



PATHFINDING OUTFITTERS

Slow reading 1

The pace of life pushes rapid reading. Discovering more meaning in some texts is worth extra time.

- 1 Center yourself.
- 2 Read slowly, aloud (under your breath).
- 3 Take a moment of stillness to notice resonances: words or phrases that touch or grab you; feelings & images that come up; impulses to action that arise.
- 4 Read again.
- 5 Journal the experience: what wants your further attention?

A Challenge from Judith Snow

Look around yourself for an opportunity to enter into a relationship with someone who has been exiled. Act on the faith that this person has dreams and hopes much like your own and that this person has meaning in her or his life that can be conveyed to you and that has the power to enrich your life and the lives of others. Understand that this person may be the bearer of a deep and creative dream. Bend your will and inner and outer ear to listen to this dream. Walk into the daily activities and environments of life with this person as dream and reality interact in a creative dance that expresses the meaning of life. Try this and may you rejoice in all that you create together.

