

The Basic Glimmer Practice

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This practice invites you to step into those spaces that uplift and comfort you; the moments and places where sparks of connection and safety reside. Glimmers don't erase dysregulation, but they accumulate gently, shifting our systems toward hope and reconnection.

You are invited to embrace this exercise as an opportunity to listen closely to your inner signals, whether they call you to the glow of winter lights, the steady presence of a beloved pet, or another landscape that feels like home.

SEE: What are the clues that tell you you've found a glimmer? What happens in your body that lets you know you are in a glimmer moment? What do you do when you feel that spark of energy? What thoughts arise? What emotions do you feel?

STOP: Now that you know the cues, use them to notice glimmers as you move through your day. Glimmers happen regularly, but because they are micro-moments, you need to be on the lookout for them. Look for predictable glimmer moments in specific places, with particular people, at certain times. Be open to the unpredictable glimmers that may also appear. When you recognize one of the cues you identified, stop and find the glimmer.

APPRECIATE: Create an easy way to acknowledge a glimmer as it happens. You might repeat a simple phrase or make a small movement (perhaps your hand on your heart or a finger pointing toward the glimmer) each time you find a glimmer. Notice all of the different feelings your glimmer brings. Spend several seconds in appreciation, letting the glimmer land in your system.

REMEMBER: Find ways to keep track of your glimmers. Experiment with ways to build your collection and create a personal library.

SHARE: When you share your glimmers with someone else, they come alive again in the remembering and retelling. You might text your glimmers to a friend or make talking about daily glimmers a family ritual. You could find a glimmer buddy or create a glimmer group.

Each glimmer moment is a gentle invitation back on the path home to regulation.