

Joyce Siegel you may share on website w/name -

## Joyce

### **FLEXIBLE HORIZONS**

Line by line reading of a story

Flexible horizons - demonstrates how we need to go with flow and not anticipate endings or process.

- *How does the way we experience a situation change?*
- *How do our past experiences come into play when we hear a story or read a text or are involved in a situation?*
- *Do we adapt?*
- *Should we allow for our frames of references to adapt to what is happening now?*
- *Should we allow our past experiences to dictate what the outcome of a current experience will be?*

## **Peter**

What we learned at MTEI is the idea Flexible horizon. This is how we perceive events or texts based on our past experiences and how those perceptions change as we are living in the moment.

This flexible horizon comes from attentive listening and not projecting our thoughts of what we want the situation to be about.

When we are really tuned in and listening, we block out our preconceived notions that are liable distort what is really happening in the actual experience. This applies to conversations, work experiences as well as text (reading a book). It is linked to the idea of being in the moment

Rather than react, we need to slow down and reflect on what is really happening with the understanding that our internal horizons may be changing and we may not be comfortable at first with the new reality.

Once upon a time on Friday afternoon you get a call from your rabbi. You wonder, why would the rabbi call me on Friday afternoon so you answer the phone and he says to you "I need your help."

The Rabbi continues: I just received a call from a Chabad Shaliach, his flight was cancelled and he can't fly on Shabbat. I can't host him because I am leaving town in an hour so I am asking you to host him for Shabbat. I already told him that you can host him and he is on his way to your house now. Thanks for taking care of it.

*Pause and Discuss – break into triads*

- *How do you feel?*
- *What do you think is going to happen?*
- *Why did the rabbi choose you?*

After preparing your house, you hear a knock on the door and you see a man with a black hat, long beard, and long black coat standing at your door.

You invite him in and you sit down in the living room. He thanks you for hosting him and continues: "I am here for business and my flight got cancelled."

*Discuss*

- *Why did the rabbi tell you he is on shlechet?*
- *Has your perception of this man changed?*
- *Has your perception of your rabbi changed?*

As you continue talking, you wonder what kind of business he is in, and then he asks what do you think about the USA Women's soccer team winning the world cup? You are confused.

*Discuss*

- *Has your perception changed of him?*
- *Who do you think this man really is?*

Joyce Siegel  
you can share  
with my name

Assignment 2

Engage your teachers on learning a text and  
get feed back

Peter Eckstein and I partnered together.  
We both work at the Friedman CSE in West  
Palm Beach, a central agency.

At a staff meeting our colleagues were  
being very inflexible and judgmental of  
a program call Human Design Project. What  
struck me was the immense negativity  
and judgement even before the program begins.  
Peter and I discussed the situation and  
asked for time at our next staff meeting  
to present a text which would reflect  
flexible horizons & attentive listening.  
We were given 20 minutes at the meeting.  
(See attached story)

What happened? The staff was given a  
brief introduction that we just returned  
from MTEI and we were going to share  
a little of what we learned.

How did this compare with what you assumed or hoped would happen?

I assumed they would go along with the study only  $\frac{1}{2}$  heartedly.

Were there aspects of what happened that surprised you?

The staff was very receptive of the idea of reflecting before reacting.

Were there aspects which pleased you?

We were very impressed that they took our short "exercise" very seriously. We are hopeful that it has had a positive impact, especially when it comes to flexible thinking & attentive listening.

Were there aspects you were not happy with?

In review, given that the staff was "very" receptive and reflective during the "exercise" we wished there was more than 20 minutes. I also would have liked to do a follow up session.

What did participants report about their experience?

The feedback Peter and I received is that they agreed with the ideas of flexible hours & attentive listening, however, in reality everyone works in their own bubble with deadlines. They felt our session was informative and wanted to try to use flexible hours in their work.

Changes I would introduce

- longer time for study and chevrutek discussion & sharing.
- follow up sessions > perhaps setting some "flexible" goals and meeting on a predetermined schedule to follow up. This would lead to more discussions, teamwork and change.