



Heat-Mapping the Invisible



TOOLS: world map — print *this one* or sketch any rough map of your own, only decent enough that someone else would know what it was

DURATION: 10 minutes of the 178 hours in this week.

RISK: connection

OPPORTUNITY: connection like rain

TO PLAY: Print or sketch a world map on a piece of paper. With a few colored pens or pencils, begin to map the invisible. Choose a color to make dots of all the locations of people whom you love. Another color to make dots of all the people who love you. Choose a color to mark the places that you know that have been or will be deeply healing to you. Choose a colored dot that marks the people you know who are

suffering, who could use support right now. A dot for people whom you have not seen for a very long time, but who are somehow still bright in your mind, who you would love to connect within this luminal space at the end of this year and the beginning of the next.

BONUS ROUND: Take a single bright, warm, color, and mark your location in the world right now. Start drawing lines from it to every other dot that you mapped. Draw lines between people who are connected to each other. See the thread of light that connects you. See how many lines there are, the ways you show up in this world right now, before you have even taken any action.

Now simply sit quietly, taking in this, your map. Write the date on the edge. Think about a similar map that might exist a year from now. Don't leave yet. Stay a little longer, absorbing your place in the world. This is a constellation of resilience.



