

Finding Room in a Full Life

A five-minute reflection for noticing the season you are living

A gift from Michael Shoultz and Spirit Rising Coaching

“We rarely know we’re living through a season we’ll one day miss.”

Be there.

Life does not become crowded only because we choose the wrong things. Sometimes it becomes crowded because we are surrounded by people, responsibilities, and opportunities that matter deeply to us.

This is not an invitation to fix your life or organize it more efficiently. It is simply a few minutes of room to notice the life already unfolding around you. Set aside about five minutes, and use the space below each question to write — or simply sit with it quietly.

Before You Begin

Place both feet on the floor, if that is comfortable. Let your shoulders soften. Take one slow breath in, and allow the exhale to last a little longer.

Notice where you are. Notice what you have been carrying into this moment.

Nothing needs to be solved before you begin.

QUESTION ONE

What season of life are you living right now?

Do not answer only with your age or circumstances. Consider what this season is asking of you, giving you, and quietly changing within you.

QUESTION TWO

What has become so familiar that you may have stopped noticing it?

This might be a person, a routine, a gathering place, a sound in your home, or a small ritual that currently feels ordinary.

QUESTION THREE

Who or what is asking for more of your attention?

Not more of your time — more of your presence.

QUESTION FOUR

Think of one ordinary moment from the past week you would gladly experience again.

What made it meaningful?

QUESTION FIVE

What might help you be a little more available for the life that is already here?

It could be putting the phone away during dinner, lingering outside for a few minutes, listening without preparing a response, or allowing one moment to remain undocumented.

A FIVE-MINUTE PRACTICE

The Ordinary Moment Practice

Sometime during the next twenty-four hours, choose one ordinary moment and allow yourself to be fully there for it.

Do not improve it. Do not photograph it. Do not turn it into a lesson. Simply notice where you are, who is with you, and what you might otherwise have missed.

Before the moment ends, quietly say to yourself: "This is part of my life, too."

Every season arrives looking remarkably ordinary. We rarely know which conversation, shared meal, evening walk, or unremarkable Tuesday will eventually become part of the story we most cherish.

You do not need to remember every moment. Perhaps it is enough to remember that you were there.

— Michael

