough to carry what matters?

Body

Write the name of one person who will come after you — a child, a student, a stranger not yet born. Fold the paper. Keep it.

The Month Zola
Zola
Global

Monthly Inquiry

What is this year asking me to leave at the door before I cross?

Week 1 · Encounter**Attention**

Notice everything this year was. Not what you wished it were — what it actually was. Begin the honest accounting.

Inquiry

What is this year asking me to leave at the door before I cross?

Body

Sit at a threshold — a doorway, a boundary, an edge — for five minutes this week. Do not cross it. Sit with it.

Week 2 · Resistance

Attention	Notice what you want to carry across the threshold that the year is asking you to set down. What feels too important to release?
Inquiry	What is this year asking me to leave at the door before I cross?
Body	Empty your pockets or bag completely once this week. Lay everything out. Look at what you carry. Choose what to return.

Week 3 · Integration

Attention	Notice the difference between completing and finishing. Finishing ends. Completing brings to wholeness. Is this year complete?
Inquiry	What is this year asking me to leave at the door before I cross?
Body	Stand in a doorway — one foot on each side — for one breath. Feel both sides simultaneously. This is Zola.

Week 4 · Transmission

Attention	Notice what you are taking across. Not what you planned to take — what is actually coming with you into the new year.
Inquiry	What is this year asking me to leave at the door before I cross?
Body	On the last day of the month, step deliberately across a threshold. Name what you are leaving. Name what you are carrying. Cross.

The Threshold

The intercalary days of Zola belong to no month. They are the days the solar year cannot absorb into any clean structure — the remainder every cycle contains. Zola arrives on September 16 for both hemispheres simultaneously — as month 7 in the NH year, as month 13 in the SH year. The practice is the same from either side.

The practice for these days is not a week. It has no attention, no body gesture, and no inquiry question. It has only this:

*Sit with what the year was.
Not what you wished it were.
What it actually was.*

△ NH — Month 7: You stand at the midpoint. Six months written. Six months ahead. Zola is not the end — it is the breath at the center. Sit with what the first half of the year was. What it actually was. Then cross back into the second half. ∇ SH — Month 13: You stand at the threshold. The full year is written. You have not yet crossed into the new. Sit with what the entire year was. What it actually was. Then cross. The NH New Year begins April 1. The SH New Year begins October 15. Both hemispheres enter Zola on the same day — September 16 — and stand at the planetary pause together.

T h e T e r r a n S e r i e s

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