

“Eventually we realize that not knowing what to do is just as real and just as useful as knowing what to do. Not knowing stops us from taking false directions. Not knowing what to do, we start to pay real attention. Just as people lost in the wilderness, on a cliff face or in a blizzard pay attention with a kind of acuity that they would not have if they thought they knew where they were. Why? Because for those who are really lost, their life depends on paying real attention. If you think you know where you are, you stop looking.”

by David Whyte ¹

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. Share a story about a time in your life that you realized “not knowing what to do.”** What did you do at the time? What did you learn from that experience?
- 2. Share about an experience in your life that you needed to “pay real attention” to what was happening at that moment.** As you think about that time, those moments, what feelings are you experiencing in your body? Say more.
- 3. What thoughts, feelings or memories arise when you read these words from David Whyte:** “Why? Because for those who are really lost, their life depends on paying real attention. If you think you know where you are, you stop looking.”

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¹ [David Whyte Inspirational Quotes | A-Z Quotes \(azquotes.com\)](https://www.azquotes.com/quote/1000000) (accessed January 20, 2024).

David Whyte (2009). “The Three Marriages: Reimagining Work, Self and Relationship”, p.88, Penguin