Invitation 2: Follow the Impulse (Brick Toss)

The Setup

You will need:

- A **notebook and pen** for reflections, with a **printout** of the questions OR **computer/phone** to read them from.
- An **object** similar to a foam brick (a small pillow, a thick bundle of socks, a tightly folded sweater, a shoe, etc.). For simplicity, we will refer to it as the "brick."
- A **sash or cloth** to cover your eyes (optional), for walking with your eyes closed.
- A **speaker or wireless headphones** to listen to the recorded audio guidance.

Space:

- Minimum of **20 feet of open space** with even ground free of objects you could trip over or stumble into while walking with eyes closed.

Time:

- Allow **10 minutes** for the exercise and an additional **15 minutes** for reading and Reflections.

The basic design of this exercise is:

1. Read the Introduction to the exercise
2. Listen and follow the 6 minute audio guidance
3. Read and respond to questions for Reflection in your notebook
4. Read the Closing Thoughts

Introduction

This exercise invites you to engage with it as a **process for embodied inquiry**, with a **Beginner's Mind and a Listening Body**.

This exercise invites you to explore key capacities that can deepen your awareness of how you move through uncertainty and how you relate to intention, control, and surrender. It is a practice of noticing—of bringing your attention to the impulses and patterns that emerge when navigating the unknown. It is also a practice of allowing your body to think aloud, and lead.

This involves permitting the initiation, response, and follow through of impulses to move through you.

This is not an exercise in achieving a specific outcome but in observing the layers of your experience — and how you respond to feedback that arises in relationship to intentions made external. It's a practice in listening, accepting, allowing movement, trusting before thought, and dancing with intention.

It invites you into a process of attuning your guts (radars) and your heart (vital compass) towards the calls to action that being devoted to dreaming decolonial futures into a shared reality will ask of you, by first acknowledging and metabolizing (decluttering) the well-practiced defences which block your path.

This is not a walk of achievement, but one of **attunement**. Notice what arises in your body and mind as you engage with the unknown.

The exiled capacities that you are invited to engage with:

- Allowing the body to think aloud by permitting the allowance and follow through of impulses, while ensuring **no one** is harmed by their embodiment
- Trust of bodily instincts (visceral response-ability before choice)
- Proprioception and extrasensory perception
- Courage to act in response to what is needed within a larger ecology
- Being in relationship with the mystery; seeking and trusting guidance from the mystery without certainty of outcome
- Following an intention with an open Listening Body as a receiver; trusting your intentions, and your body's inherent intelligence as a guiding system in relationship to the mystery
- To walk with the hypothesis that *nothing never happens*.

You are invited to validate where you are **right now** by noticing, tracking and accepting what you observe, **with honesty and non-attachment.** This is only your starting point. To move toward something else, it is necessary to first be present—right where you are, in your body, at this moment.

Research Questions for Reflection

How do you feel toward the brick—both about it and in relation to it?

How did you feel when you reached for the brick, whether or not you touched it?

What is the intention of this exercise?

Can you discern any other layers of intention that slipped in?

How did you move toward the brick? What qualities (e.g., fast, hesitant, calm) did you notice in your body's movements?

What part of your body led you?

Can you discern how you adjusted when the brick wasn't immediately within reach?

Consider that the space between you and the brick is the tightrope in the SMDR Compass. How did the balance between you, the unknown, and the brick feel?

What did you hear or feel as you engaged with the reverberations between the tightrope and the brick?

How does the tension between the known (the brick) and the unknown (whether you will reach the brick) mirror your relationship with uncertainty?

Did any feelings of failure or success arise, and how did you respond to them?

What are your mental blocks when meeting the unknown?

What insights did the walk reveal to you?

What else in your life can you apply these insights to?

How willing are you to take a risk and follow an impulse, when you don’t know if you’re going to succeed or fail?

Closing Thoughts

This exercise is an invitation to consider the value of engaging with a practice of orienting and anchoring yourself in relation to our collective goal to *actualize decolonial futures*; relating to it not as an exalted goal but rather *a living entity*, a story song dancing in constellation to other story songs. It may exist as principles of relationship, and may involve qualities we cannot comprehend or describe. It exists before thought, and our bodies may have the instincts to recognize it before our mind comprehends it.

Being engaged in embodied inquiry is an ongoing process towards an intention within the emergent unknown. It represents something we move towards with dedication, without the expectation of certainty, attainment, or arrival. The inquiry guides us, and while remaining ungraspable as a final destination, it reveals the qualities of its existence as the path towards it is walked.

Within the context of GTDF Collective's work and our collective engagement with the Reactivating Exiled Capacities inquiry, the brick is decolonial futures and the tightrope is the embodied process of reactivating exiled capacities. We do not know when, how, or if it is even possible to fulfill that dream, but it is our responsibility to take the next most responsible steps within reach towards it, so we are able to recognize and affirm its life-giving webs when it emerges.

One thing we can hypothesize is that *how* we take each step towards this future is what really matters and what brings the dream closer. It is not only *what* we do, but *how* we do it, that grounds the dream of decolonial futures into our bodies, and into us as the land.

How we dance towards the *what* can become an act of fulfillment with each step.

Perhaps it is this quality of listening - of tending while listening - that enables us to open wide enough to receive impulses from the land: information that can guide us towards tending the emergent needs of our ecology. By being open and listening with discernment, we become transmitters that can act and follow through on the next most responsible task within our reach.

The tightrope is our path, individually and collectively, and while we can take breaks to sit on the banks of the abyss (and sometimes it will be necessary to), the work being asked of us now is that we never turn our back to it. Each next small task within reach is our path, and each step is an invitation to anchor in compassion, understanding, and orientation of stewardship towards decolonial futures.