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 ZAMPELLA GROUP

INTENTION: AWAKEN THE FIELD.

Intention (WHY) grounds attention (WHAT) to grow and cultivate space between **projections** (self-perception) and **forms** (self-conceptions). *Intention manifests as:*

- ✓ Distinguish between *intentions, expectations and impact*.
- ✓ Accurately reproduce communications, requests, and conditions of satisfaction.


Intention interrupts our reflexive or reactive state:

- ✓ We slow to presence and cultivate space for choosing.
- ✓ Choice emerges first between **opinion** and **action**; then between **observation** and **opinion**.

➤ OUTCOME: **INTERRUPT THE REACTIVE SELF**

➤ PRACTICES: **1 – 4**

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OPENNESS: DEEPEN THE FIELD

We distinguish “either/or” binary thinking and seek out “both/and” inquiries.

- **Openness grants space** (emptiness) for future as potential to emerge.
- **Emptiness cultivates freedom** through impermanence – letting forms emerge and pass.
- **Stillness** and **silence** cultivate a fluid self (POV) that acknowledges and allows *contradictions*, and *polarities* to arise – in *non-reactive awareness* – without being resolved.

➤ OUTCOME: **TRANSCEND THE COMPETITIVE SELF**

➤ PRACTICES: **5 – 7**

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WHOLE: EMBODY THE FIELD



- Our *intention* and *openness* allows for presencing a Field. We witness all forms and dissolve binary thoughts into unfolding wholes:

- ✓ Each discovery *unfolds* into **greater meaning**.
- ✓ Each fragment *unfolds* into a **larger whole**
- ✓ Each interpretation *unfolds* into **deeper understanding**.
- ✓ Each fact *unfolds* into a **fuller truth**.

We begin to see parts of you in me and parts of me in you, emerging as *common humanity*.

➤ OUTCOME: **TRANSCEND THE FRAGMENTED SELF**

➤ PRACTICES: **8 – 9**

*In the midst of beings as a whole,
an open place occurs.* —Martin Heidegger

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RESOURCES

Contact neil@zampellagroup.com

For the LISTENING PACKET:

include slides, resources, and to become part of our community of learners with whom we share resources and practices.



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