



THE
**7-DAY SUNSET
PRACTICE GUIDE**

*A Contemplative Introduction to
Silent Observation at the Threshold*

OBSERVANCE OF THE SUN

observanceofthesunchurch.com

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BEFORE YOU BEGIN

This guide is an invitation to do something radical:

Watch the sun set. In silence. For seven evenings.

That's the entire practice. There is no mantra to memorize, no posture to perfect, no belief system to adopt. You step outside, face west, and watch until the sun disappears below the horizon. Then you stay for a moment after.

The Observance of the Sun is a contemplative practice built on a single idea: that the thresholds of the day — sunrise and sunset — are sacred. Not sacred because someone declared them so. Sacred because of what happens when you show up and pay attention.

Over the next seven days, this guide will give you a small focus for each evening — not to complicate the practice, but to help you notice what's already there.

WHAT YOU NEED

- A place to see the western horizon (or as much sky as you can)
- 3–10 minutes each evening around sunset
- No phone (or phone on airplane mode, face down)
- Willingness to be still and silent

Let's begin.

DAY ONE

JUST SHOW UP

Focus: Presence

Tonight, your only job is to be there. Find your spot. Face west. Watch the sun go down. Don't try to feel anything. Don't try to think anything. Don't try not to think. Just be a witness.

NOTICE

Notice the moment the last sliver of light disappears. There's a quality to that instant — a hush, a shift. You don't need to name it. Just feel it.

EVENING REFLECTION

What was different about watching the sunset intentionally versus glancing at it in passing?

“The sky asks nothing of you except your attention.”

DAY TWO

THE COLORS

Focus: Seeing

Tonight, pay attention to the colors. Not the orange postcard sunset. The other ones — the pale greens near the horizon, the deep blue overhead, the brief pink that fades before you can point it out. The sky is doing more than you think.

NOTICE

Colors change fastest right after the sun disappears. The 5 minutes after sunset are often more beautiful than the sunset itself. Stay for them.

EVENING REFLECTION

How many distinct colors did you see? Were any of them surprising?

“We think we know what a sunset looks like. We are almost always wrong.”

DAY THREE

THE SILENCE

Focus: Listening

Tonight, close your eyes for the first minute after you arrive. Listen. What does the end of the day sound like? Birds changing shifts. Traffic patterns shifting. Wind. Then open your eyes and watch with your ears still wide open.

NOTICE

The soundscape at sunset is different from any other time of day. The world is transitioning between states. You can hear it if you pay attention.

EVENING REFLECTION

What sounds define the threshold between day and night where you are?

“Silence is not the absence of sound. It is the presence of attention.”

DAY FOUR

THE BODY

Focus: Feeling

Tonight, notice your body. The temperature of the air on your skin. The ground under your feet. The way your shoulders drop when you stop performing for the day. Let gravity do its work. Let the day fall off you the way light falls off the horizon.

NOTICE

There is often a physical release that happens at sunset — a sigh, a softening, a settling. It's not metaphor. Your nervous system is responding to the change in light.

EVENING REFLECTION

Where in your body did you feel the transition from day to night?

“The threshold is not just in the sky. It is in the body.”

DAY FIVE

THE IMPERMANENCE

Focus: Transience

Tonight, hold this awareness: you will never see this exact sunset again. This precise arrangement of clouds, light, color, and atmosphere will never repeat. It is a one-time event in the history of the universe, and you are the witness.

NOTICE

Watch how quickly it changes. A sunset that looks one way at 7:12 looks completely different at 7:14. Nothing holds still. Nothing is meant to.

EVENING REFLECTION

How does knowing something is unrepeatable change the way you experience it?

“Every sunset is a final draft.”

DAY SIX

THE DARKNESS

Focus: What comes after

Tonight, don't leave when the sun disappears. Stay for 10 minutes after. Watch the darkness arrive. Not as an absence, but as its own presence. The sky after sunset has depth and movement. Stars begin to appear. The horizon glows with residual light. This is the other threshold — the one we usually miss because we go inside too soon.

NOTICE

The transition from dusk to dark is gradual and full of detail. There is no single moment when 'night' begins. It arrives in layers.

EVENING REFLECTION

What did you see or feel in the darkness that you wouldn't have noticed if you'd left at sunset?

“We are not afraid of the dark. We are unfamiliar with it.”

DAY SEVEN

THE RETURN

Focus: Practice

Tonight, just watch. No focus. No prompt. No instruction. Just you and the sky and whatever happens between you. You've spent six evenings learning to see. Tonight, just see.

NOTICE

Notice what you notice. After six days of directed attention, your eyes know where to look and your body knows how to settle. Trust that.

EVENING REFLECTION

What has changed in you over seven evenings of watching? Is it something you can name, or is it more like a feeling?

practice is not seven days. The practice is every day. The sun will set again tomorrow. The only question is whether you'll be t

WHAT COMES NEXT

You've watched seven sunsets with intention.

That alone is more than most people do in a year. You didn't need a building, a book, or a belief system. You just needed the sky.

If this practice meant something to you, here are three ways to continue:

1. KEEP WATCHING

The sun will set again tonight. And tomorrow. The practice doesn't end after seven days — it begins. Even twice a week changes how you experience time.

2. GET THE THRESHOLD APP

We built a free app that sends you a quiet notification 40 minutes before every sunrise and sunset at your location. Add it to your home screen at: observanceofthesunchurch.com/threshold

3. JOIN THE COMMUNITY

You are not the only one watching. Visit observanceofthesunchurch.com/join to connect with others who practice the Observance. We gather monthly at the equinoxes and solstices.

SUSTAIN THE PRACTICE

The Observance of the Sun is a recognized 501(c)(3) religious nonprofit (EIN 41-3900081). We have no collection plate and no membership fee.

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