REFLECTION SHEET · SPIRIT OF EQ

Many to One

A companion to "Are You Thirsty?"

Dr. Heidi Miller opened the last morning by saying the very ground we stand on is shaking, and then gave us two things — a way back into the senses, and a way of moving from the many to the one. This sheet holds both. It is not a productivity exercise. The point is not to get more done; the point is to notice which single thing is actually yours.

A Practice to Begin

A blessing of the senses. Five things you can see — slowly — then touch your eyes and let the Spirit tend your sight. Four things you can touch; open your hands. Three things you can hear; touch your ears. Two things you can smell; touch your nostrils. One thing you can taste; touch your mouth. Amen. It takes four minutes and it works anywhere, which is the reason she chose it.

Reflection Questions

1. Where is the ground moving under me right now? Name it plainly, without solving it.
2. Who, in the systems I am part of — my household, my team, my company, my church — is not allowed to rest?
3. Where have I been the one who decided who got to rest?
4. If rest is something owed to a neighbor rather than earned by me, what do I currently owe, and to whom?
5. Where has my armor stopped being something I wear and started being something I am?
6. The prayer that leader said he got wrong was protect us from what is around us. What is the prayer I have been praying without examining it?
7. Out of everything crowding me this week, what is the one thing I am being asked to pick up?
8. Where am I asking do you want some water, when the real question is are you thirsty?

An Invitation for the Week

Run the many-to-one practice once, properly. Write down everything crowding you and set the slips of paper around you on the floor, because the body understands a pile better than a list. Then go to a window or outside and scan the horizon slowly, and wait for the shift in your body. Then choose one gift of the natural world — a leaf, a blade of grass, an ant crossing a stone — and wait with it long enough that it tells you a different story. Then turn back to the pile and ask to see it with a new lens. Honor the one.

"Who is not allowed to rest in our culture?" — Dr. Heidi A. Miller