# Deeper Dive Meeting 1 Creating Space

## Overview

Watch the recording of the first installment of the Journey You Own Deep Dive Meeting Series where we dive headfirst into the topic of creating and noticing space in your life. In a world characterized by constant busyness and overwhelming schedules, this session offered a refreshing perspective on how space can be a transformative force in our lives.

This deep dive session reframed our understanding of space, urging us to notice how our lives can open up to new possibilities when we consciously explore space as a possibility, a commitment and a contemplation. Whether you seek to regain control of your schedule, find moments of stillness, or explore personal growth, watching this recording will provide you with practical tools and a fresh perspective on how to harness the power of space for a more meaningful existence.

### Summary Highlights

* Intro to the Journey You Own Deep Dive Meeting Series 0:01
* Reframe to notice how our lives open up to space. 8:51
* Space as a possibility. 9:27
	+ Setting an intention for how you want to show up. 13:00
* Space is as a commitment 15:36
	+ What does it mean to be complete 21:20
	+ Practical example of using the calendar as a tool for completion 24:13
	+ Setting a commitment to “complete” the lingering items in your life. 30:44
* Space as a contemplation itself. 32:44
	+ Research studies on pause 33:48
	+ 5-min Guided Meditation on Mind and Body Spaciousness 38:33
* Conclusion 45:12

In the session, Jyothi shared three activities that we encourage for you to consider as next steps on your journey:

1. Set an intention for how you want to show up for the world at the beginning of the week for the next four weeks. Reflect on it each Friday (using a sticky note you can keep with you).
2. Think of some lingering items in your life. Commit to "completing" two to three items before our next session.
3. Practice the spaciousness meditation and see what arises for you.
	* Click here to listen [Cultivating a Sense of Space: 2 Guided Meditations on Mind and Body Spaciousness](https://jyo.world/awareness/guided-meditation-on-mind-and-body-spaciousness/)

Please share any discoveries in the [Maddies Pet Forum group](maddies.fund/JYOcommunity) or email Jyothi at jyothi@jyo.world.

### About the Journey You Own Deep Dive Meeting Series

Join us in this insightful meeting series where Jyothi V. Robertson, DVM, DABVP (Shelter Medicine), led on an exploration of the concepts and practices outlined in the Maddie's University® course titled The Journey You Own: Practices for Wellbeing and Productivity (link: https://maddies.fund/JourneyYouOwnMU). While completing the course is not mandatory, it serves as a valuable foundation for further learning.

Next deep dive meeting is coming up on Wednesday, October 4, 2023 10am PT | 12PM CT | 1PM ET where we will cover Contemplative Practices.

Participants may register once for all sessions and can attend any of the sessions. Can’t make it live? Can’t make it live? Register and receive a link to the recording after each event. Click here to register today. <https://maddiesfund-org.zoom.us/meeting/register/tZIvcuiqrzwiGdPFkVuHuwEgvV7i3OiO9HLq#/registration>