

RESTfull
FORMATION WEEK

Day 5 - Be Still and Imagine

Embracing Stillness: The Essence of Rest in Cultivating Positive Spaces



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[HTTPS://WWW.MCCORMICK.EDU/FORMATION-WEEK-2024](https://www.mccormick.edu/formation-week-2024)

In the heart of community building, amidst the flurry of activity and the pursuit of progress, I've come to cherish the profound significance of stillness and rest. As someone deeply committed to fostering environments that inspire positivity and connection, I've learned that true vitality lies not just in action, but in the moments of tranquility that punctuate our lives.

In our fast-paced world, it's easy to overlook the transformative power of stillness. Yet, in my experience, it is during these quiet interludes that the most profound shifts occur. When we allow ourselves to pause, to breathe, we create space for introspection, healing, and growth.

This understanding has been particularly poignant in my work with communities facing adversity or separation. In the face of challenges, rest becomes not just a

luxury, but a necessity- a sanctuary where people can recharge, find solace, and fortify themselves for the journey ahead.

But the importance of stillness extends beyond individual well-being; it is woven into the very fabric of community dynamics. In moments of silence, we listen more deeply, empathize more fully, and forge connections that transcend superficial differences. It is in these quiet spaces that true understanding and solidarity can flourish.

I've come to recognize the intimate connection between stillness and creativity. It is in the moments of rest that inspiration strikes, that innovative ideas take shape. By embracing stillness, we unlock the boundless potential within ourselves and our communities to imagine new possibilities and effect positive change.



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