



## **Practice Spotlight | PROMISING**

featured sculpture of Eoín Burke from the  
Champion | Peace Artist Series

## Founder's Welcome

**A**ny noble vision must be accessible. If a big idea is not able to be approached or accessed it will remain just another good idea (and how good is it really, if you can't apply it?). There are a bunch of good ideas and intentions that remain in the space above the clouds; these good things seldom reach the ground of our lives and their promises remain unrealized. Talk of peace is often in the clouds. Talk of peace can be grandiose rather than grounded in our real lives. This is a problem because peace is possible. Peace can be practiced.

Through the monthly spotlight we will focus each new month on the featured practice. In the course of 2021, the monthly spotlight will feature the twelve sculptures that Eoin Burke created as Peace Right Here's first artist in the **Champion | Peace Artist Series**. We have used Eoin's work to teach peace at Yale University in a lecture series and also at Baylor University in a semester-long course. Many have been inspired and blessed by this unique collaboration and we hope the same is true for you.

In the next seven days you will be invited to observe a sculpture, ask questions of it, and consider your own responses to the figure. Along the way you will hear from the sculptor, Eoin Burke, to learn more about his intention for each sculpture. Additionally, certain days you will have questions and ideas to contemplate. Other days, you will have an activity or exercise to put into action. At the end of these seven days you will have three questions which will allow you a chance to reflect on the practice at hand and decide what the respective practice might look like in your life as you go forward.

Blessings and peace,

Paul Gorrell  
Founder | Peace Right Here

# PROMISING



## PROMISING | Introduction

### **Becomings**

by Paul Gorrell

*For as many times as you are broken apart  
you must put yourself back together,  
that is how you become a man  
that is how you become a woman.*

The dream though  
is for our wounds,  
our broken pieces.  
to have a home  
in each other's hands.

The dream is that we become  
whole as we heal each other,  
whole as we put each other back together.

The becomings of men and women are village dreams;  
promises hard to keep.

Promises can be hard to keep. Keeping a promise can also lead to joy and meaning. Promises can be small, medium, large, simple, and profound. In this 7 day guide we will place our attention on the practice of promising. The figure in Eoin Burke's sculpture entitled "Promising" has their hands cupped. This figure is able to offer and receive with their cupped hands. Promises, like the figure's cupped hands can be offered and received. Promises play a special role in our relationships. As we become better at keeping our promises the health of relationships often improve. The work of peace takes seriously the health of our relationships and so these next 7 days may be a helpful step in your pursuit and practice of peace.

## DAY 1 | The Sculpture & You

First observe the sculpture. Here are some questions and ideas to consider as you take your time getting new perspectives on the sculpture. Feel free to record your own ideas and ask any other question that seems fitting.

- What is this figure doing?
- What emotions do you believe the figure may be feeling due to the position they are in?
- From toes-to-head, consider the experience of each body part (toes/feet, legs, core/stomach, arms and hands, and head).
- What do you think any of the answers to the questions above or any other thoughts you have about this have to do with the practice of promising?

## DAY 2 | Artist Notes

Watch the following video where Eoín Burke describes the features of this sculpture and how it makes sense of the practice of promising. As you watch this video consider Eoín's rendering of this practice and work to see his perspective while also making room for your own perspective and ideas on this practice. Below the video will be some key takeaways from Eoín's words on promising.



- In the practice of promising there are elements of being dependable and reliable.
- Promising seems to require strength and stability.
- The practice of promising has the potential to create reciprocity and mutuality in our relationships since we can be a giver and receiver of promises.

## DAY 3 | Contemplation

Making a promise typically involves more than one person; however it is completely reasonable to make a promise to one's self, the natural world, creatures, and even to institutions or organizations. Take time to reflect on a meaningful promise that you either made or someone made to you.

- What is significant about the memory that came to your mind?
- How does this memory make you feel?
- What insights does this memory offer you about the practice of promising?

## DAY 4 | Action

**B**eing dependable is a key aspect of promising. Make a list of the top ten ways in which you have been dependable throughout your life.



## DAY 5 | Contemplation

The figure in Eoín's sculpture is in a position that he describes as "strong" and like a "column." Columns or pillars are important components of buildings that give the building strength and structural integrity. For some they look upon their lives and always see themselves as strong. Others have a difficult time seeing themselves as strong. Strength comes in many forms and goes far beyond physical strength. Reflect on the different forms/types of strength that helps us keep our promises. As you reflect on the different types of strength, put your ideas below and once you have explored as many different forms of strength, related to promising, as you can; circle your four key pillars of strength. Spend some time considering how you have grown and wish to grow in these 4 areas.

## DAY 6 | Action

**M**ake a promise. Start small and build up your capacity to make and keep promises. Small promises are great training grounds to learn and relearn what it means to promise. When you figure out what promise you will make and the person or entity that you will be making the promise to or with, don't be shy, actually verbalize your promise to the other party (even if it is yourself). So if you get a new pet, you could say, "I promise to care for you." Or if you make a promise to yourself, look yourself in the mirror and say it. Even if you promise to pick someone up from the airport, you can text or call the other person and say, "I promise to pick you up from the airport and I am excited to see you."

The practice of promising is a base element in our relationships; at the same time 1) get comfortable with promising and 2) realize each promise matters and your word is an extension of your very being. As we promise we offer ourselves in the form what we promise. With each promise we communicate what we will do and who we are.

## DAY 7 | Reflections & Going Forward

**Question:** What has this practice looked like in your life up till now?

**Prompt:** Describe something from the past week that you have learned or something that has been meaningful to you, regarding this practice.

**Question:** How would you like this practice to be a part of your life going forward?