Let the Rest of You Arrive

Dr. Michael Christi

Before this room,
there was a journey

A suitcase open on a bed.
A weather forecast.
One more thing to pack.
One more pocket checked.

A question at the door:
“Have I forgotten anything?”

Perhaps there was someone to hug,
someone to arrange care for,
someone you wished
you did not have to leave.

Perhaps you came with excitement.
Perhaps with a little nervousness.

Who will be there?
Will I find my place?
Will there be room
for me as I am?

Then came the road.

The traffic that would not move.
The turn you almost missed.
Rain against the windshield.
A voice from the dashboard
announcing another delay.

Or there was an airport.

Shoes off.
Bags open.
Identification ready.

The line moved slowly
while the clock moved quickly.

And somewhere along the way,
perhaps your patience wore thin.

Perhaps someone offered kindness.
Perhaps you wondered
whether getting here
would take everything you had.

And now,
here you are.

After all the preparing,
the traveling,
the finding your way,
your body has reached this room.

Take a moment
to acknowledge what that took.

[Pause.]

Your feet are here.

Where is your attention?

Perhaps some of it
is still back home,
beside someone you love.

Perhaps it is in an unfinished conversation,
an unanswered message,
a responsibility
you could not quite set down.

Perhaps it has gone ahead,
wondering what will happen here,
what you will be asked to share,
what you might discover.

Sometimes
we put down our suitcases
while still carrying the journey.

So let us take a little time.

Feel the chair beneath you.
Notice where your feet
meet the floor.

Let your eyes find something in this room
on which they can comfortably rest.

There is time for a breath.

And another,
if you wish.

[Pause.]

What has arrived with you?

Is there relief?
Weariness?
Hope?
An ache?
A quiet wish
that someone might understand?

Whatever you notice,
can it have a little room?

Even the part of you
that is uncertain about being here.

Even the part
that needs more time.

You might ask gently:

How much of me feels here?

What is still asking
for my attention?

What would support me
in arriving a little more?

Perhaps a moment of quiet.
A drink of water.
A message sent at the break.
An honest conversation.
A little reassurance.

Perhaps simply permission
to begin
as you are.

[Pause.]

And as you settle,
listen for the hope
that traveled here with you.

What are you longing to experience?

What would you love to receive?
What might you enjoy contributing?

When the bags are packed again,
when you turn toward home,
what do you hope
to carry with you?

A little more understanding?
Courage for a conversation?
A gentler way
of being with yourself?

Perhaps the memory
of being heard.

[Pause.]

Look around, if you wish.

Every person here
has made a journey.

Each has carried things
we cannot see.

And now,
for a little while,
our paths meet.

May we make room
for one another.

May we ask for what supports us.

May we listen
for what matters.

And through the days ahead,
may we keep offering
ourselves and one another
a place to arrive.

Transition into triads

Leave **20–30 seconds of silence**, then say:

“Take a moment to notice what is alive in you after listening. We’ll move into groups of three and make room for each person’s arrival to be witnessed.

“Each person will have three minutes. Listen with presence, allowing the speaker to find their own words. Sharing a little, sharing more, or passing are all welcome. Leave a few breaths between speakers.”

Offer these prompts, inviting participants to follow whichever feels most alive:

1. **What did it take for me to get here, and what has arrived with me?**
2. **What is still asking for attention, and what would support my presence here?**
3. **What am I hoping to experience here and carry home?**

After the three turns, allow **two minutes together**:

“What do you notice now, after being heard and listening?”

Harvest

Bring everyone back and ask:

“What is alive in you now that you would like to offer to the circle?”

If another invitation is needed:

“Is there a longing or request you would like this community to hear?”

Let contributions breathe without needing to summarize each one. Close with:

“Thank you for letting us meet you where you are. Our time together has begun.”