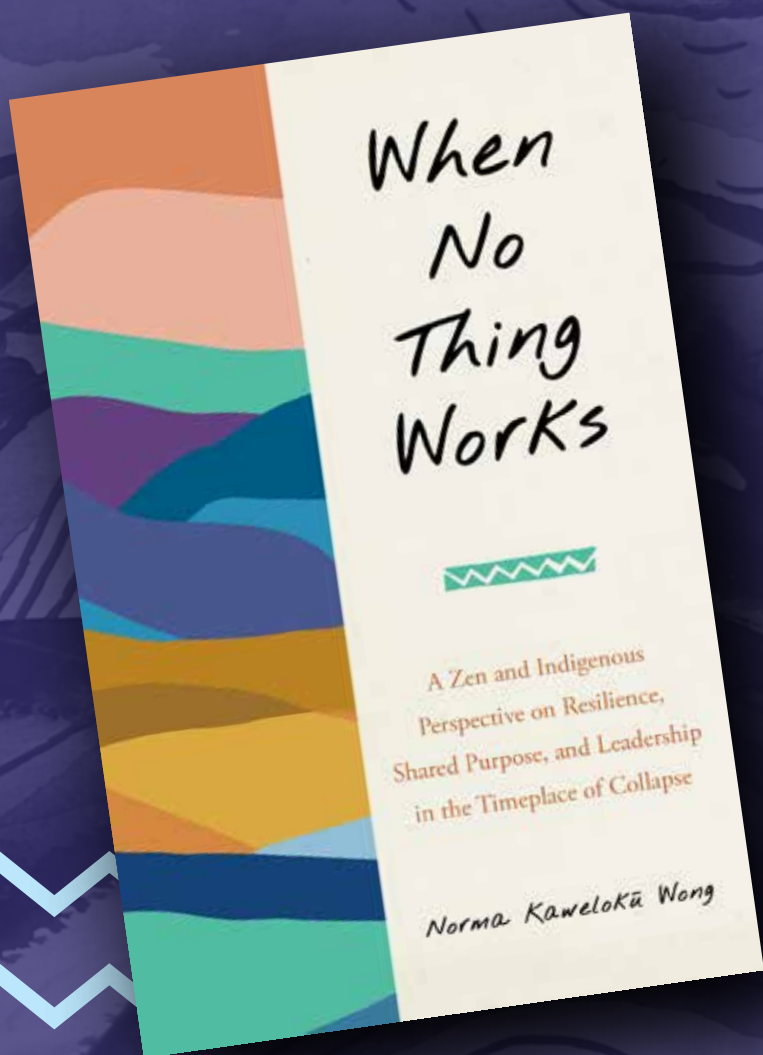


NAVIGATE



A RESOURCE IN SUPPORT OF
"WHEN NO THING WORKS"
BY NORMA WONG

This resource is provided by a small group of community members who have been with the teachings and learnings of Norma Ryūko Kawelokū Wong over the years. It is a shared resource in support of ***When No Thing Works: A Zen and Indigenous Perspective on Resilience, Shared Purpose, and Leadership in the Timeplace of Collapse*** by Norma Wong and of next level reflection and understanding toward collective action and accelerated leaps.

The order of reflection, practice, action will vary across individuals and groups. We offer possible ways for you to practice. One is a set of broad reflections for use across all chapters. Another provides support for individual chapters, although these, too, may be helpful across the entire book.

That you are willing and open to engage with this resource is an *indicator*. It is important to pause and reflect to create spaciousness. Embodiment is important. What is the “practice” action to allow room for transformation? Your discernment in this is part of the work. This is an offering. It is not a checklist or signpost of achievement.

As we navigate forward, we recognize you may arrive at inquiries, reflections or expressions of art you’d like to share. Please send them over (info@collective-acceleration.org) for consideration in our next version.

The work we are taking on is a continuous journey which, when done with community, can be more fruitful and joyful.

Thank you for you!

Getting Ready

Awareness of self is easier through our bodies versus thinking, thinking, thinking about it.

Feeling energetic? Take a few minutes with a meditation practice, tai ji moves, dance to your favorite song. Hydrate. Settle comfortably. Take a breath. Then another. Take a breath and lengthen your exhale. Smile - Here we go ;-)

Navigation Circle example

Invite a group of people who are open, ready, and energized by ***When No Thing Works*** to come together. Sit in a circle. Begin with a breath practice. Stay present and focused on each person as you navigate the prompts and questions. Listening is as important as speaking. Don't prepare answers. Don't make notes. Just focus on listening, and the rest will take care of itself. Determine any next steps – accountability partners, a group commitment, etc. After the gathering, share gratitude.

General reflections

- What kind of introductions can be shared to support and facilitate learning together and discussing the book? Where is home? What are some parts or stories of your full or chosen name that you can share?
- How do you see X (chapter content) playing out for you and/or teams you are engaged with?
- Where does what's described play out in the communities where you are engaged?
- "Horizon is a what, a place, and a time." Practice planting your feet and moving your eyes to the horizon. Whether alone or with a group, what do you notice when you find good grounding (through your feet or seated) and bring your attention up and out?
- Timeplace is a concept running through the book. How do you understand this idea?
- What strikes you about the idea of practices being conscious repetitive acts? What practices do you engage in that build this muscle?
- What are takeaways or simple commitments or choices you could consider based on the insights in this chapter?

Resource

10 step Tai Ji (guided introduction)

<https://www.youtube.com/watch?v=riq6f5tcHjk&t=22s>

10 step Tai Ji : Full Rotation

<https://www.youtube.com/watch?v=dhkLMn8F7n0&t=13s>

One by One by One ...

1 Predicate

"In transformational work, it is the crisis that opens the way for big leaps."

— Norma Wong

- What is the experience of "institutions of all kinds are having difficulty being institutions"? How is it playing out for you and the communities where you are engaged?
- What might you notice about your own ability or community's ability to "create and deny" as a way of coping with the extreme stressors of these times?
- The chapter nears closure stating that, "There is a maddening amount of falling apartness in the universe - so much so that even the intrepid are daunted, attached to the pain and to our plans, and just overwhelmed by the urgency of defense." And then, "As ironic as it may seem, it is hopeful for humankind that everything feels and looks like a jumble at the edge of a precipice." What does this spark?
- Consider trying a few lines of your own poetry to digest this first chapter.

2 Lens

“What we do with this, matters.”

— *Norma Wong*

- “The eyes we see with, the ears we hear with, are neither neutral nor generic. “What senses do you want to bring with you on this learning journey? And what does it mean to you to be neither neutral or generic?”
- Norma’s teacher, Tanouye (tah-noy) Tenshin Rotaishi (ro-tah-ee-she), gave an answer to the question “What is the truth?” How do you think about this question and his and Norma’s reflections?
- What might it look like and be like to “Dial it back.”?
- What was and is your experience of January 6, 2021? What do you think is meant by “What we do with this, matters”?

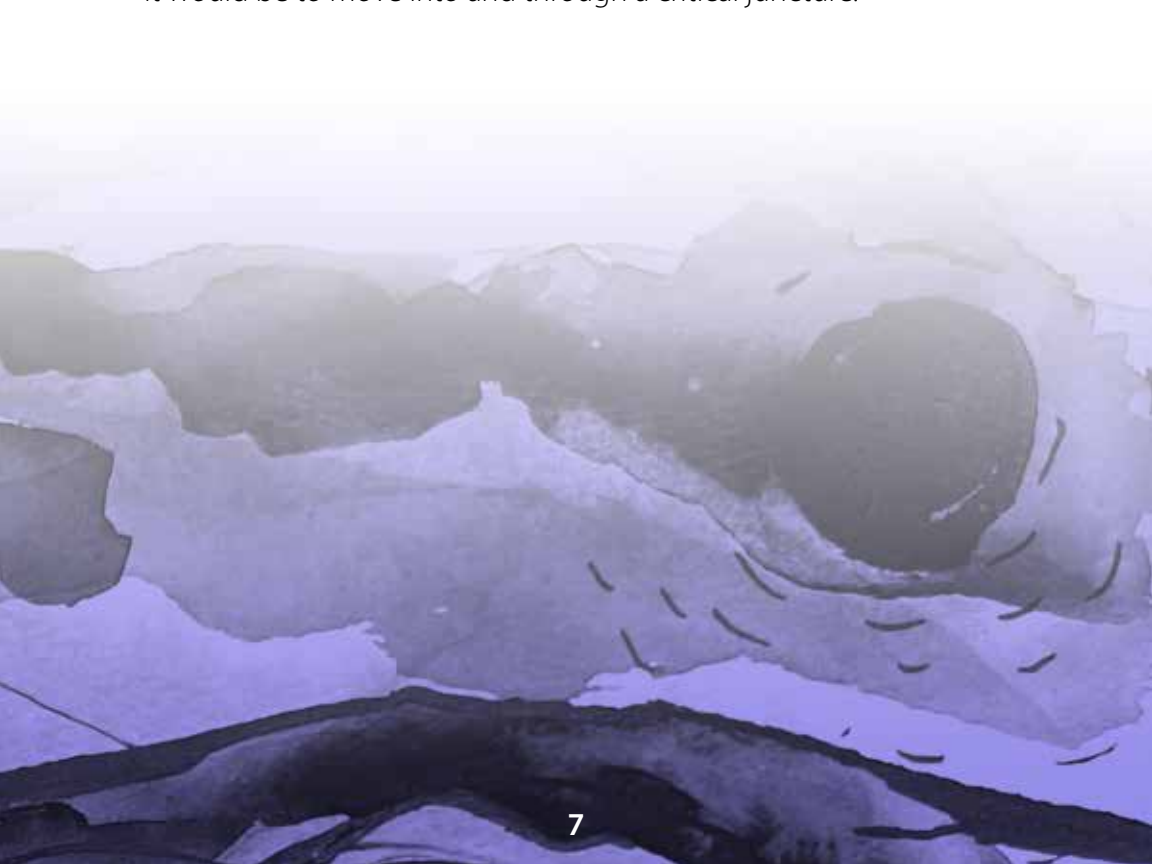


3 Slipstream

*“We don’t need to understand the physics
to have the felt experience.”*

— Norma Wong

- What, if anything, resonates regarding the notion of a slipstream and the made up term of collective acceleration?
- What pivotal, cleaving moments live within your own experience and that of your ancestors?
- 机 – a critical juncture where change begins – offers a perspective shift by putting crisis and opportunity at an intersection. What energies, challenges, crises, and possibilities do you sense at this moment in time?
- Consider a breathing practice or moving to music. Play around with the notion that the unknown holds powerful possibilities and consider what it would be to move into and through a critical juncture.



4 Threshold

“A horizon beckons. Should we walk forward, or not?”

— *Norma Wong*

- What calls to you from the poem?
- How does the concept of threshold inspire understanding of crisis and opportunity?



5 Horizon

“The future story has its own rhythm, and no unfolding thing may be rushed nor interrupted without losing its essence and energy.”

— Norma Wong

- “We have tendencies to see, hear, and feel the future as a simple trend line.” How does a living story of a future where descendants thrive make sense to you as a way of thinking about a horizon? What possibilities does it offer? What is your sensation and understanding of near and far horizons?
- One place we can get stuck is in over-processing a near or far-horizon. What is a way you might over-process and how might you interrupt it?
- What comes to you from the future story of the special *makahiki*?
- What might it look like to begin or sustain (if you’ve already begun) a long-story far-horizon practice?



6 Worldview

“The values, the ways, the spirit mechanisms defining the world as we would have it be matter. The pause to take a breath and lift our eyes to the horizon, the mountain-scape, beyond the edge of the desert or ocean, is to tell a story that is beyond the moment’s fierce fights and to say—in story—the manifestations of the values, the ways, the spirit mechanisms of the world as we would have it be.”

— Norma Wong

- “Please... before you discard this (practice) way, listen for a moment as to why, how it works, and why it matters. Use this moment to notice your body and breathe and “reset” and ground.”
- We practice into the horizon, to give life and energy to the creation and active imagination of what it means to thrive. What does it look like and sound like to give a thriving future as much or more attention then we do to apocalyptic futures (even if only to move to the other side of them)?
- An intricate explanation is offered about the ways “facts” live alongside raw data, beliefs, and worldviews. What insights or questions came as you read this explanation?
- What are the manifestations of the values, the ways, the spirit mechanisms that are playing out in the future story of the special makahiki from the last chapter?
- What is the difference in energy between the rich description and stories vs. when they are themed together as frames? Why might it be important to stay as long as possible with the rich descriptions?

7 Leap

“Without the initial leap, our imagination can be limited to the boundaries of our current possibilities. This facing squarely and leaning into becoming without a hairsbreadth interval of hesitation ... this is the becoming part of beingness.”

— Norma Wong

- If the first leap is one of beingness, what leap(s) are in your mind, heart, and core?
- What conditions need to be in place so that beingness will manifest?



8 Habits

“From the perspective of making leaps into the slipstream of collective thriving, there are no good or bad habits. Just habits.”

— Norma Wong

- What are a few habits you can recognize that might keep you (or your community or family or organization) in a state of observation, hesitation or desire rather than leaping?
- Consider brainstorming alone, or with a group, the ways you might interrupt the habits of:
 - process
 - consensus
 - external affirmation
 - underestimation
 - short-term thinking

9 Practices

***“Practices are all about interruption + cultivation.
Interruption of habits (named in the previous chapter)
+ cultivation of ways and muscles for
choices, horizons, and pivots.”***

— Norma Wong

- What would it look like for you to cultivate the ways, muscles, and choices of fabulous fundamental five practices named in this chapter:
 - The practice of clearing the deck(s)
 - The practice of breathing low and slow
 - The practice of climbing and standing on the hill
 - The practice of cultivation
 - The practice of storytelling
- Where will you begin? What is your next choice?

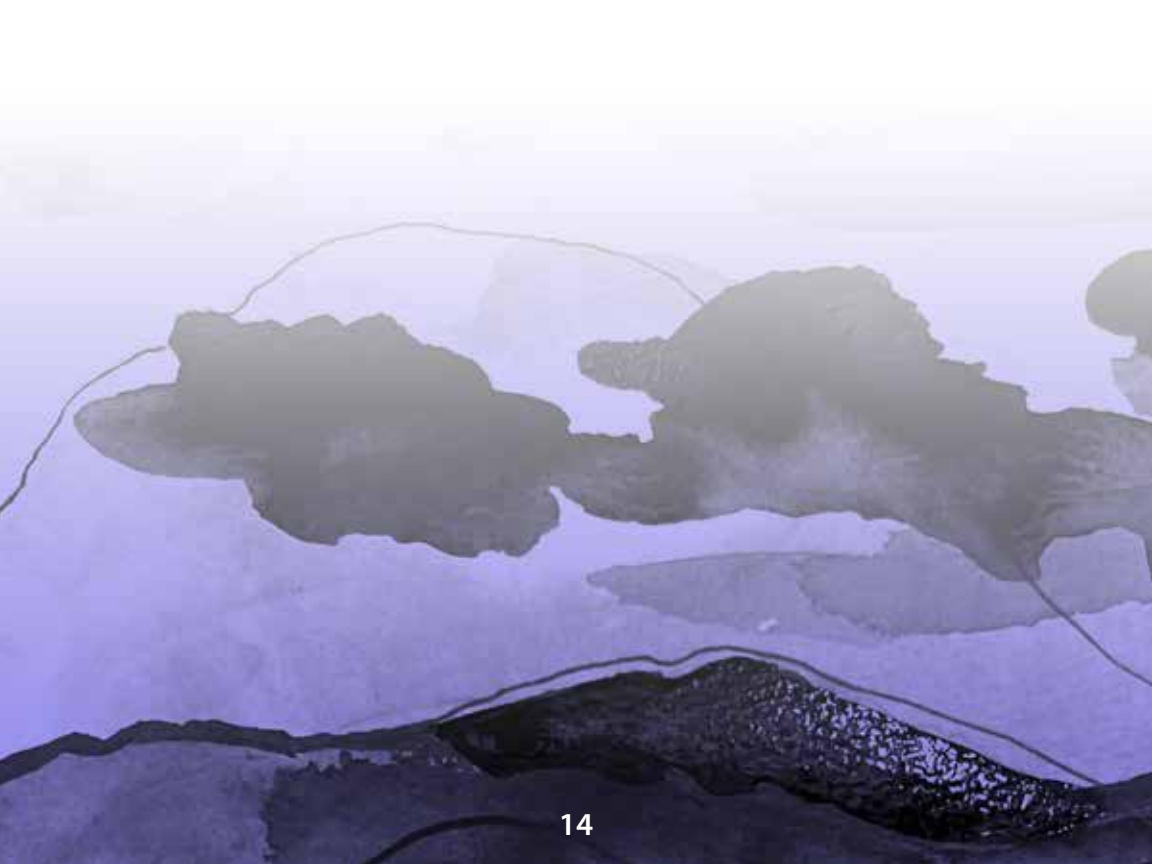


10 Strategy

“Strategy ways and navigational methods that are not consistent with the values of a horizon of fruitful emergence impede our evolutionary progress.”

— Norma Wong

- Strategy benefits from staying out of the mud, being rooted in purpose, and seeing alternatives and possibilities before you are forced into a rushed choice. Why might it be important to locate purpose as a first key principle of stronger strategy?
- What resonates, and what questions does the quote from this chapter bring?
- Share and reflect on what it would mean to you to live the way of a good ancestor. Do any of the embedded values, trajectories, and ways named in this chapter speak to you?



11 Choose

“No leap, no pivot, can be made without choosing.”

— Norma Wong

- Sigh! Breathe. Bring forward the open stance reflection (avoiding the navel gazing). What does it look like for you to:
 - Can you identify habit patterns
 - » Identify habit patterns and choose to interrupt them
 - Choose the kinship of teams and community
 - Interrupt short-term thinking
 - Choose multi-generational strategies
 - Choose

“机 is the critical juncture where change is possible and, therefore, choices that are made have greater potency, more gravitas, enhanced possibilities ... if we choose into it.”

— Norma Wong



12 Hu

“It is the Hu that will determine whether we — the human race — will make it fruitfully to the other side of this fraught and fought timeplace.”

— Norma Wong

- Fundamental to the Human Quotient is the capacity to have and behave with humanity. What does this mean, look like, sound like, feel like?
- What are the possibilities that come with your own further cultivation of:
 - clarity
 - humility with humor
 - discipline
 - emergent wisdom
 - spirit

13 Arise

*“That we may feel, hear, and see the Story of our own telling.
So vivid now that we are beyond, beyond the pull of
fractiousness. And pulled, instead, in the
slipstream of our collective spirit”*

— Norma Wong

- Alone or with a group, slowly read the poem aloud.
- Invite what is right to happen next...



The background is a deep purple with abstract, wavy, and layered textures. A circular graphic with a yellow and green wavy pattern is positioned to the right of the word 'Collective'.

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