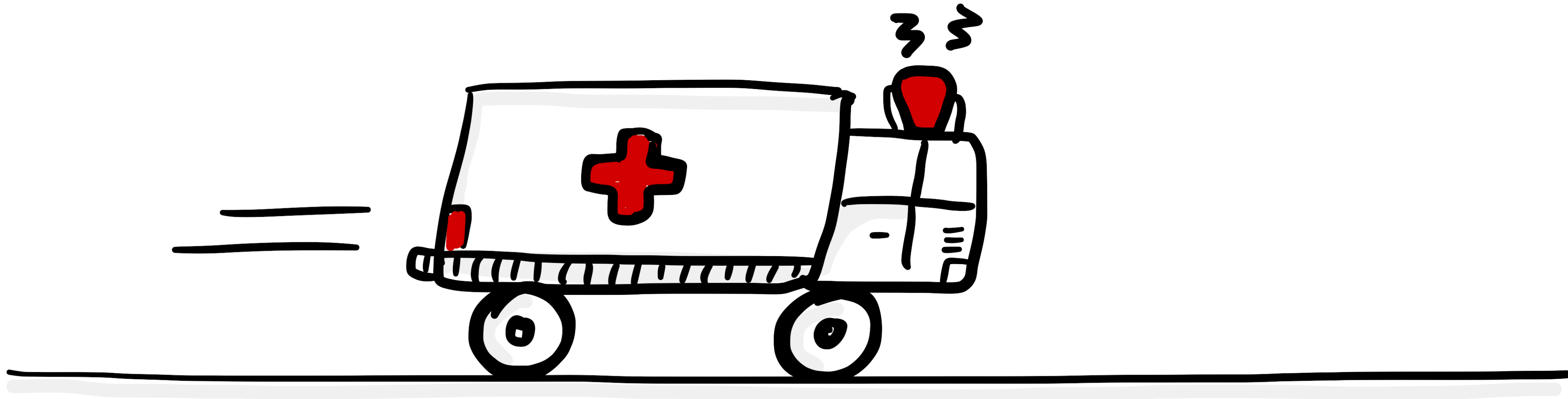


# Stillness in an Emergency

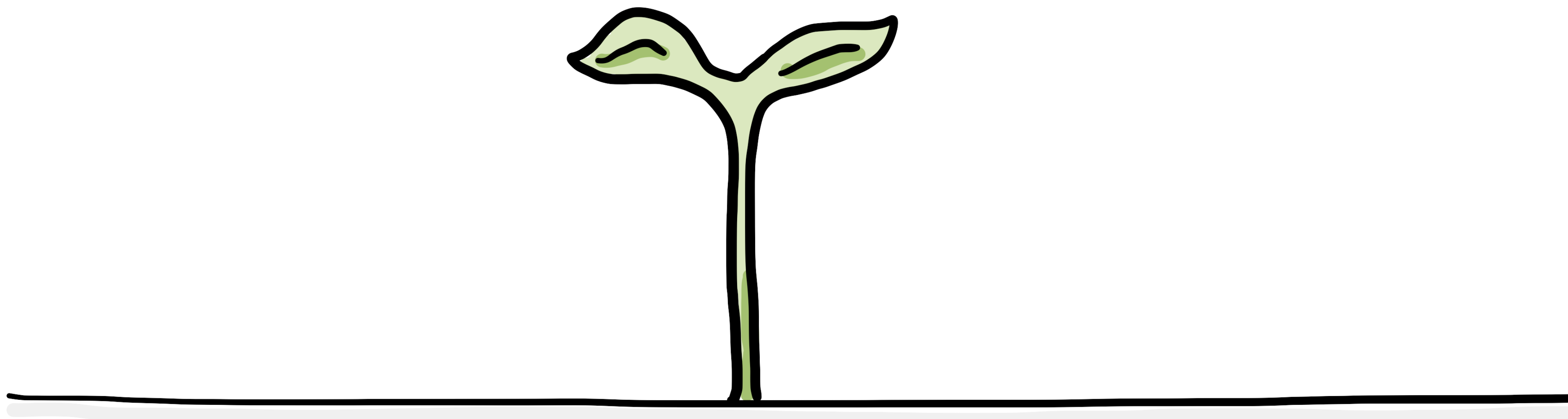
Beck Tench

@10ch

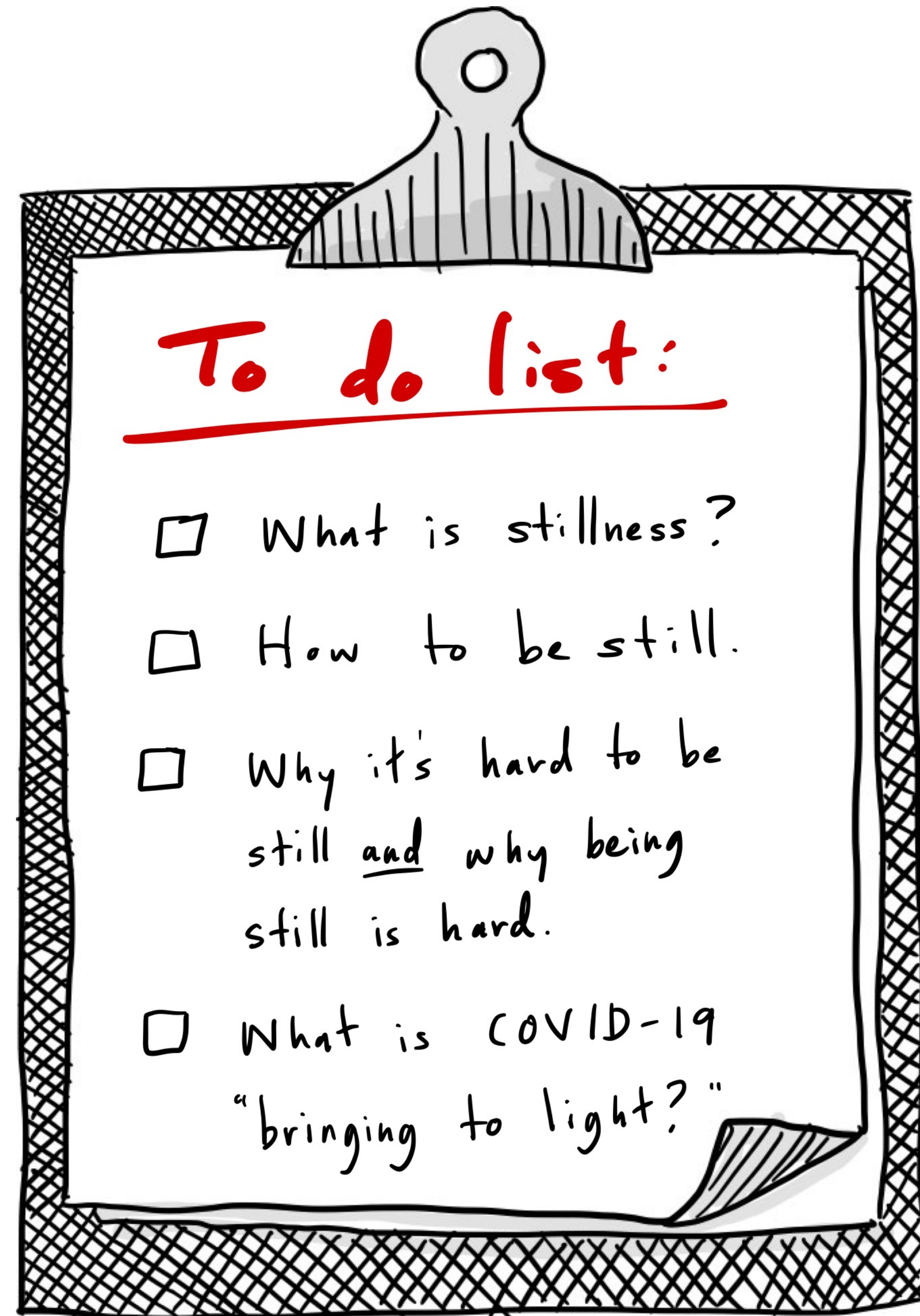
April 21, 2020



**a serious, unexpected, and often dangerous situation that requires immediate action**



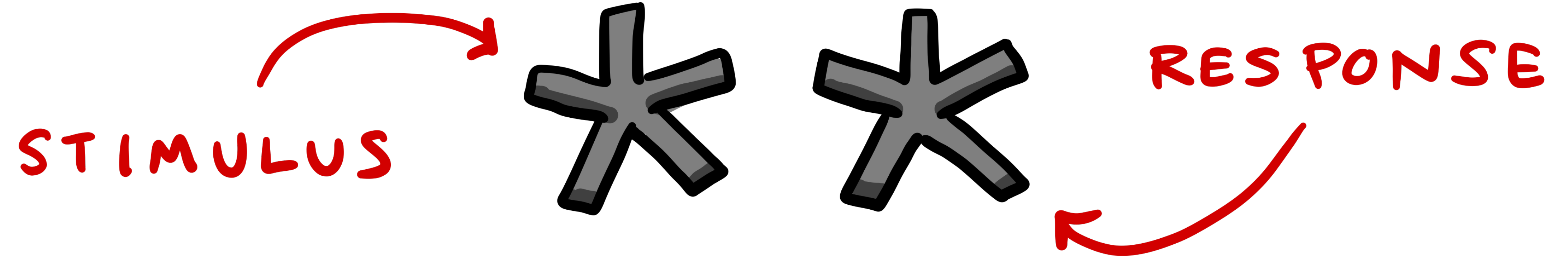
**to bring to light**

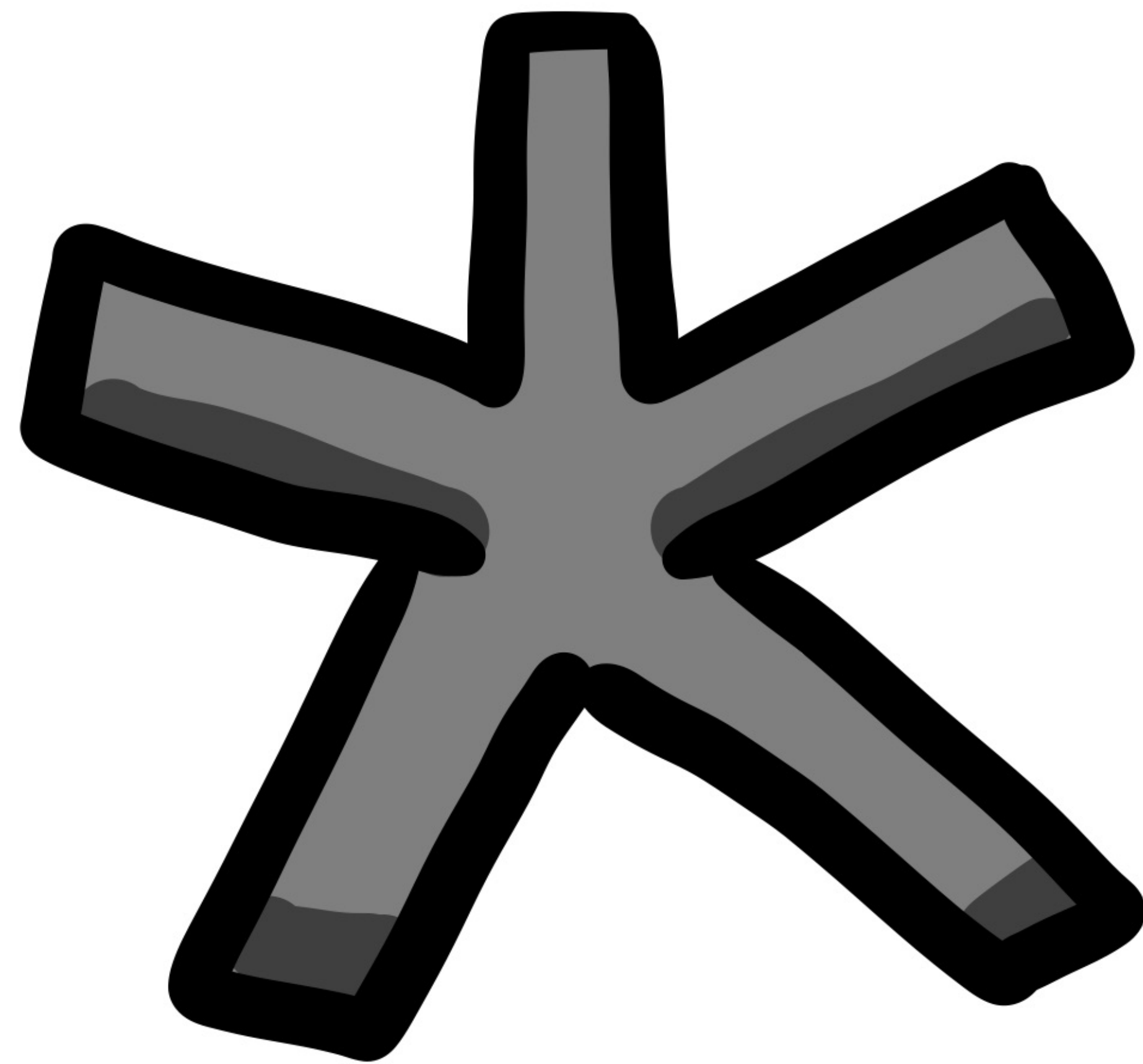
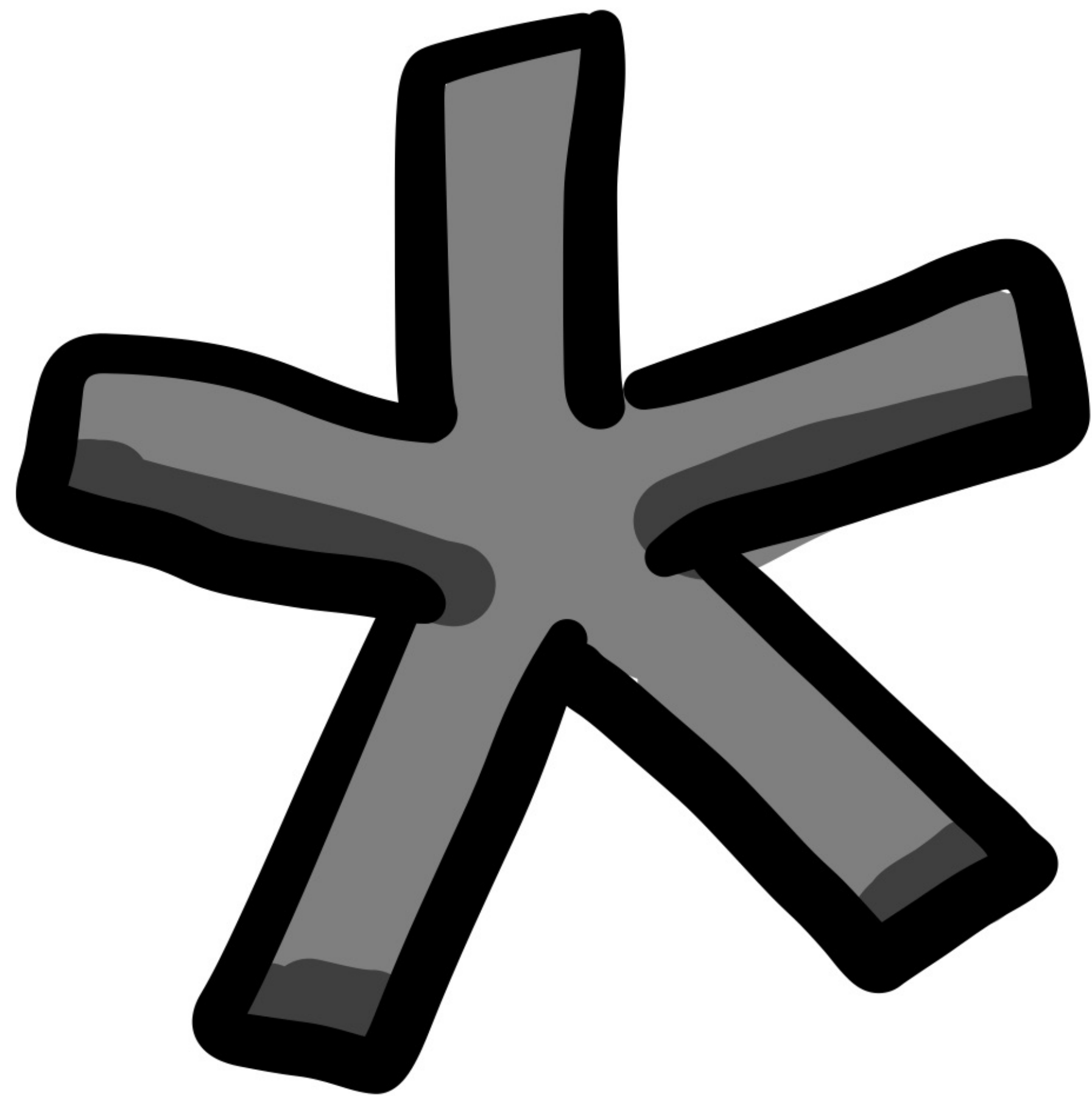


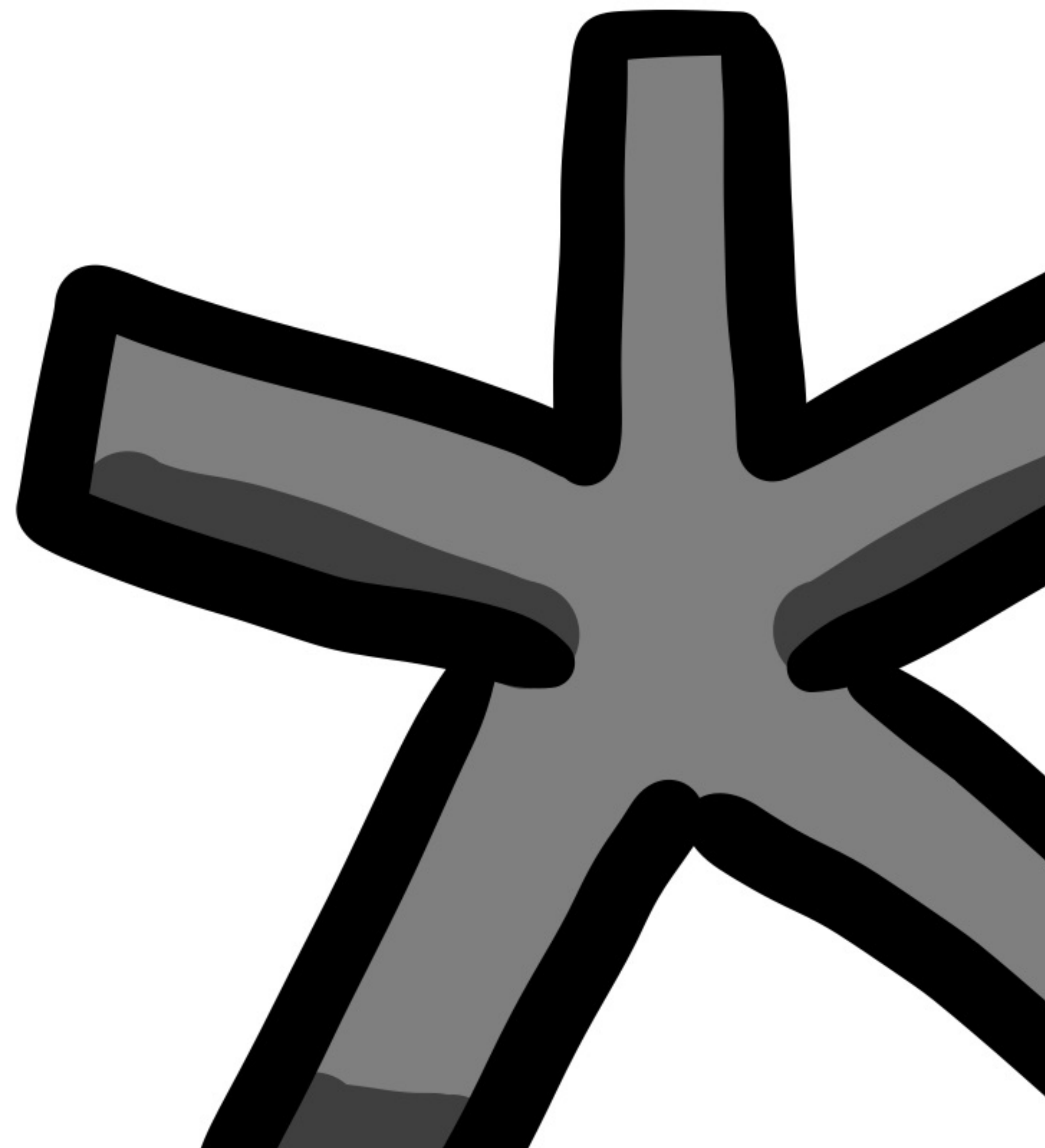
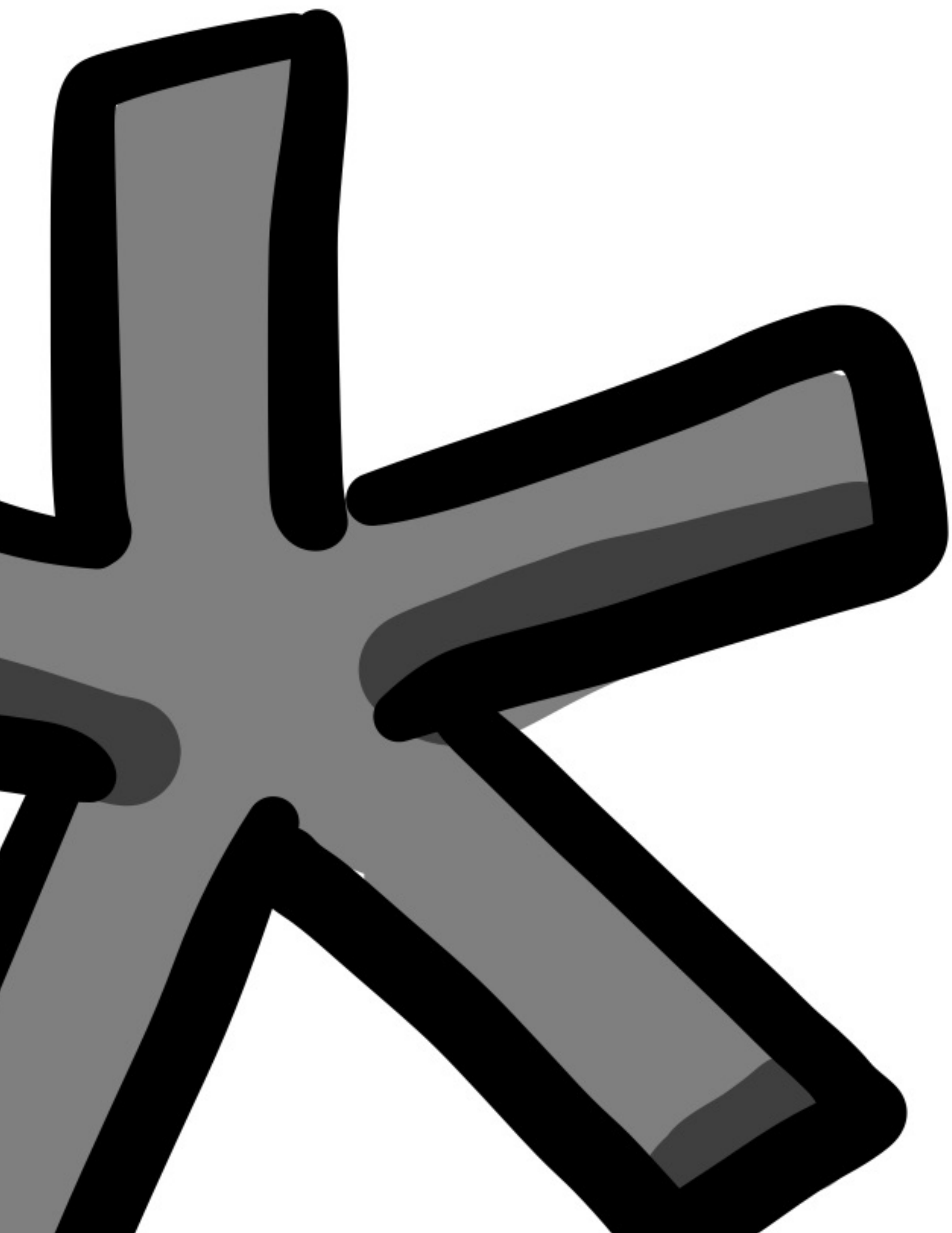
## To do list:

- ☐ What is stillness?
- ☐ How to be still.
- ☐ Why it's hard to be still and why being still is hard.
- ☐ What is COVID-19 "bringing to light?"

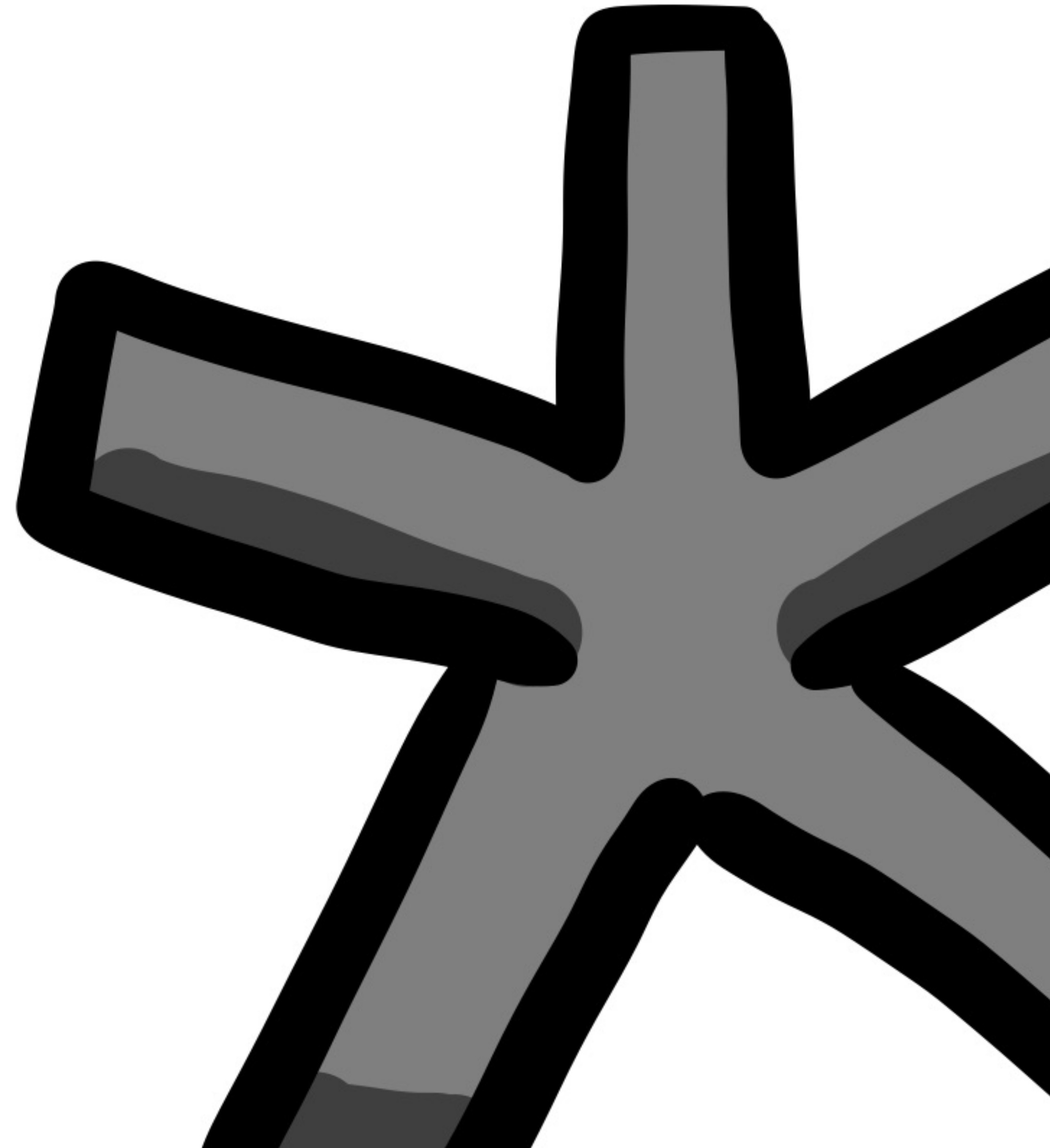
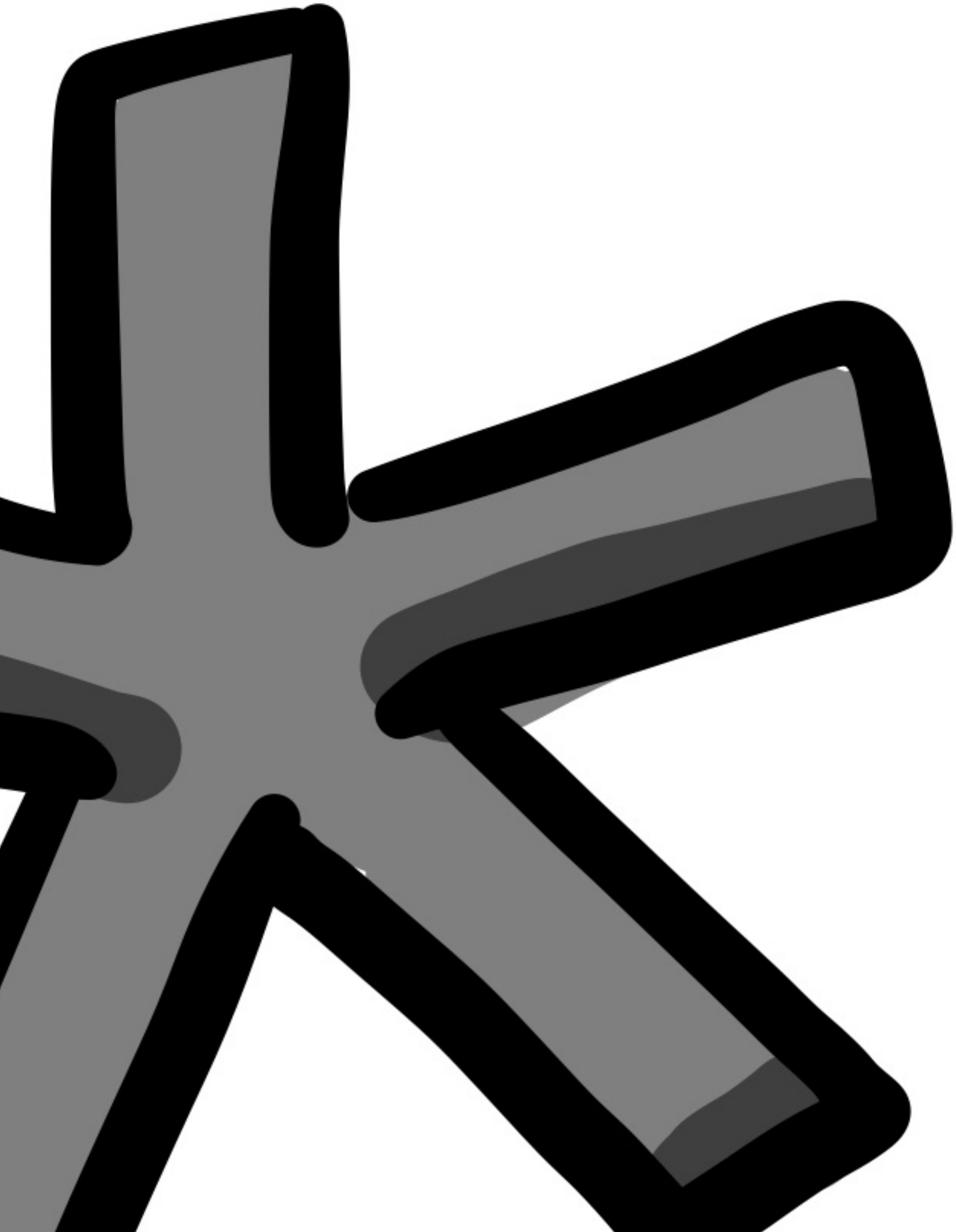
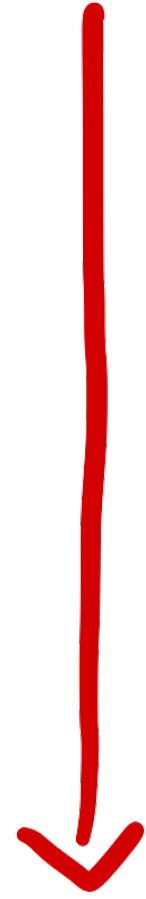


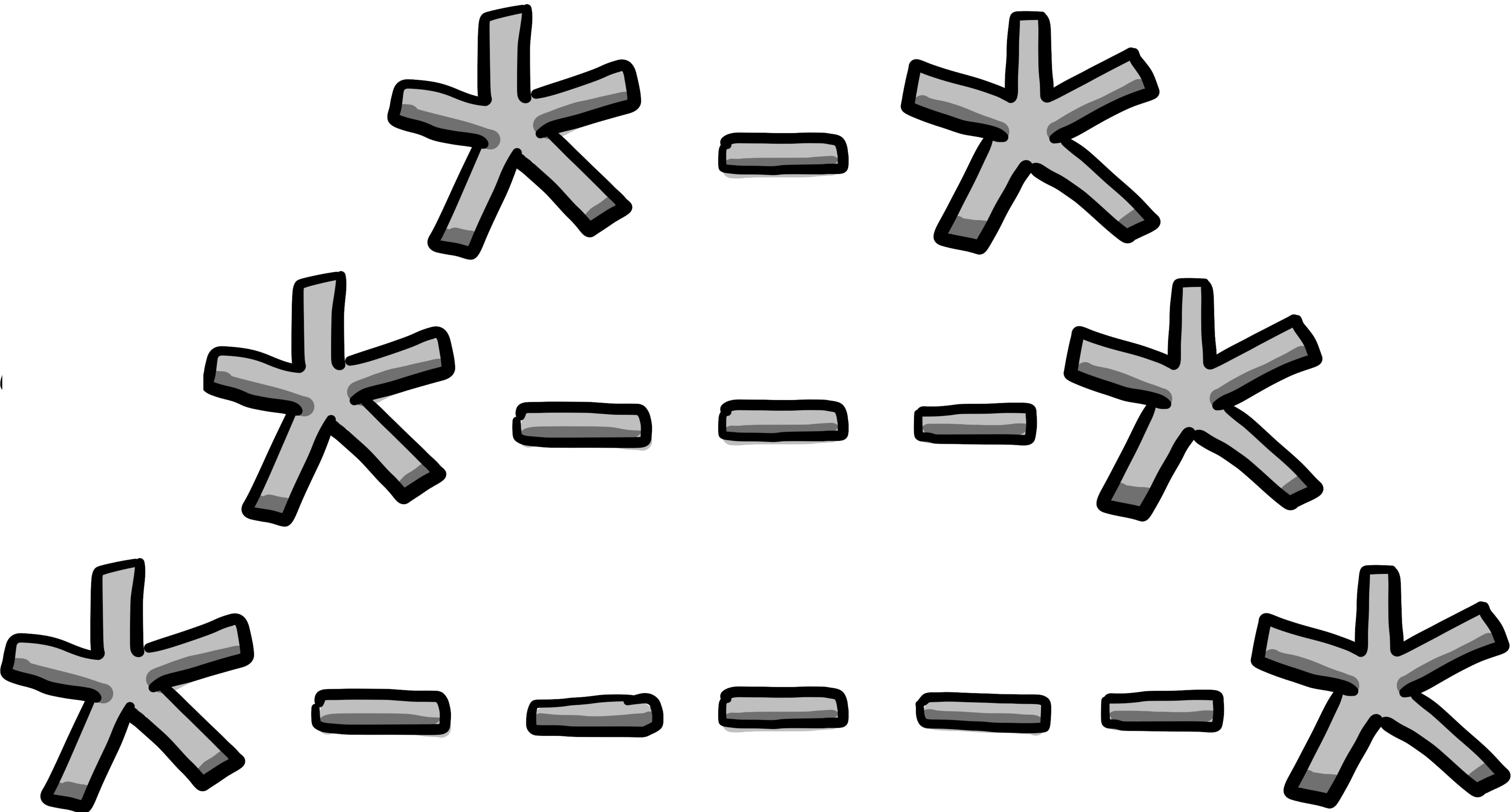




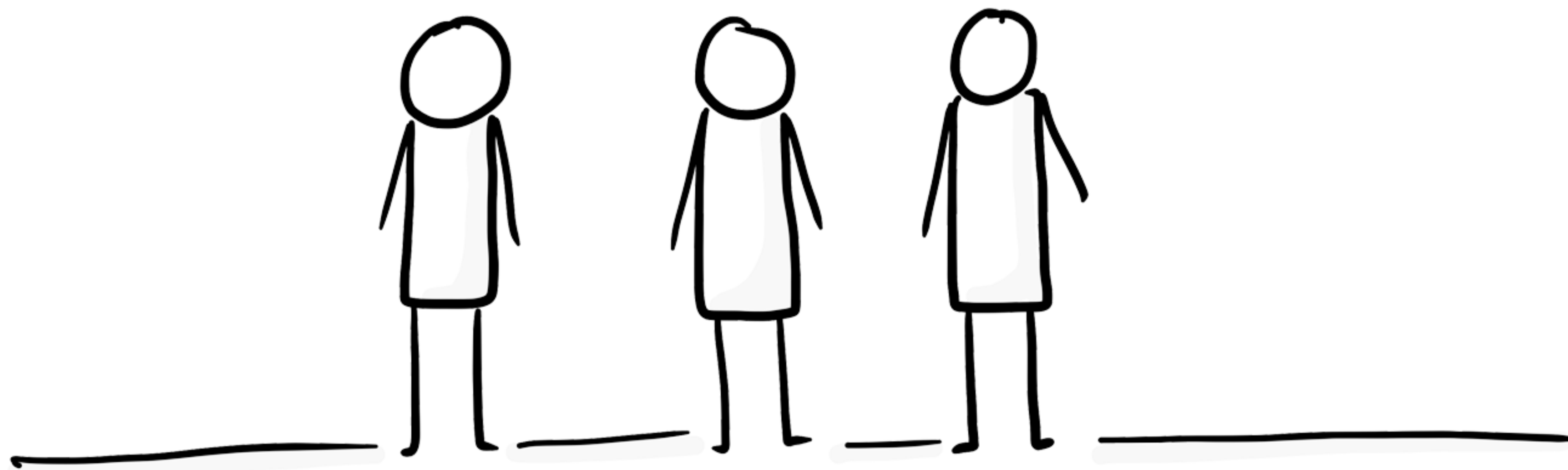


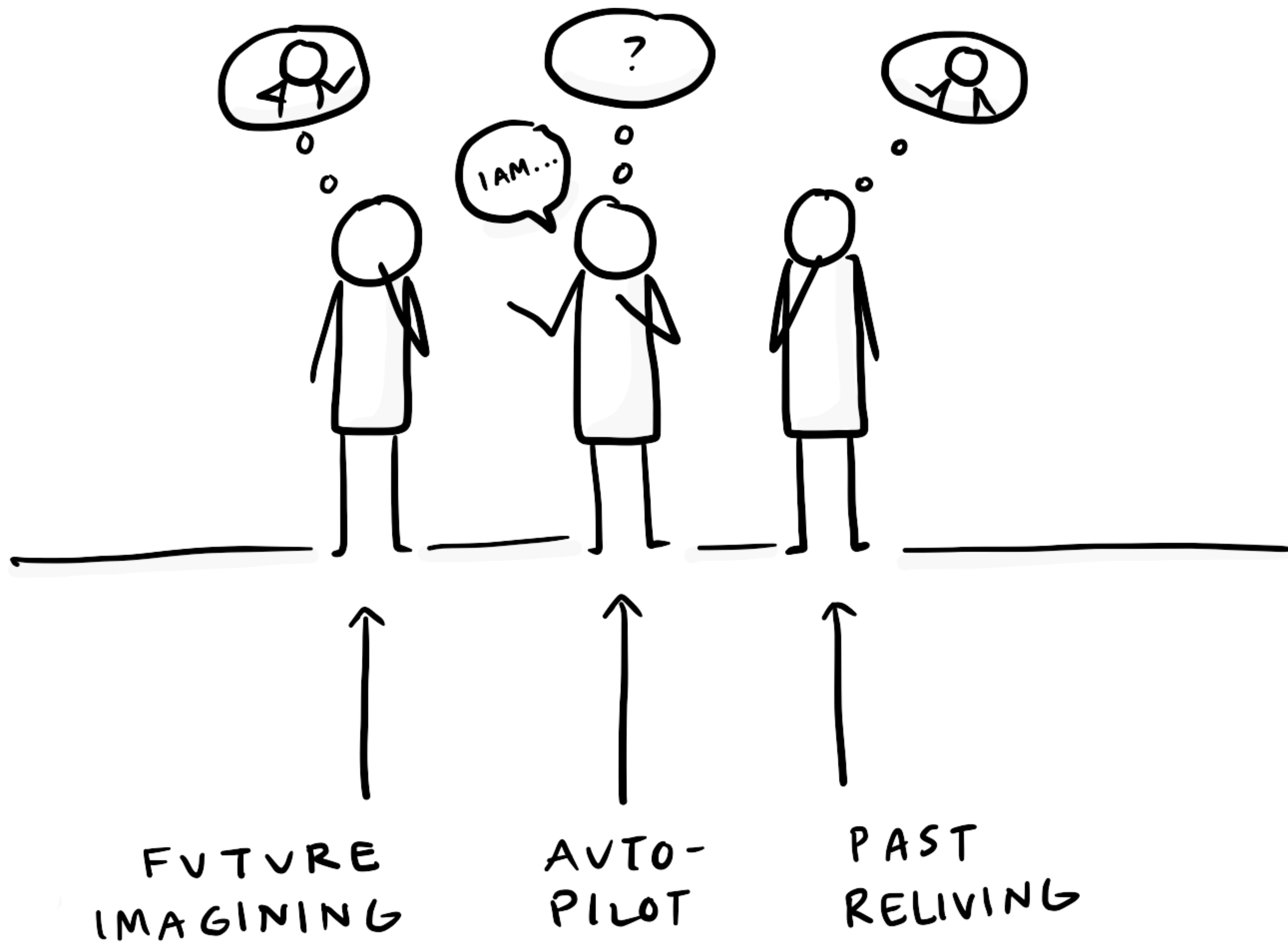
THERE IS A SPACE HERE.

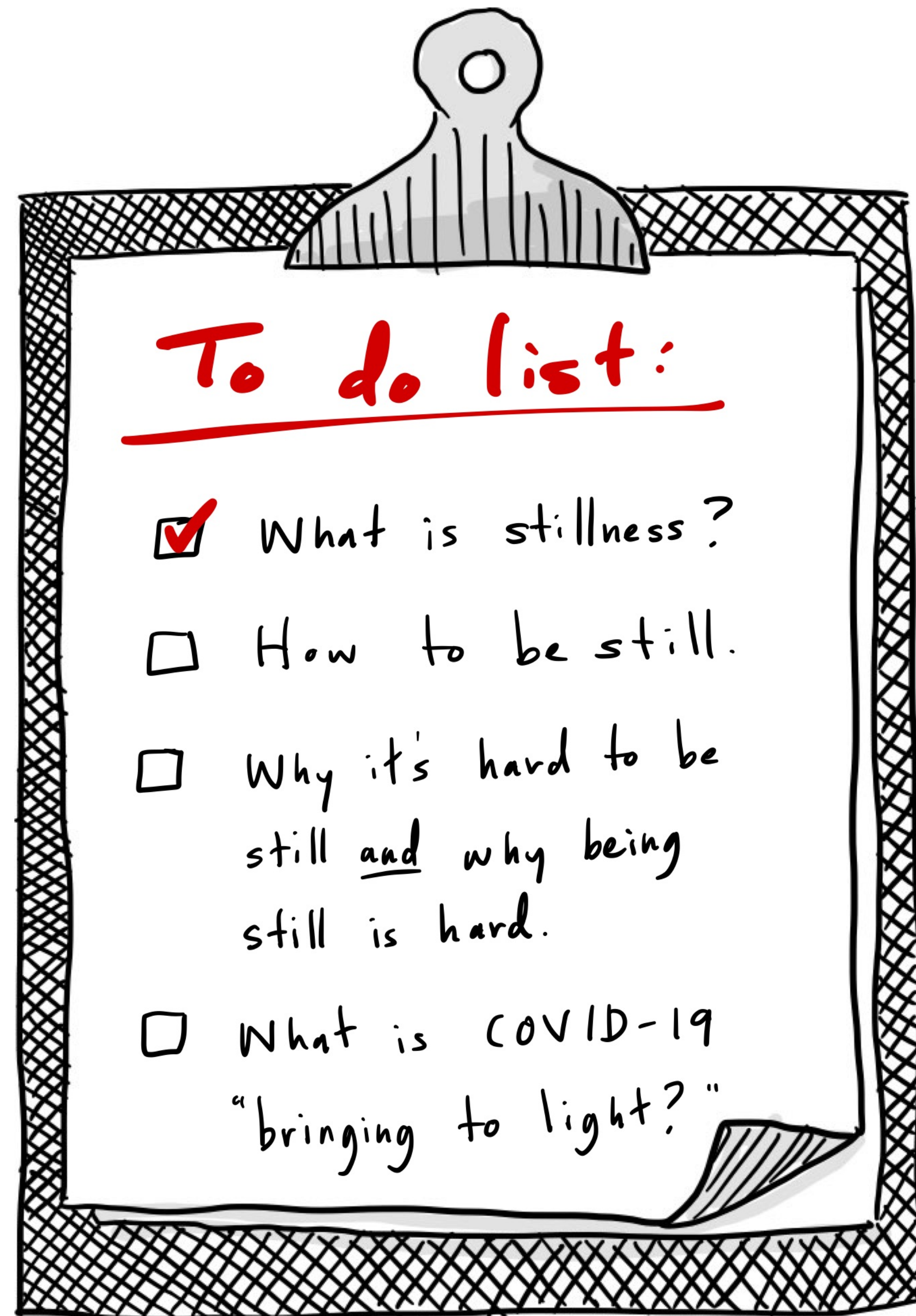












## To do list:

- ☒ What is stillness?
- ☐ How to be still.
- ☐ Why it's hard to be still and why being still is hard.
- ☐ What is COVID-19 "bringing to light?"



MARY FROHLICH





It can and does “**happen**” to people without any preparation and while they are engaged in pursuits that are not concerned with seeking it.

MARY FROHLICH





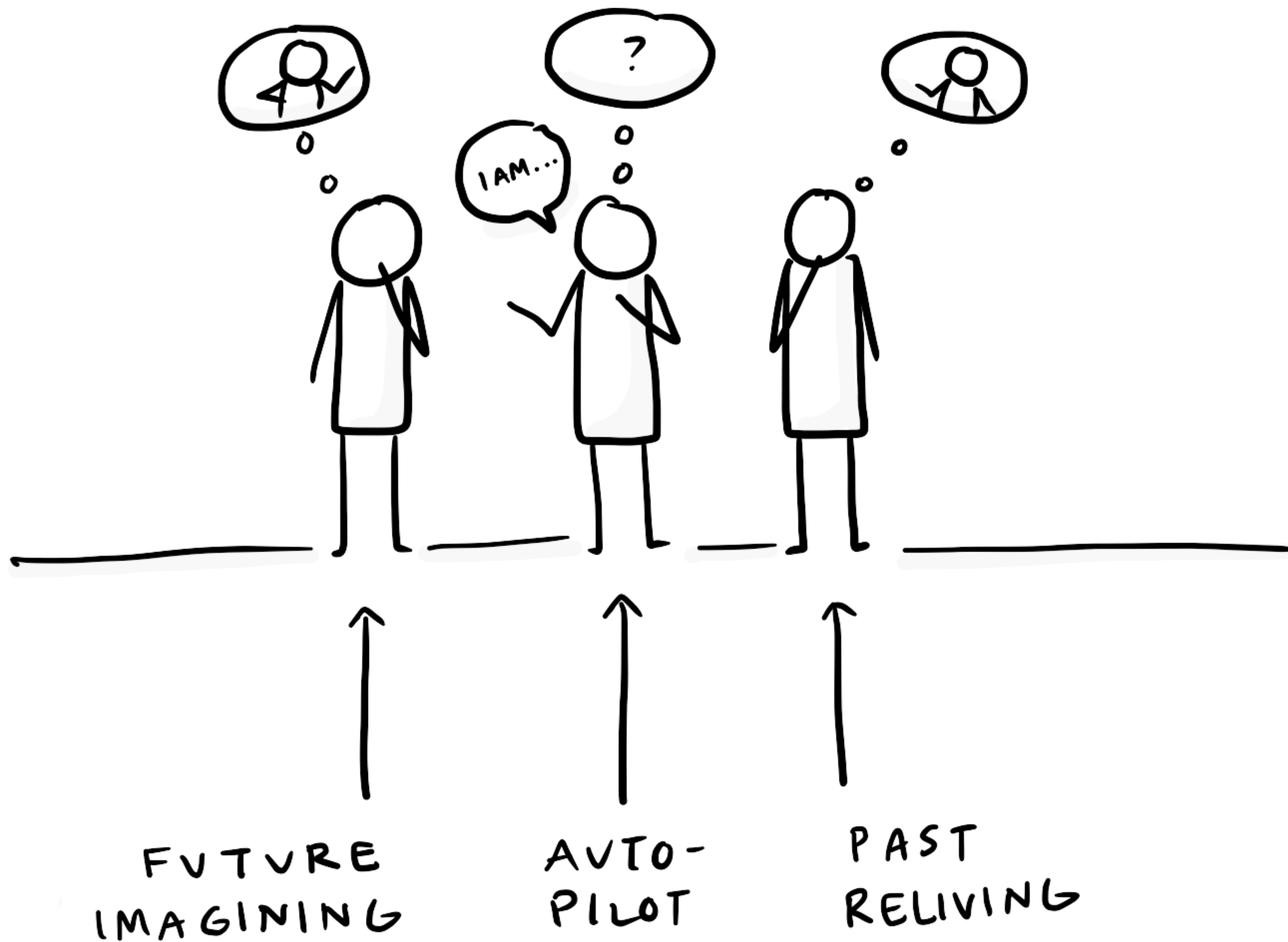
contemplative experience is  
**potentially** available to every  
human being, at all times and in  
every circumstance

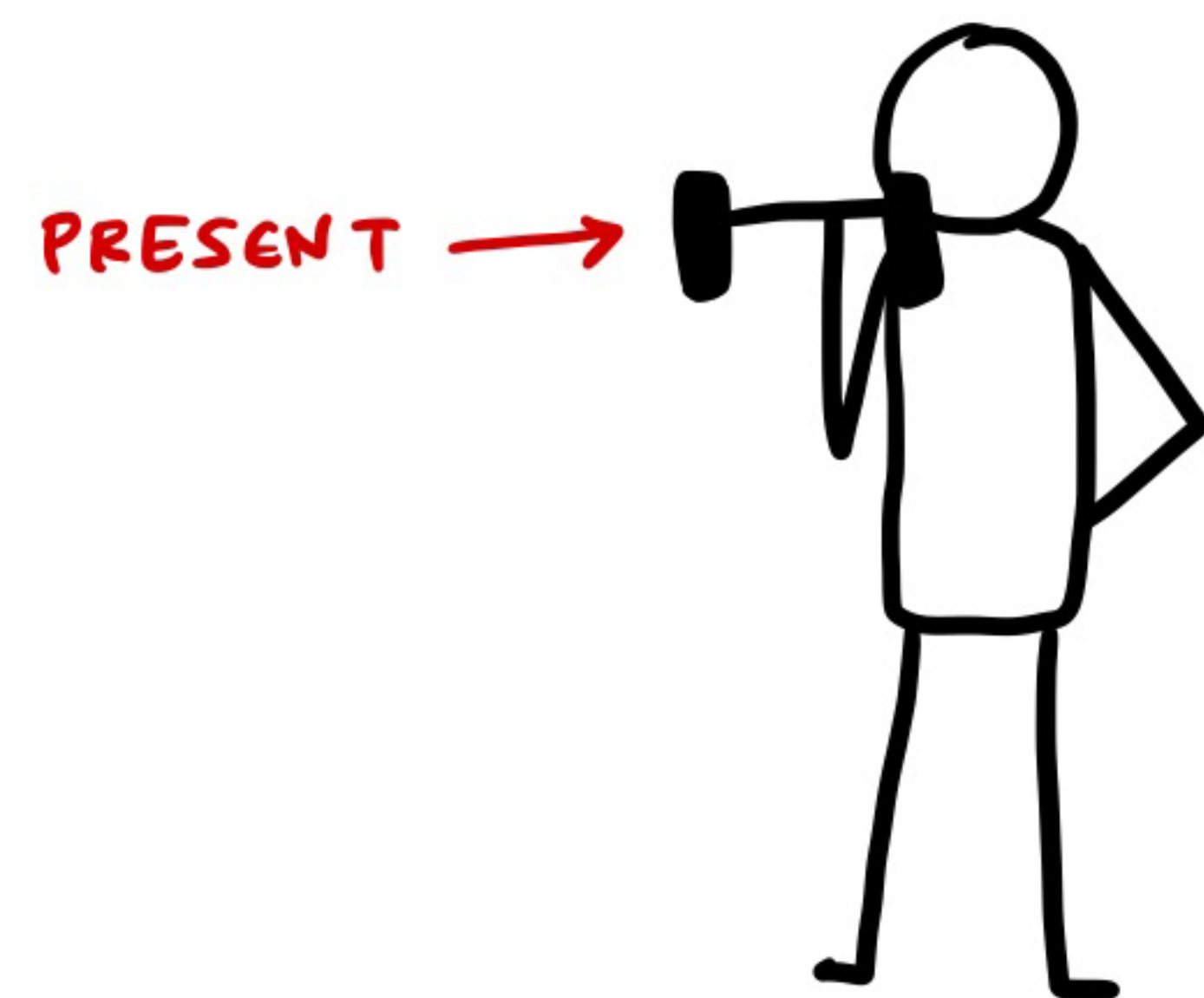
MARY FROHLICH

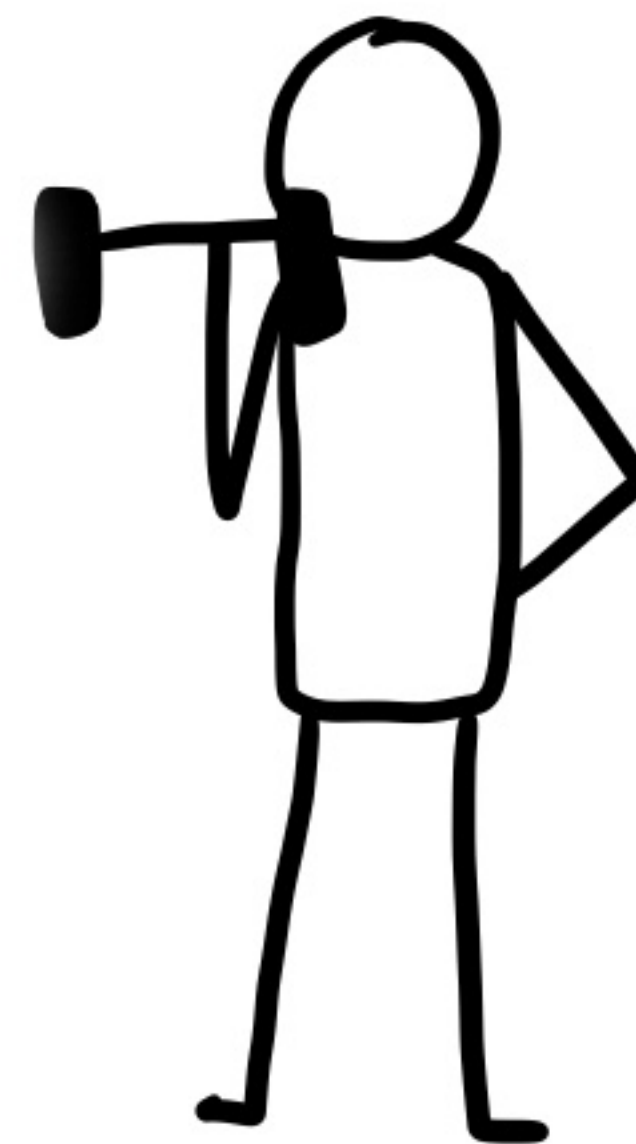


whether fleeting or **habitual**

MARY FROHLICH



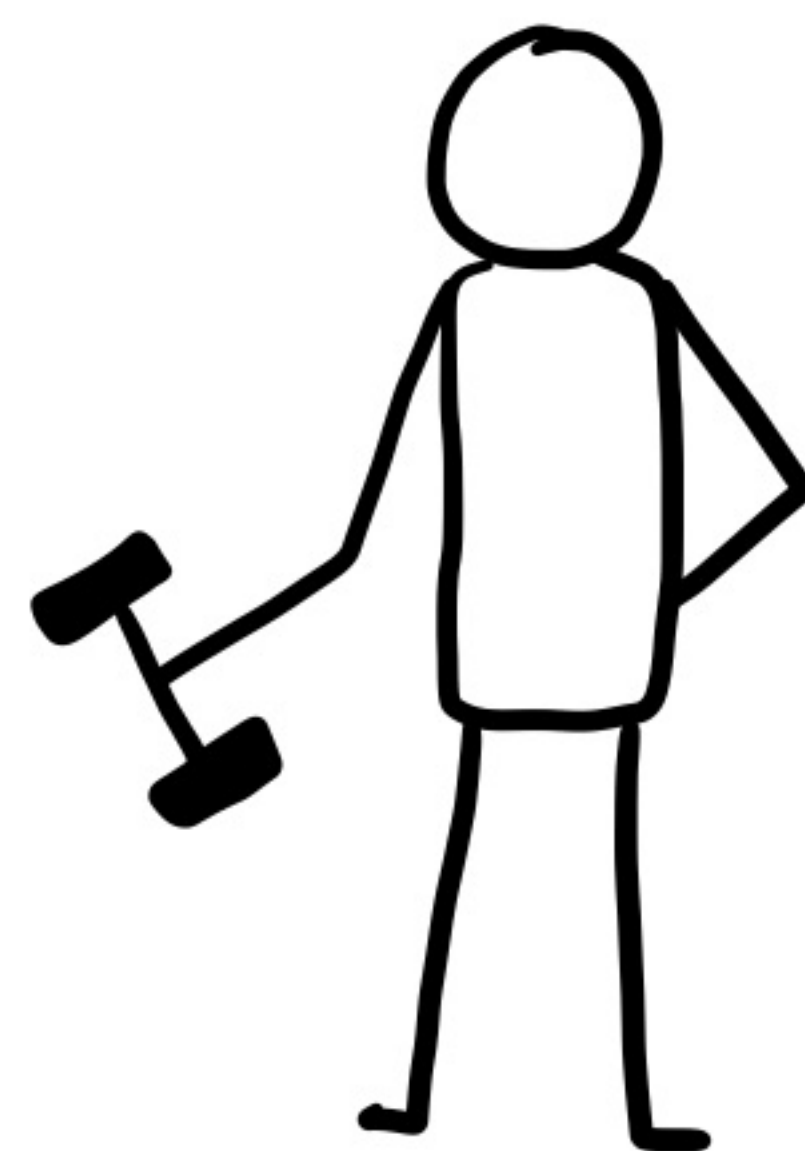


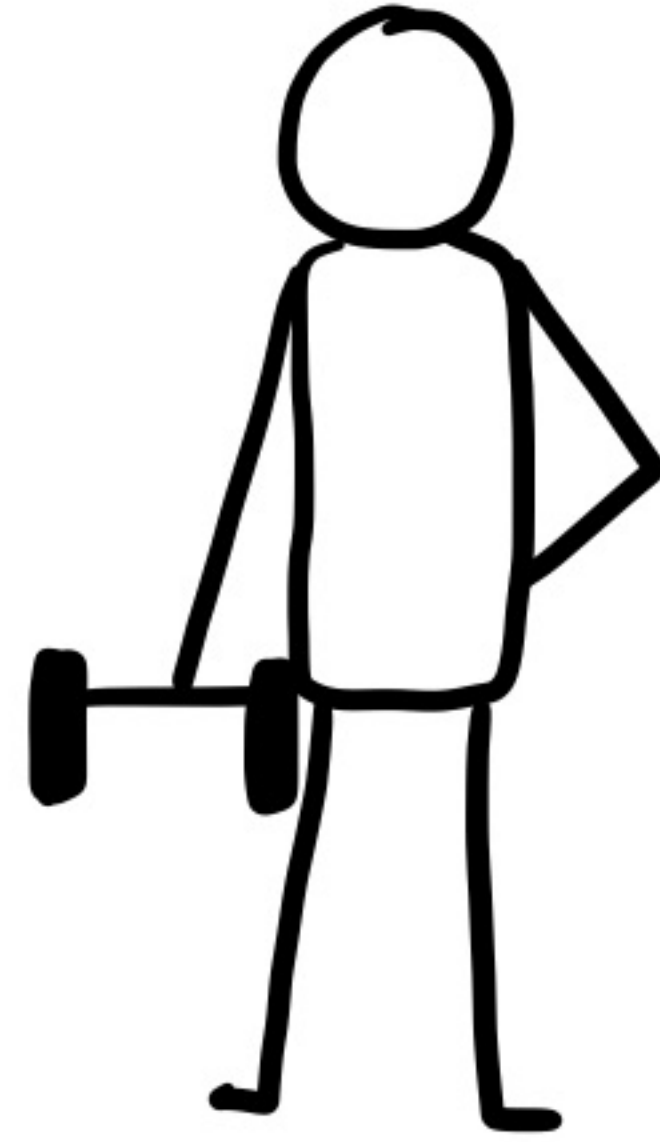






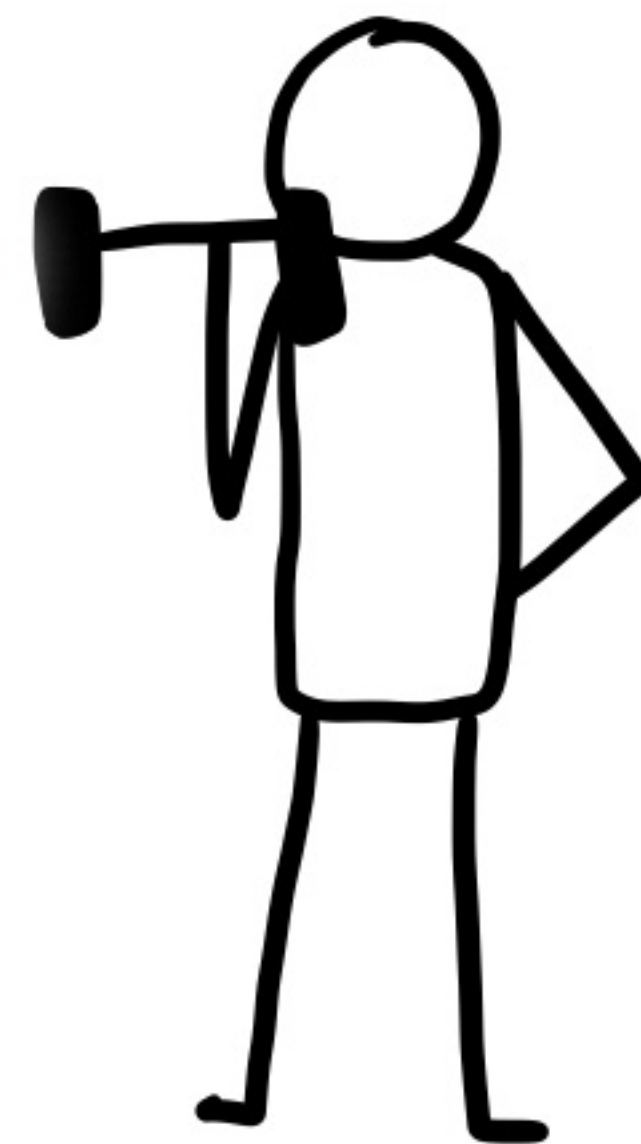




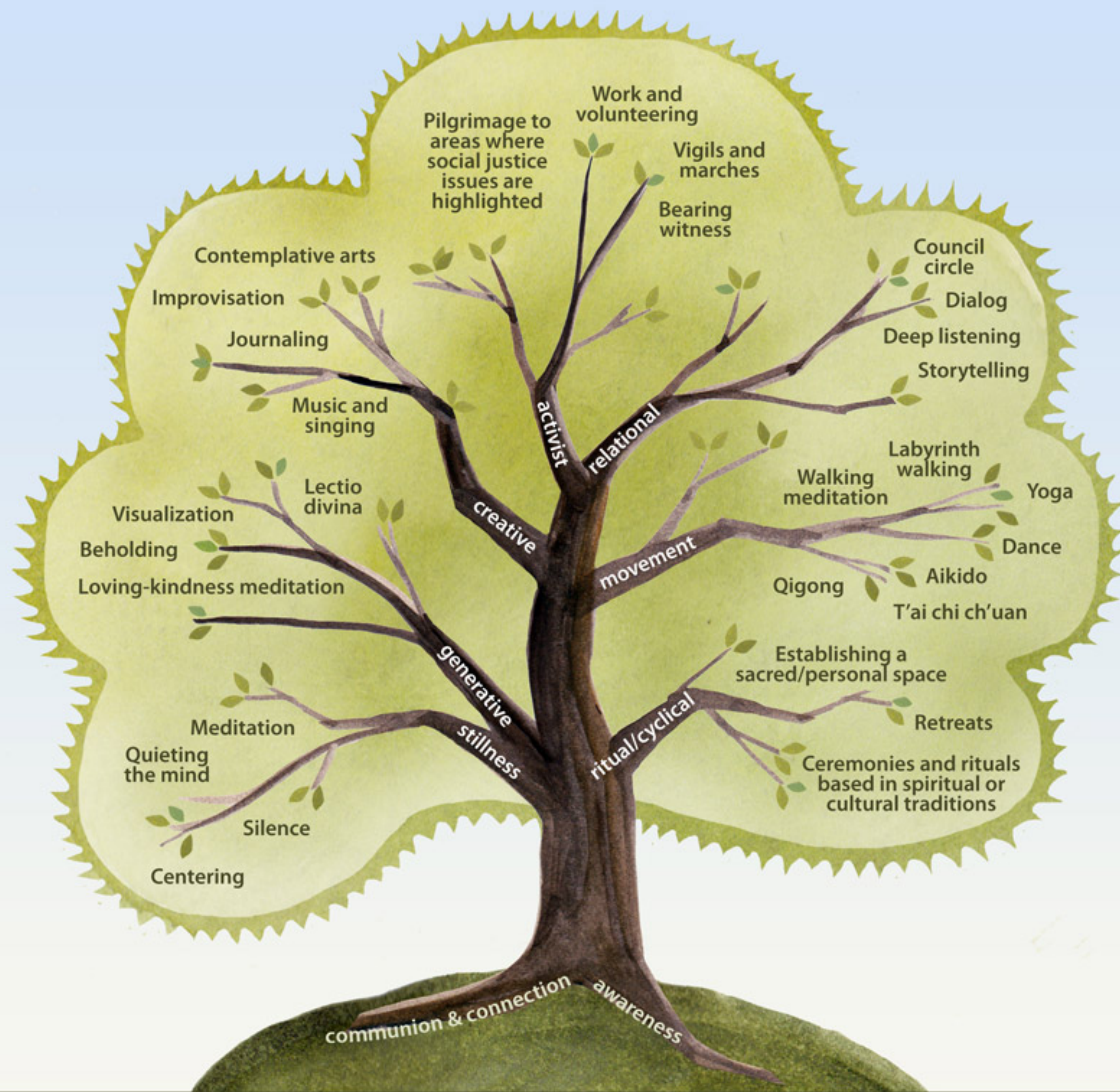








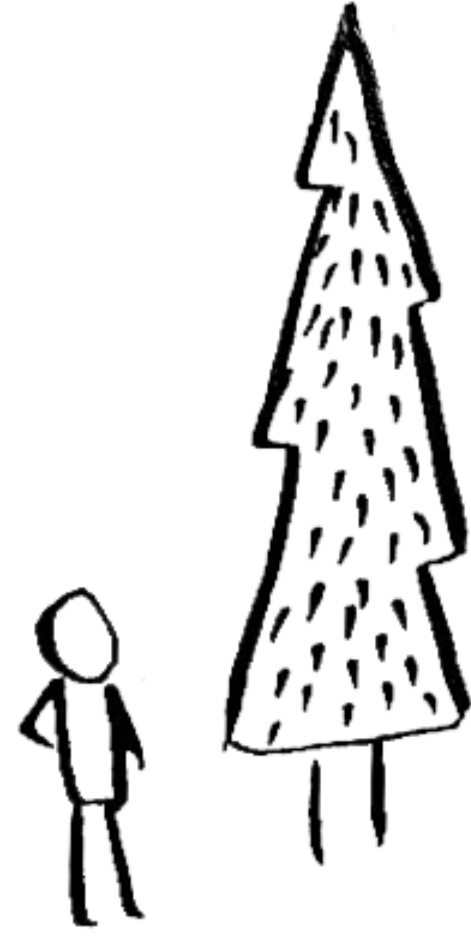




## The Tree of Contemplative Practices

[www.contemplativemind.org](http://www.contemplativemind.org)





NATURE



HUMANS



SOLITUDE



ART



MEDITATION



SUFFERING



HEALING



REFLECTING



STILLNESS

## Sit Spot

Find a space that allows you to focus and clear your thoughts.



## Sit Spot



### Instructions

1. Find a space outside where you can hear both natural and man-made sounds.
2. Remain still, close your eyes, and sit comfortably.
3. Listen.
4. Reflect on the contrast of the natural and man-made sounds.

### Consider

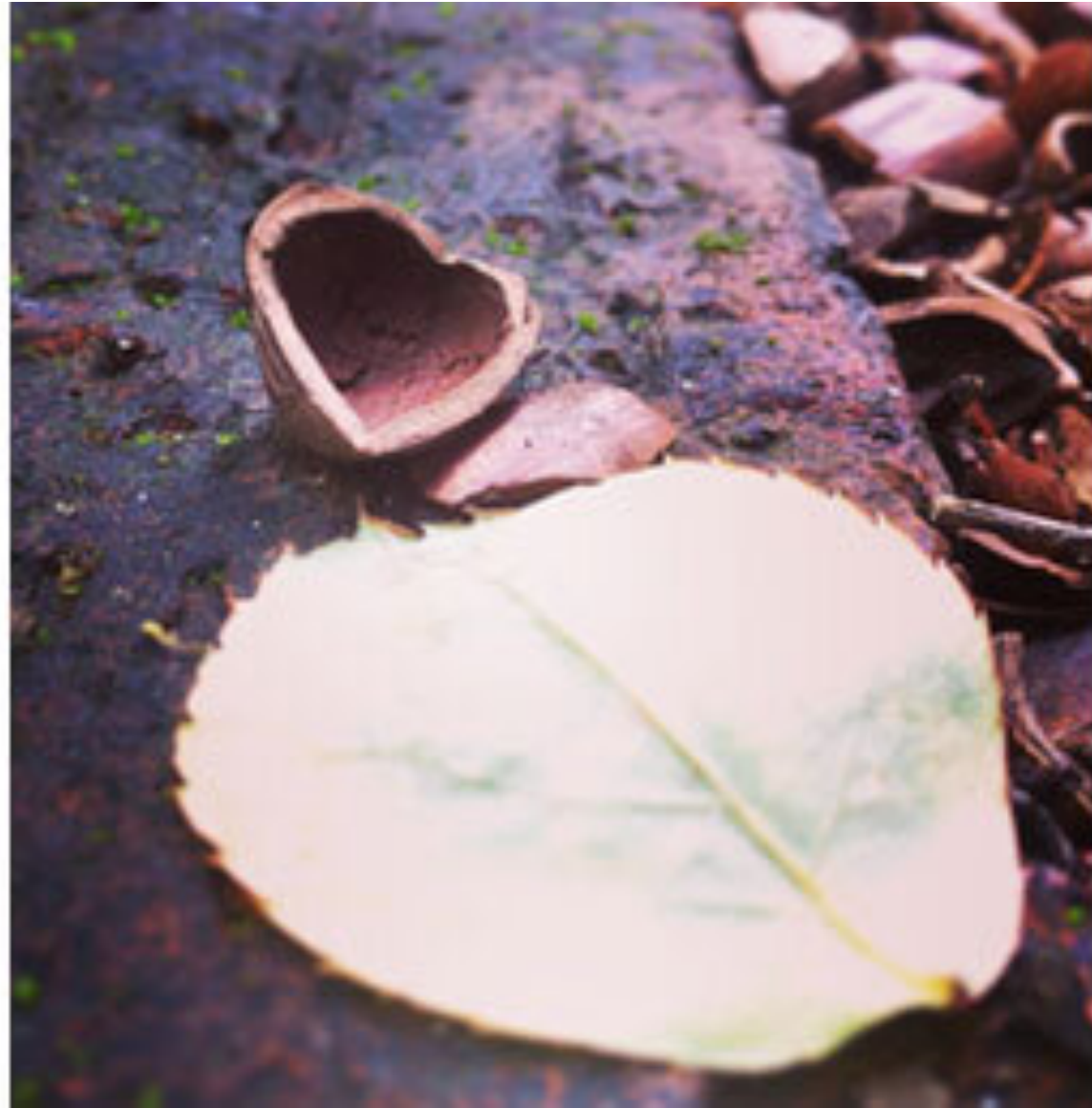
How many sounds did you hear? How many were loud? Soft? Clear? Appealing? Annoying?

Icons by [Danilo Gusmão Silveira](#) and [Luiza Moraes](#) from the Noun Project

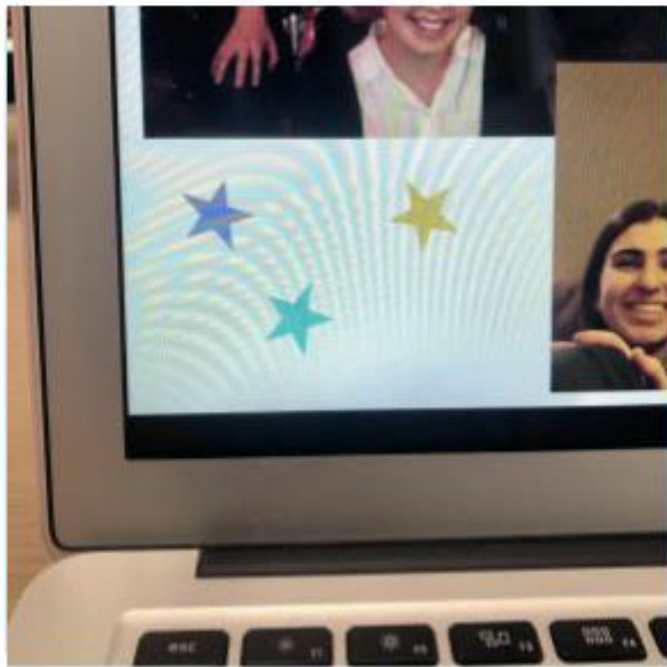
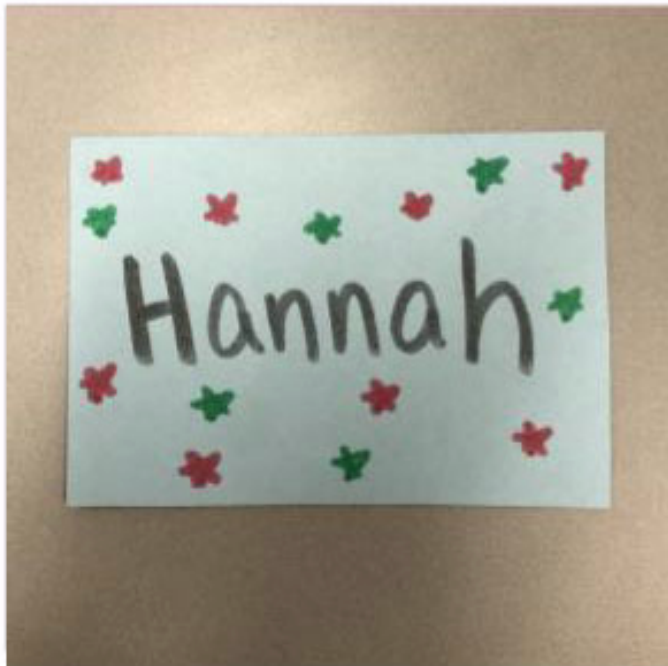




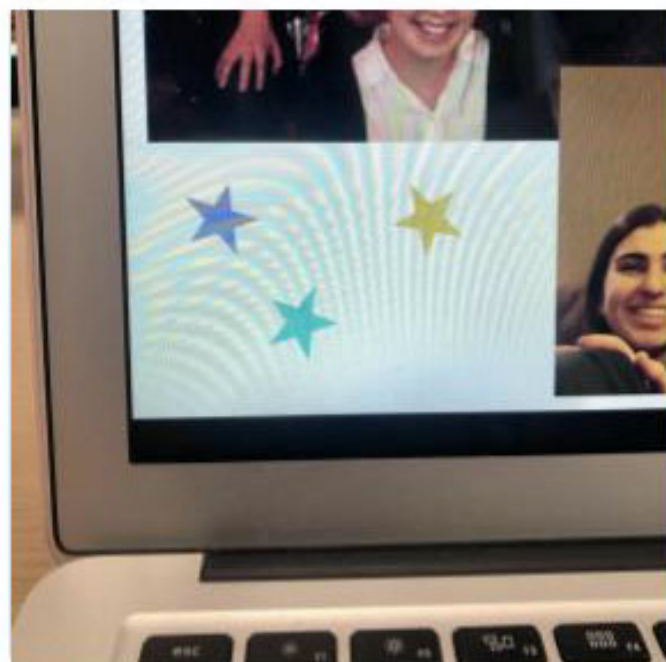






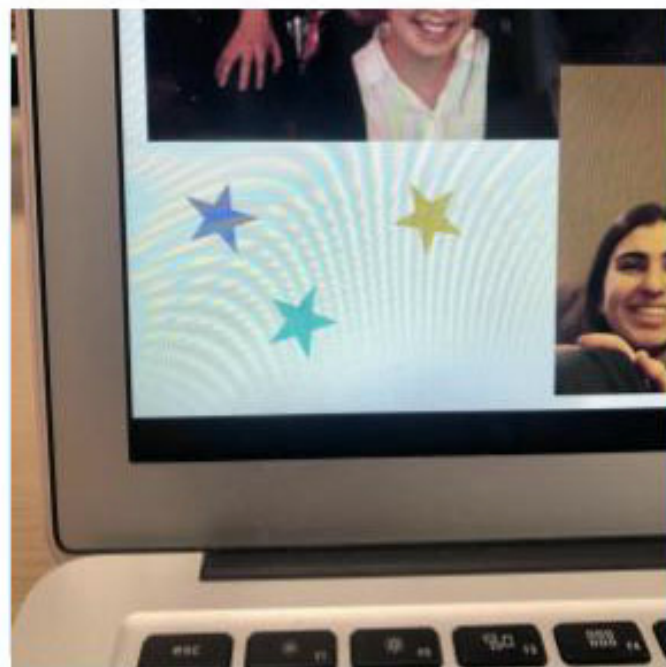
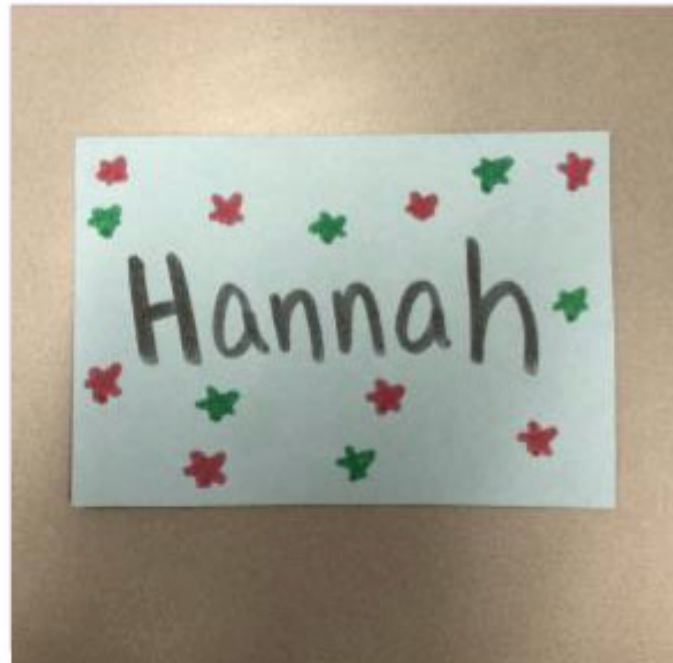






I am so much more aware of everything around me.





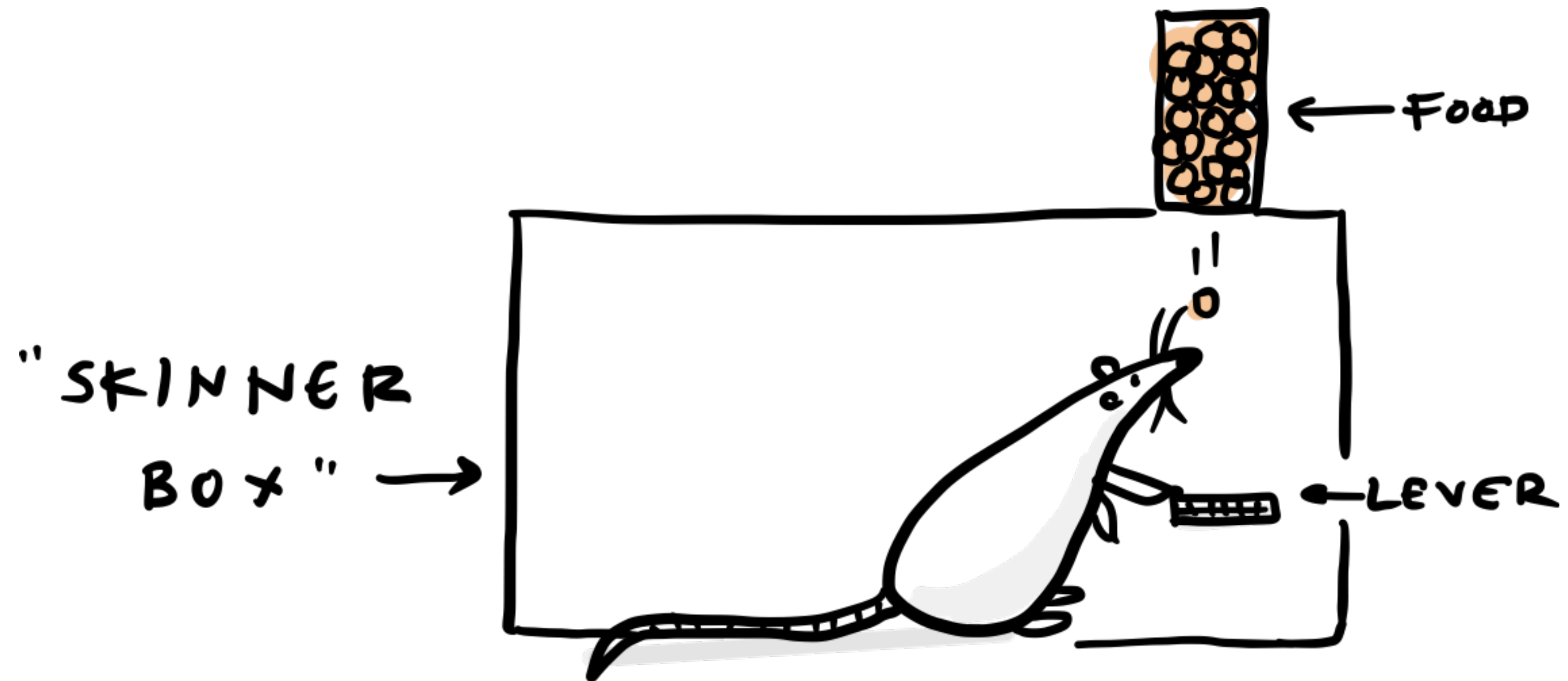
I think I can grow to be able to notice moments that aren't so great.

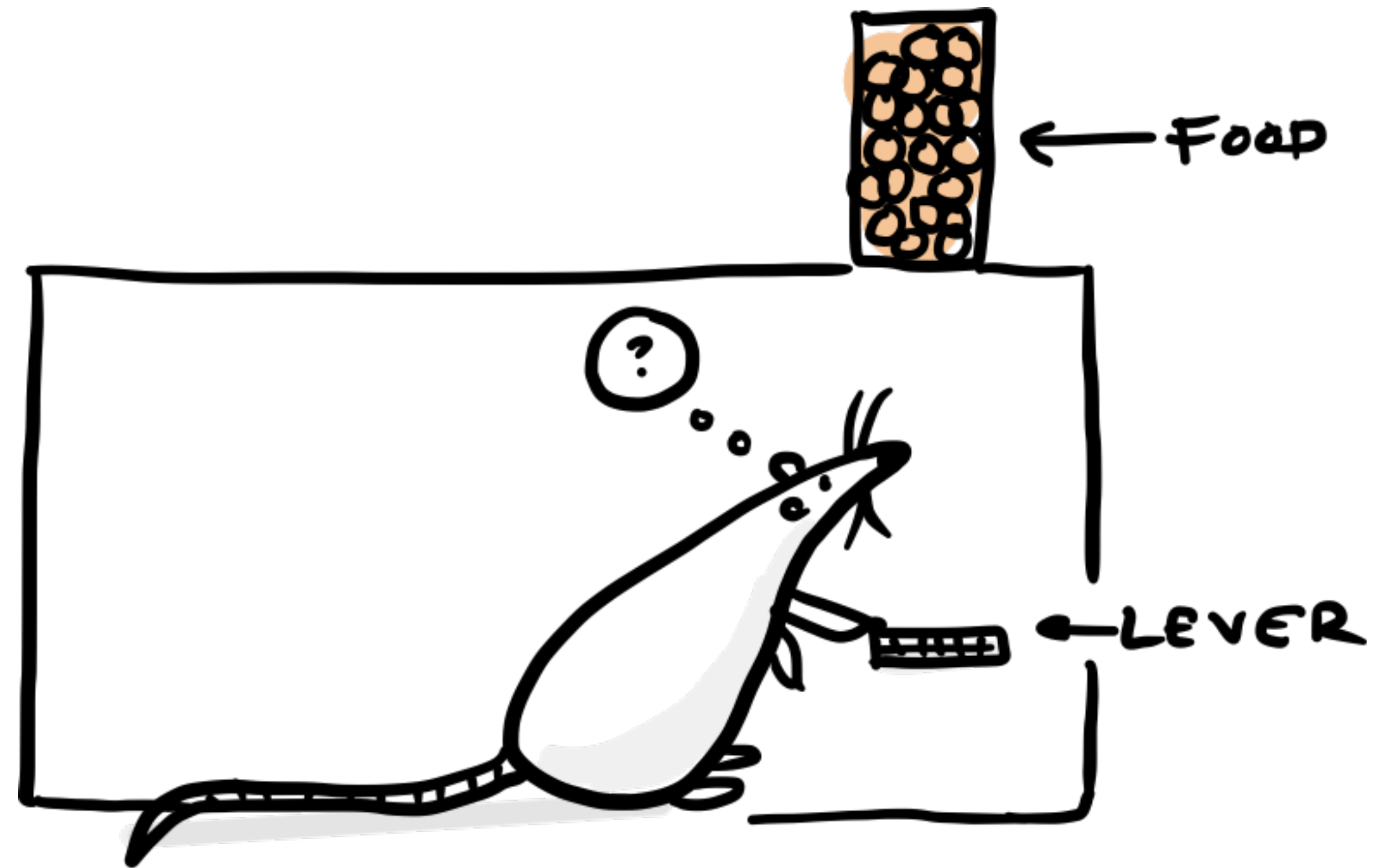




## To do list:

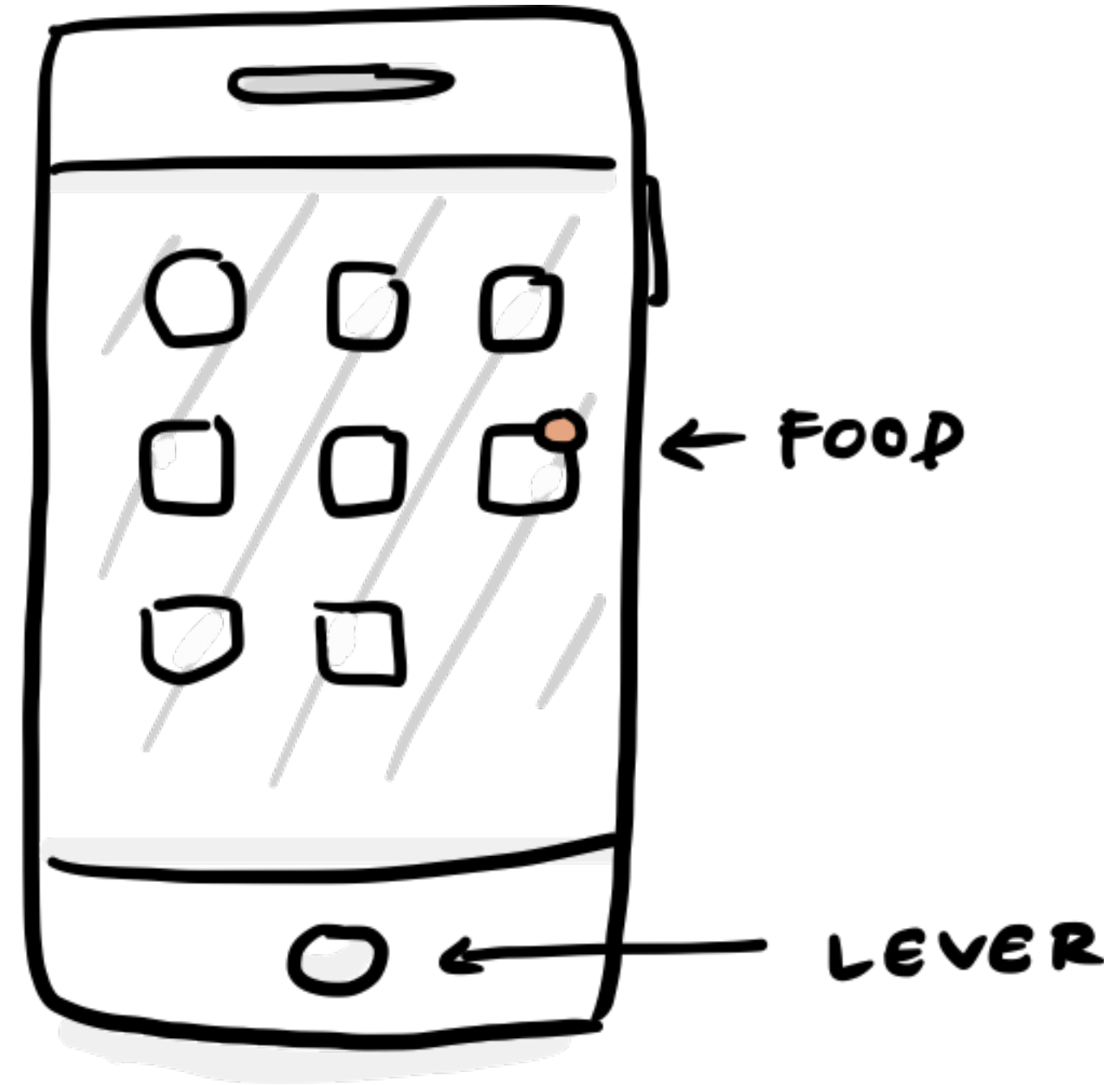
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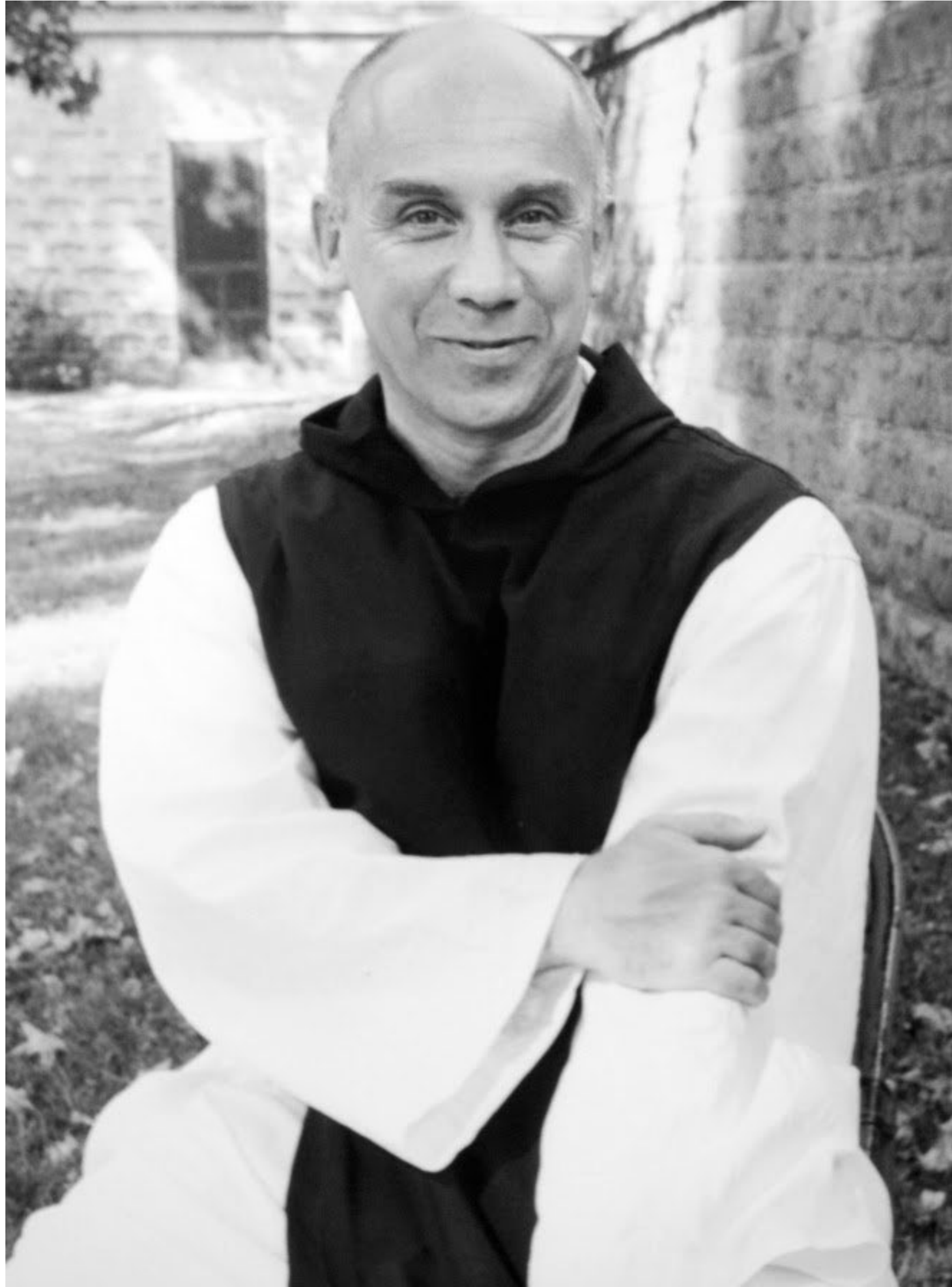




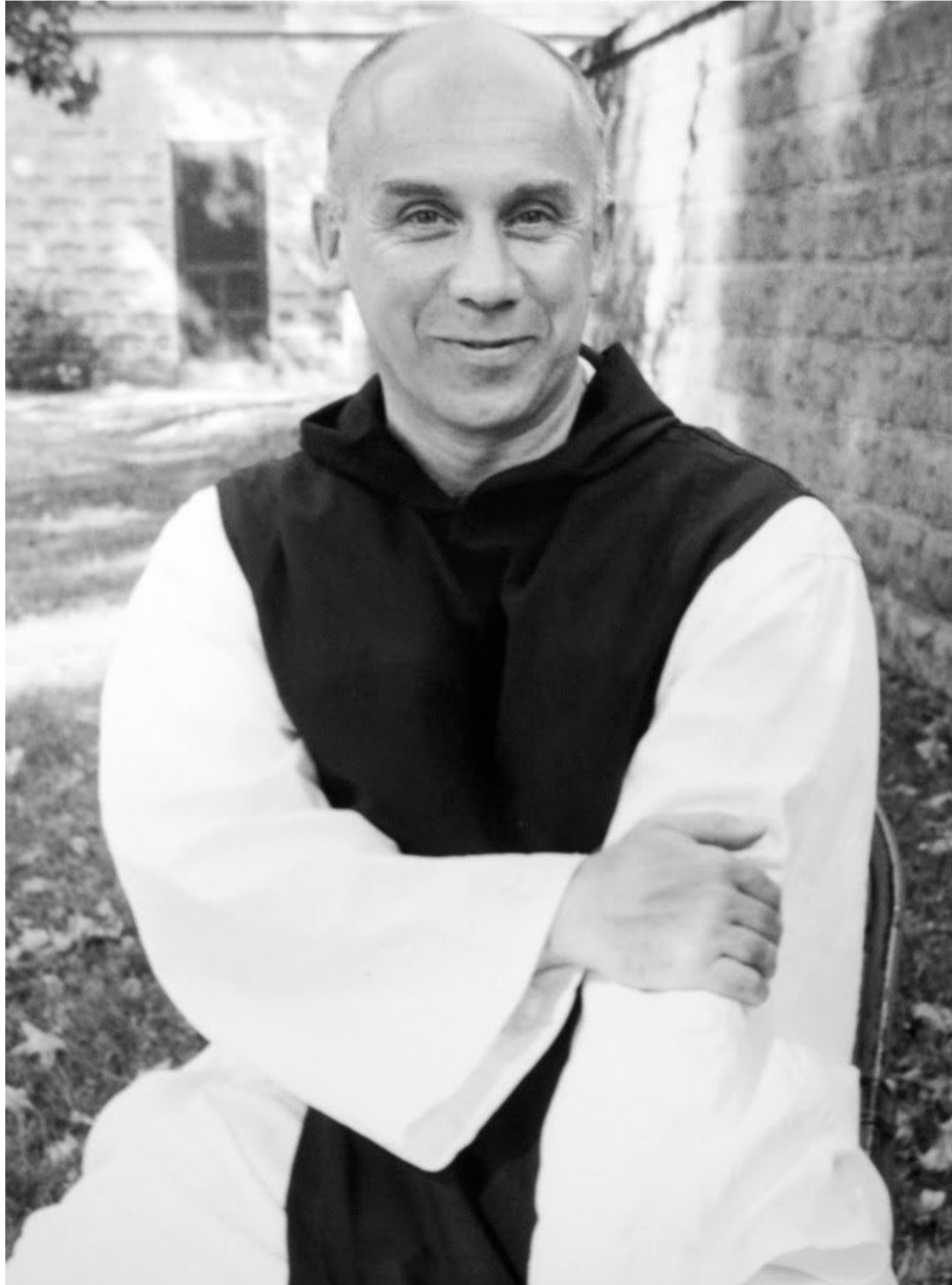


PERSUASIVE  
TECHNOLOGY →





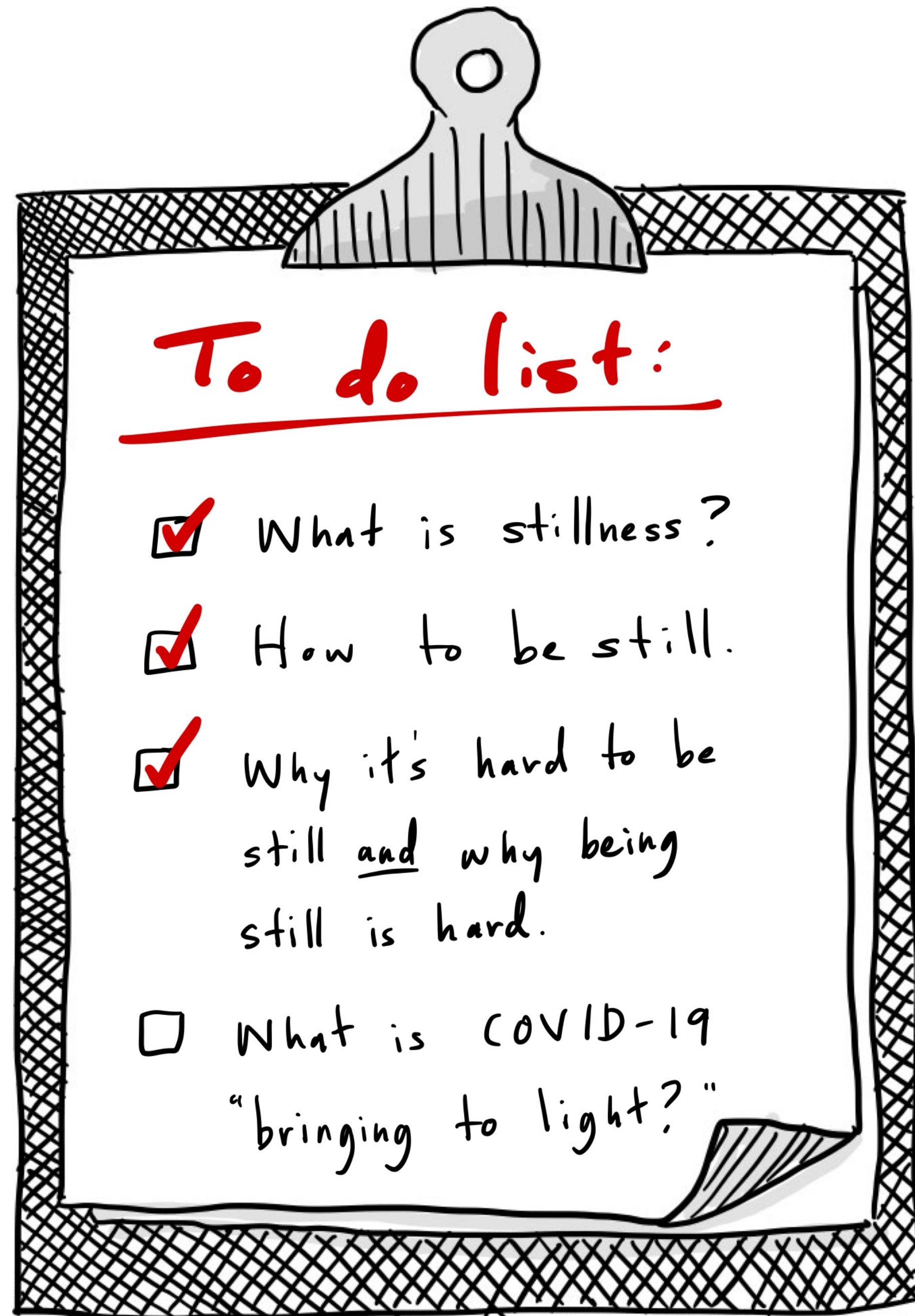
THOMAS MERTON



awakens a tragic anguish and  
opens many questions in the  
depths of the heart

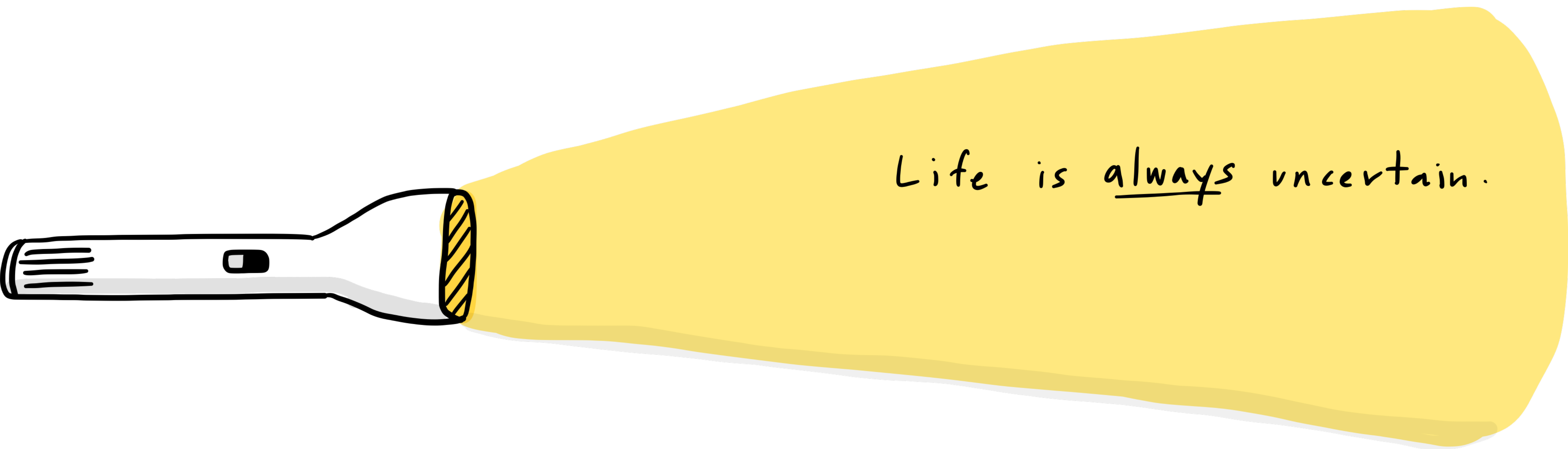
THOMAS MERTON



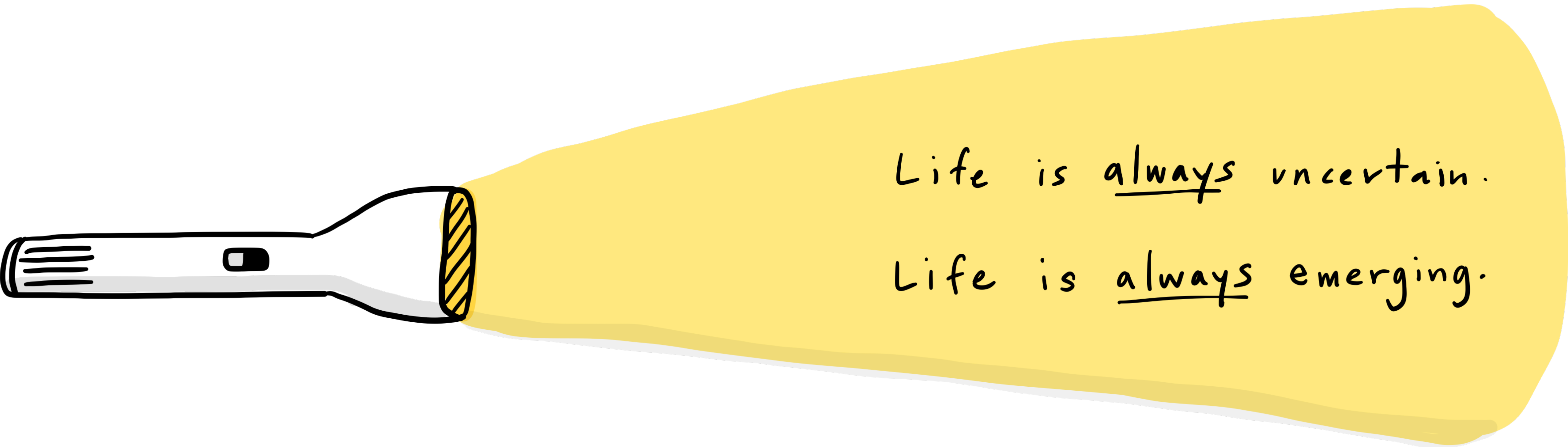


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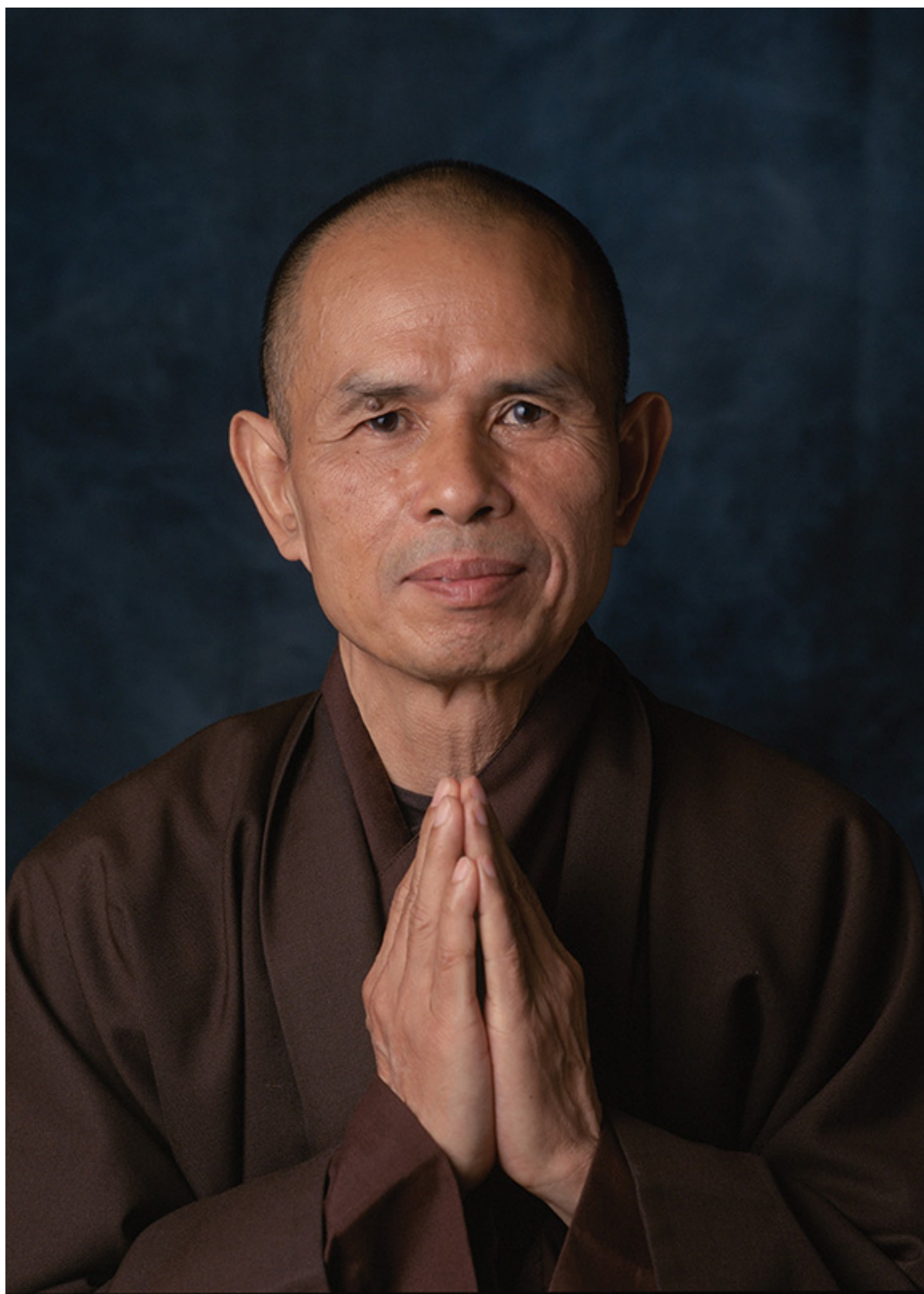
Life is always uncertain.



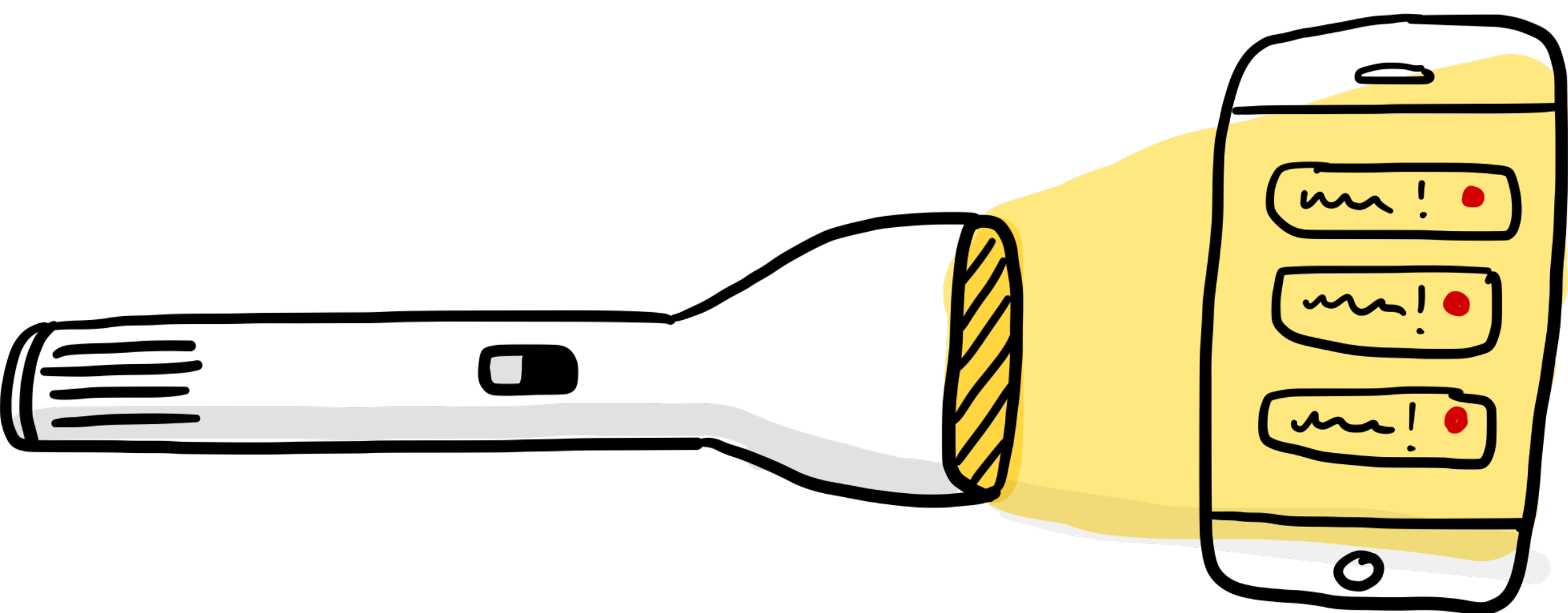
Life is always uncertain.

Life is always emerging.





think of where you will both be



Life is always uncertain.

Life is always emerging.



JAMES WILLIAMS





Attention is paid in possible  
futures forgone.

JAMES WILLIAMS



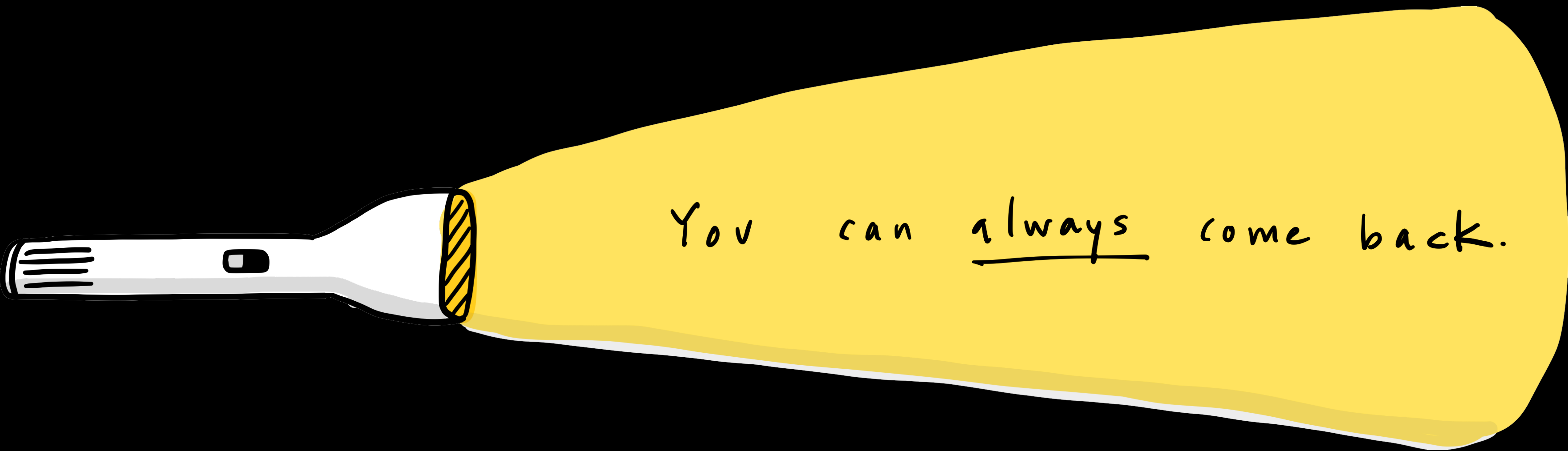


how we spend our lives

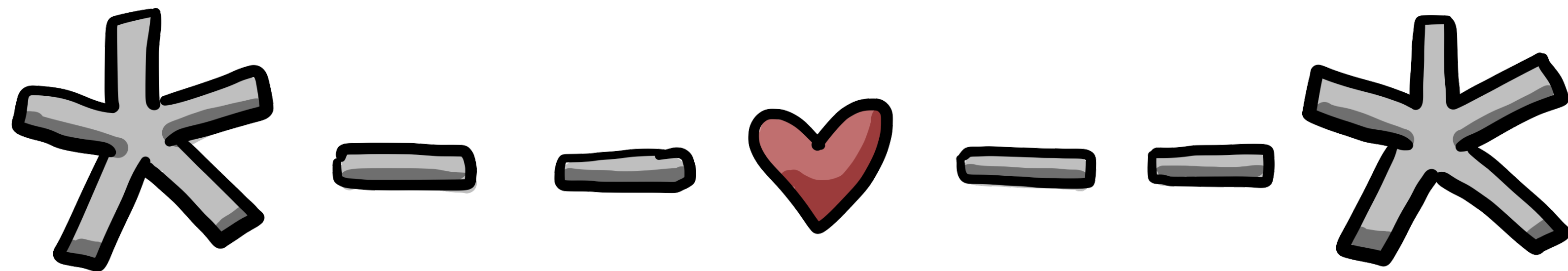
ANNIE DILLARD







You can always come back.



THANK  
YOU