THE BUSINESS OF BEING HUMAN

Return to Center

Cut, Clear, Close: one practice for finding your footing after a

The full practice

Cut

Feel any tension or blocked energy that you're facing. Reach out and cut or "unzip" to create an opening with your hand. "Pull" the opening wide enough for you to step through.

Clear

Name to yourself your reason for stepping through this opening into new energy and new possibilities. Claim it as you cross over into the new space you've created. Feel the contrast.

Close

Sweep your hands from front to behind your back and clap behind you. Alternatively, you can tap your hips, or snap your fingers to close the opening behind you.

Applications

01 **Embody the practice**
Stand and practice the movements until your body memorizes what it feels like to cut, clear, and close. Your body's memory is what will help you apply it in trickier situations like a work meeting or high stakes scenarios.

02 **Visualization in real time**
Close your eyes and practice seeing your hands make the motions. Recall the body memory from your own practice and feel your body moving through the opening without doing the movements. Begin using this in various scenarios when you need a reset, fresh perspective, or a sense of freedom or autonomy.

03 **Virtual settings in real time**
Smaller movements can represent the full practice. When you can't close your eyes to visualize or stand up to do the practice, try this: **CUT**: slide your hand down your thigh. **CLEAR**: one long exhale, slowly make a fist with your hand. **CLOSE**: pull your fist along your thigh back up towards where you started.

Choose what's next

Ask: what do I need now? A pause, a question, a boundary, or more information.

e.g., "I'm noticing we're short on time. Can we take a moment to clarify what decision is actually needed?"

I might say: _____

This week

I'll use the virtual version with _____

These are personal tools, not a substitute for respectful behavior, accountability, or addressing unsafe conditions. No one should be expected to regulate themselves into accepting harm.

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