

Welcome to Week One

21 August, 2019

Dear Colleagues,

Welcome to our first official week of Integrative Inquiry (INIQ) or Mindful Compassion Leadership! How exciting is this???

As you engage in this course, you will notice we are not using a traditional Learning Management System to offer this course. So, we don't have an online discussion board but we do have a ListServ that is being developed, thanks to San Diego State University. When we get that set up completed, we will email you with details of how to access it. For now, please feel free to engage with each other using the Linked In Integrative Inquiry Discussion Group found at <https://www.linkedin.com/groups/13751532/>

Within this discussion group, you will be invited to share your ideas about 1) what kind of environment you would like to co-create for your discovery in this course, 2) find a buddy to practice with if you would like to do so, 3) share ideas about what you are discovering with these practices, 4) posit questions and ideas, and 5) share encouragement and inspiration.

As we engage in the Linked In or ListServ discussions, let's continually remind ourselves of the invitation to avoid "fixing." The avoid "fixing" space creates an empowering place to deepen practice and explore what we are discovering about how we practice. It will also be important to utilize your "I" language and speak to your own experience of what you are noticing so that others feel empowered to do the same. Remember that we may be having completely different experiences of the same moment and each experience is to be held with reverence and respect even when you completely disagree with another's interpretation or truth of what they are experiencing. And herein lies the practice. How do we want to be with that rich diversity of experiences of the present moment in a way that cultivates an honoring of human rights, peace and non-violence, global citizenship, and sustainable production and consumption? Ah... more practice...

In all of this, please do not proceed with viewing the Week One video until all of those previous steps within the Orientation module have been completed. Now, take a moment to pause [pause], breathe in one focused in and out breath...[pause] and notice how you are meeting this invitation [pause]. See if you can playfully notice how you are meeting the idea of making sure one week's of exercises is complete before proceeding to the next week without being attached to your interpretation of what you notice...[pause].

You can do this pause – one breath, notice thing, anytime, anywhere.

As we move into week one, we will be exploring a little bit more about that pause, breathe, notice practice and we will play with it in a number of ways, especially when it comes to noticing stressors.

We will unpack these practices in our first online meeting via zoom webinar, accessed at <https://SDSU.zoom.us/j/187491131>, which is scheduled for 22 August from 3-4 pm pacific time. See you soon!

With much joy and gratitude,

Marílee