



*Charting Unnavigated Waters*

# **CARE PACKAGE**



YOU CANNOT THINK  
YOUR WAY OUT OF  
UNCERTAINTY OR  
FEAR. YOU HAVE  
TO EMBODY IT.

BEE BOSNAK

## EMBODYING THIS MOMENT

During the first few days of this crisis, as it felt like the world was closing in on us, my head was swimming. I was on full preparedness mode. For a month, I had already been stocking up on shelf stable food, disinfecting and cleaning products, and, yes, toilet paper.

Once the "stay at home" mandate came down, I switched to being a reporter. We in Portugal were ahead of our friends in the U.S. on this crisis. I wanted them to prepare for what lay ahead while the U.S. President was still in denial about the approaching tsunami.

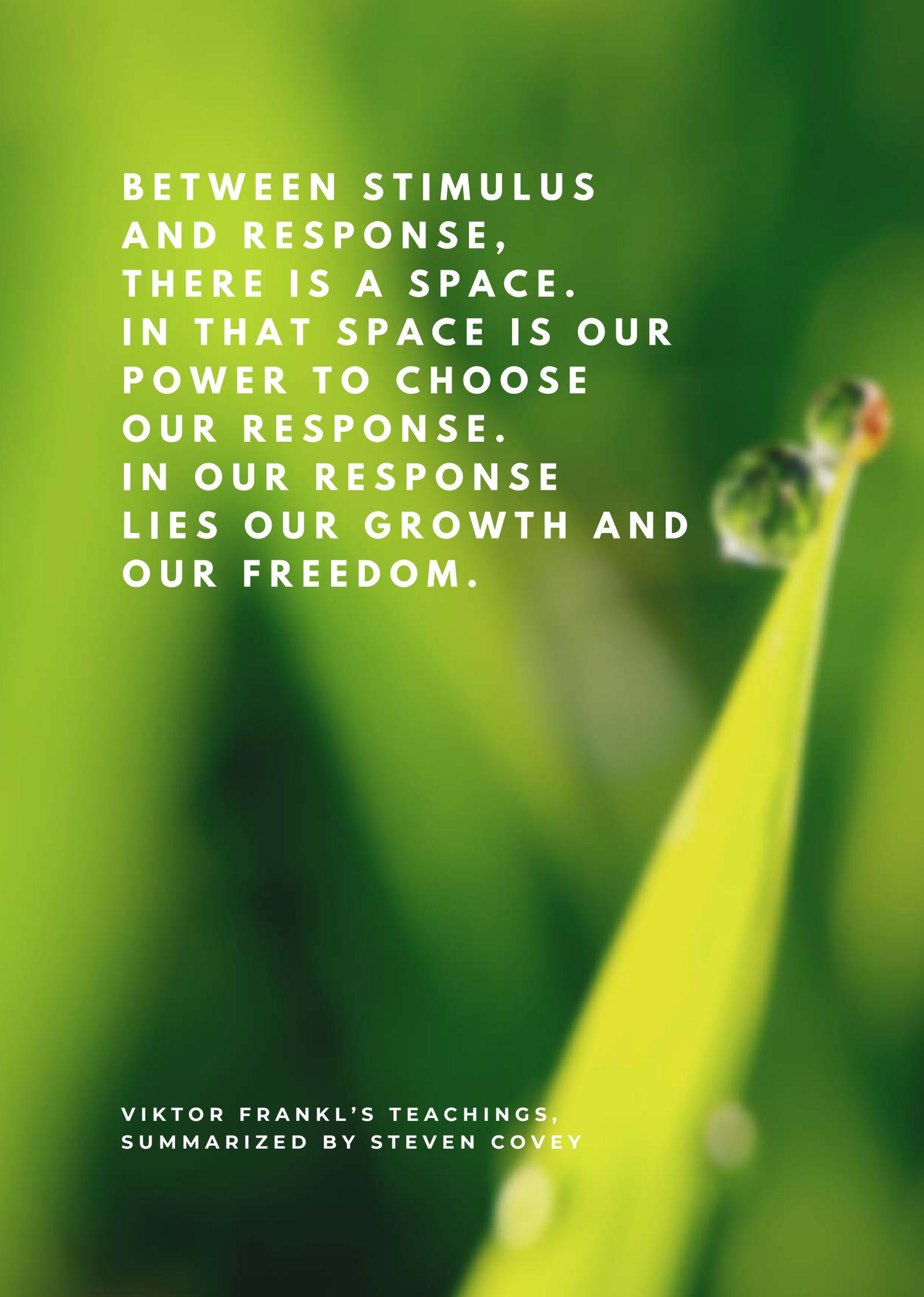
I spent a week scanning news headlines, monitoring data dashboards, and observing

the world from "the front lines" of my veranda. I reported on the closure of my hair salon, the cancellation of my dentist appointment, the last coffee at our nearby cafe.

Now we are all experiencing this from our individual spaces. I have no news to share that can't be obtained on your own. I've curtailed my news consumption, and my social media postings.

It's time now to get out of my head and into my body and soul, to feel deeply this passage, and let this experience wash over me.

Emily Avila, March 2020



**BETWEEN STIMULUS  
AND RESPONSE,  
THERE IS A SPACE.  
IN THAT SPACE IS OUR  
POWER TO CHOOSE  
OUR RESPONSE.  
IN OUR RESPONSE  
LIES OUR GROWTH AND  
OUR FREEDOM.**

**VIKTOR FRANKL'S TEACHINGS,  
SUMMARIZED BY STEVEN COVEY**



# AN OFFERING

## **GLOBAL HEALING**

This international "time out" is an opportunity to practice an ancient Jewish tradition of healing.

## **CHANGE VS TRANSITION**

One is external, the other is internal.

## **WHY AM I SO TIRED?**

Who knew that staying at home 24 hours a day could be so exhausting?

## **RESOURCES**

These are the people and places to which I have turned to keep my sanity and uplift my spirits.

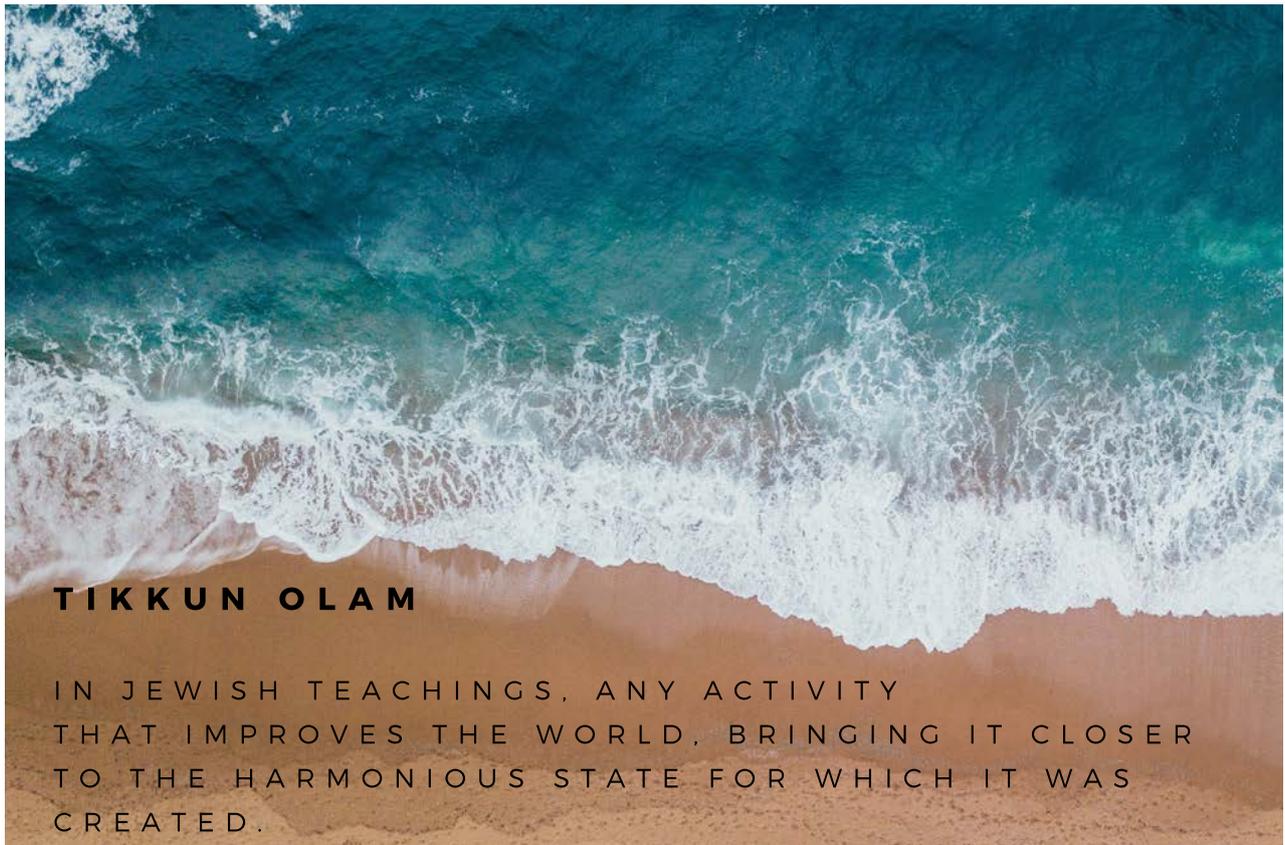
I draw on many influences for this material, and attribute authorship wherever I can. I ask the same of you.



# GLOBAL HEALING

On March 1, NASA and the European Space Agency released satellite images revealing that air pollution over China had gone down dramatically since the coronavirus outbreak.

Everyone, no matter how spiritually or intellectually inclined, can contribute to the common good. We can create community, listen to a friend without judgment, or



We see the positive environmental impact of our slowing. Could our collective reset be a massive invitation to *tikkun olam*? In Jewish teachings, *tikkun olam* refers to any activity that improves the world, bringing it closer to the harmonious state for which it was created.

*Tikkun* is often translated as *repair*. It has a range of meanings: improve, fix, prepare, set up, or just “do something with.” *Tikkun olam* means to do something with the world that will not only fix any damage, but also improve upon it.

share ourselves generously. We can create a civil society filled with deeds of caring and compassion, sustained by justice, integrity and peace.

Every aspect of your life, even the most seemingly mundane, has purpose and provides an opportunity for *tikkun olam*. In this moment, we create value by building connections, bringing the world together in a peaceful, harmonious way. The choices we make about food and shopping, the way we treat others, the commitments we make to family and friends—all these are means of *tikkun olam*, bringing the world closer to the state for which it was created.

# CHANGE VS. TRANSITION

The world is forever changed, and many of us are worried about the unknown path ahead. Not only will civilization be different for the foreseeable future, we will also be different.

According to Bridges, transitions have three phases – endings, a neutral zone, and a new beginning. We need to experience each fully.



TAKE THINGS STEP BY STEP AND RESIST THE SIREN SONG THAT SINGS ABOUT SOME OTHER ROUTE WHERE EVERYTHING GOES SMOOTHLY AND EVENTS ARE ALWAYS EXCITING AND MEANINGFUL.

WILLIAM BRIDGES

Change is an external event, whereas a transition is internal. At work a change can be a change in leadership or a company merger. For us personally, it can be a new job or a new home. Change can happen quickly, as we have seen – our social and work lives have changed dramatically in just a few days.

"Transition is the inner psychological process that people go through as they internalize and come to terms with the new situation that the change brings about," according to transition expert William Bridges.

There are big and small endings to acknowledge right now. We may experience varying degrees of loss and grief.

Be gentle with yourself. Take care of your needs, no matter how small, and look for ways to continue certain comforts or rituals. Avoid forcing yourself through change, but be aware of what may be changing, and transitioning, in the world and within you.

Reference: *Transitions: Making Sense of Life's Changes*, by William Bridges

This is the time to be slow,  
Lie low to the wall  
Until the bitter weather passes.

Try, as best you can, not to let  
The wire brush of doubt  
Scrape from your heart  
All sense of yourself  
And your hesitant light.

If you remain generous,  
Time will come good;  
And you will find your feet  
Again on fresh pastures of promise,  
Where the air will be kind  
And blushed with beginning.

JOHN O'DONOHUE

Excerpt from his books, *To Bless the Space Between Us* (US) /  
*Benedictus* (Europe)

# WHY AM I SO TIRED?

As I head into Week 3 of home isolation-quarantine-social-distancing, I feel increasingly lethargic. There are a few reasons for this.

## Emotional fatigue

We ping-pong from one emotion to the next. From anxiety to terror, from calm to boredom, from a sense of urgency to a sense of helplessness.

These wild swings are exhausting, as they trigger all our "danger" signals and put us on a hyper vigilant footing. That means we don't let our guard down. Ever.

## Moral Fatigue

Suddenly every decision we make, from going to the grocery store to deciding how much toilet paper to buy, requires careful consideration. This [Rolling Stone article](#) offers more insight on the burden of high impact decisions.

## Grief

We have lost a lot in the last few weeks. Our freedom of movement. Our physical human connections. Some have lost jobs. Grief expert David Kessler explores this in a [Harvard Business Review article](#).



**We arrive at the  
ground at our feet,  
and learn to be at  
home.**

**Wendell Berry, "A Spiritual  
Journey"**

## RESOURCES

Here are some of the resources I have found useful in navigating these times.

### VIDEOS + PODCASTS

[Brene Brown on "60 Minutes"](#) talks about [resilience and vulnerability](#).

### [A Conversation about Living in Uncertain Times](#)

Writer and teacher Parker Palmer

### ARTICLES

#### [Why You Should Ignore All That Coronavirus-Inspired Productivity Advice](#)

The title just says it all, doesn't it?

#### [Human Nature Abhors a Vacuum](#)

Experiencing an inner vacuum may lead us to make poor decisions.

#### [How to Keep the Greater Good in Mind](#)

Where your mind goes, energy goes. Learn to look for the positive.

### POETRY

[Maya Angelou reads her poem "Still I Rise."](#)

#### [Poetry UnBound](#)

Brought to you by my heroes at OnBeing

### MEDITATION + YOGA

#### [Heartfulness](#)

This site offers four types of practices: relaxation, meditation, cleaning and inner connection.

#### [Lovingkindness Meditation](#)

Sharon Salzberg guides us through this five-minute meditation

#### [Yoga for a Dull Moment](#)

If you find yourself stuck, looping around your thoughts or unable to stop scrolling social media, try this 10-minute practice with Adrienne.

#### [Movement as Medicine](#)

A beautiful 30-minute yoga practice with teacher Bee Bosnak.

### MUSIC

Of course, there are playlists for a worldwide pandemic!

[Pedro Capo's Playlist](#)

[Old Songs, New Meanings](#)

*A word of warning: as we isolate ourselves at home, we may have a natural tendency to fill up our time and space. From online book clubs to virtual cocktail hours, it would be easy to distract ourselves from this moment with non-stop video conference gatherings.*

*Be selective. Be intentional. Discern if it's a distraction from this moment, or if it may help you lay the foundation for what may come later.*



# Abbey of the Arts

*transformative living through contemplative and expressive arts*

**Monk:** from the Greek *monachos* meaning single or solitary, a monk in the world does not live apart but immersed in the everyday with a single-hearted and undivided presence, always striving for greater wholeness and integrity

**Manifesto:** from the Latin for clear, means a public declaration of principles and intentions.

## Monk Manifesto

A public expression of your commitment to live a compassionate, contemplative, and creative life.

I commit to finding moments each day for **silence and solitude**, to make space for another voice to be heard, and to resist a culture of noise and constant stimulation.



I commit to radical acts of **hospitality** by welcoming the stranger both without and within. I recognize that when I make space inside my heart for the unclaimed parts of myself, I cultivate compassion and the ability to accept those places in others.



I commit to cultivating **community** by finding kindred spirits along the path, soul friends with whom I can share my deepest longings, and mentors who can offer guidance and wisdom for the journey.



I commit to cultivating awareness of my **kinship with creation** and a healthy asceticism by discerning my use of energy and things, letting go of what does not help nature to flourish.



I commit to bringing myself fully present to the **work** I do, whether paid or unpaid, holding a heart of gratitude for the ability to express my gifts in the world in meaningful ways.



I commit to rhythms of rest and renewal through the regular practice of **Sabbath** and resist a culture of busyness that measures my worth by what I do.



I commit to a lifetime of ongoing **conversion** and transformation, recognizing that I am always on a journey with both gifts and limitations.



I commit to being a dancing monk, cultivating **creative joy** and letting my body and heart overflow with the inexpressible delights of love." (From the Prologue of the Rule of Benedict)



## NESTING SEASON

There is always  
a choice.  
Perhaps in these  
strange moments  
it is a simple one;  
to dwell on  
what has been taken away  
or to dwell  
in what we have been given;  
to build our nests anew  
weaving safe and soft  
a chance to breathe,  
with all the terrible  
possibility that brings;  
to reflect,  
to wonder,  
to sit anew  
in the secret depths  
of those actions  
of holy ordinariness;  
eating,  
drinking,  
walking,  
sleeping,  
cleaning,  
being with,  
being alone,  
simply being.

Taking the time  
to watch the earth  
reset and heal,  
to allow our inner  
sky to clear of  
all our worry weather,  
often as grey  
and insubstantial  
as clouds,  
until the  
one thing necessary  
shines through  
at last,  
and we see  
the present moment,  
sky blue,  
and fragile  
as a blackbird's egg,  
nesting secure  
in the heart,  
deep within  
the brambled hedge  
of our thorn tangled  
thoughts,  
awaiting the stillness  
of a spring morning  
when we grant ourselves  
new greening,  
awaiting the sunbeam  
of divine attention  
to warm it to life,  
awaiting our  
sitting breath,  
faith feathered  
and yielding,  
to hatch within us  
a new way.

Brother Richard Hendrick  
Mar 30th 2020