The Space Between

A Meditation on the Pause
Julia Van Fleet
Setting Intentions

- Invitation to set an intention for our time together, focusing on the theme of pause and reflection
- To find clarity and insight in the moments of quiet reflection
- To cultivate a deeper awareness of the present moment
- To embrace moments of stillness and silence within myself

“Our intention creates our reality.”
Wayne Dyer
Land Acknowledgment Statement

- Before I begin, I would like to pause for a land acknowledgment statement.
- I speak to you from Naples, Florida, honoring the original peoples of this land - the Paleo-Indians, the Calusa, and Seminole, and their subtribes, alliances, and relatives.
- And so may we all express our deepest gratitude and respect for the wisdom of our indigenous neighbors, past, present, and emerging.
The Importance of the Pause

● “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” - Jon Kabat-Zinn

● Gives us the opportunity to step back, observe our inner landscape, and connect with the present moment

● Reminder to slow down, savor the present moment, and reconnect with the fullness of our being
Science Behind the Pause

- Prefrontal cortex (responsible for decision-making), strengthens and improves emotional regulation
- Amygdala regulates, reducing emotional reactivity to stress
- Changes in default mode network (DMN) lead to reduced mind-wandering and more focus on present moment
The Pause and the Labyrinth

- Invitation to slow down, allowing for moments of pause at each turn
- Opportunities to reflect, breathe, and ground oneself in the present moment
- Release distractions of external world
- Tune into rhythms of breath and body
- Embracing the journey
What makes a fire burn is space between the logs, a breathing space. Too much of a good thing, too many logs packed in too tight can douse the flames almost as surely as a pail of water.

So building fires requires attention to the spaces in between, as much as to the wood.

When we are able to build open spaces in the same way we have learned to pile on logs, then we come to see how it is fuel, and the absence of fuel together, that makes fire possible.

We only need to lay a log lightly from time to time. A fire grows simply because the space is there, with openings in which the flame that knows just how it wants to burn can find its way.
Let’s Walk Together

- Notice the pauses that naturally occur at each turn of the labyrinth’s path
- These pauses are invitations - invitations to breathe and to be fully present in the moment
- Ponder the poem “Fire”, recognizing the profound spaces between as essential places where life’s true essence and change ignite

“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
Reflection

- Open the space for reflection
- What did the experience teach you about the pace at which you move through your daily life?
- How can the concept of “spaces between” help you navigate the complexities and transitions of your own journey?