



The Practices Beneath the Practice

“All feelings are fertile. Even the ones we’d rather leave behind. This is a place where shame, resentment and rage can be composted into clarity.”

A reflection guide for relating with and without AI

From the forest floor of **Business Unusual**

Welcome

This is not a quiz.

Not a performance.

Not a problem to solve.

This is a **pause**.

A **compost pile** for old frames.

A **grove** for noticing what is already here.

There are no scores. Only seeds.

You can answer. Or just feel into the questions.

The soil responds either way.



1. Where are you now?

- Can you feel your breath?
- What emotions are nearby?
- What do you already know but haven’t named?
- Does this feel collaborative or performative?



2. Without the machine

Before we invite AI into the room... let's notice what's already present.

- Can you feel your breath?
- What emotions are nearby?
- What's whispering underneath the task list?

Now consider:

- What do you *already know* but haven't named?
- What is your body telling you, that your mind is ignoring?
- Where in your life or work do you feel out of sync?

3. With the machine

If AI is present—or you're imagining it—ask:

- Am I seeking truth, or avoiding a feeling?
- What am I not saying to a human, but can say here?
- Am I shaping the conversation... or is it shaping me?
- Does this feel collaborative or performative?

4. What wants to grow?

Let's imagine not what you *should* do next—but what's ready to unfurl.

- If I slowed down 10%, what might I notice?
- If I didn't need to be clever, what might I feel?
- If my work was a forest, what season would it be in?



✨ 5. A practice to begin

Choose one. Come back to the others later.

- 👐 **Micro-moment of presence**
Look at your hand. Feel it.
You are here. That matters.
- 🌿 **Nature noticing**
Step outside.
Listen for the smallest sound.
Say thank you to whatever is there.
- ✍️ **Write with the wild**
Ask your AI: *"What part of me have I been ignoring?"*
Then listen. Don't rush. Let it compost.

🕒 Orientation over urgency

What would it be like to proceed from presence instead of pressure?