

# I am one ... or am I?

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If I *decide* to express my *gut* feel with a *heart* attitude through my actions, I (all of me) has been in one accord with myself. I have acted with integrity. I am integrated.

If, after my activity, I feel warm-*hearted*, have a glow deep in my *body* and *think* that my *activity* was good, then surely I am blessed. Often, however, my *gut* is squirming, my *heart* is divided, my *body* partly ailed and my *mind* is in turmoil. This is the common twentieth century condition.

We move too fast to settle on what actions we sense are good. We are bombarded by changes that leave us unsure what this world is like. There is so much conflicting information, most of which makes sense in some context, but which is at odds with other contrasting information that likewise makes sense in an alternate context.

Our *hearts* feel disconnected from our *bodies*. At times even the *heart* itself feels divided, or perhaps broken. Our *mind* is not made up, but some of the information we read is made up. We feel *gutless* and we feel *heartless*. Our day to day feels *mindless*. Unsurprisingly, our progress is slow, often circular, or perhaps spiralled, and at times even backwards.

Stop  
Settle  
Wait  
Integrate

As the Psalmist wrote of old "Selah"

Pause  
Take time  
Slow down  
Integrate

Let the pieces swirl  
And then connect  
Allow them time to move around, interact and move again  
New connections are tentative

Settled yet?

Wait again  
Welcome unbundling internal movements  
New terms, unfamiliar words  
Deeper connections

Settled now?

Pause again  
Move slowly  
Become one  
Act decisively