

Looking at the Number

For when you have stopped checking, and not knowing has its own weight.

WHEN TO USE THIS

Use this when you are ready to look, with a few quiet minutes.

How long has it been since you looked?

What do you expect to see?

Look now, if you can. Take a breath first. The number is information, nothing more.

What did you actually see, and how close was it to what you expected?

What do you know now that you did not know ten minutes ago?

Knowing is heavier for a minute, and lighter after that.