

# Midweek Pause–Collaboration



*“The work of meditative thinking is a collaboration between these two natures—the seer that remembers and the seen that always forgets. As in rowing, if you pull more on one oar than the other, you go round in circles, and, as in rowing, all I can see is what I have passed as I press forward toward a point that is hidden behind me.”*

– Carl Lehmann-Haupt, “The Path of Writing”

**Consider:** What a beautiful analogy a rower can be for our lives. Finding balance in your movements to keep moving forward and avoiding moving in circles. Might there be an area of your life that you feel that you are going round in circles? While it may feel safe there is no possibility for freedom until you can break through the fear of moving toward a point that cannot be seen .

**Do:** Close your eyes and find your breath, following your

natural pattern bringing to mind a situation or relationship that feels stuck. What is needed to allow you to press into what you cannot see? Stay with your breath now and continue to move deeper into that collaborative space, between the known and the unknown.