

WANDERINGS

WELCOME TO THE FIRST ISSUE

WILL YOU WANDER WITH ME?

"The first thing you should know about me, is that I am not you. Everything else will make sense after that."

-Unknown

My vision for Wanderings is simple: I want to share my world in a way that feels authentic to who I am, in the hope that something here is of value to *you* in your life. Take what serves you, leave what doesn't. The quote on the left there is a favorite of mine, but maybe not for the reason you might think. First, I don't know its origin; it played across my scrolling Pinterest screen. Second, I like it a lot because first, it is permission-giving. I think, *hey, that's right - I am allowed to be me, and you are allowed to be you, and we all get to be curious (if we choose) about what that means*. It bucks the idea that I need to do something because you do, or feel something, or explain myself beyond boundaries. Instead, it unapologetically proclaims fidelity to authenticity for all. Because if we look at its counterpoint, it is this: "the first thing *I* should know about *you* is that *you* are not *me*. Everything else will make sense after that." And in a world of increasing polarization, inviting space and curiosity are to me fundamental to our most important purpose in this life: human connection.

A LITTLE BIT ABOUT ME

My website's about section says plenty about me, my work, and my credentials. For this space, I want to share from a slightly different lens.

My expertise might seem disparate to some. Yet for me, there is a thread that underpins all of what I do: the human system. I don't just mean physically but cognitively, emotionally, spiritually. I explore these avenues from various vantage points with an appetite for understanding, a respect for the complexity, and a desire for clues to cultivating human flourishing. I love poetry, reading, art, food, music, and dancing. It is very likely that those things may make their way into the dialogue from time to time.



INCLUDE IN YOUR EMAIL

- The name by which you want the response addressed
- A question, 500-words or less that includes:
 - What you are wrestling with
 - Enough context
- The question will be posted with the answer, so do not include identifying information
- Your email address will not be shared

I HOPE YOU'LL JUMP IN

Anyone remember columns in magazines and newspapers where people would write in and ask questions? I've always enjoyed reading those because they often help reframe, reposition, or clarify what might be a difficult thing for someone. I'd love to see if this is a way I could add value.

So, if you would be interested to participate send me an email here: info@corconsulting.io with the bulleted details. I won't answer every question; however, I will try to get to as many as possible. I'll post responses in these Wanderings issues. Remember, responses won't have answers but will likely raise more questions and offer new frames for considering your question. Afterall, it is you who is the *you* expert.

THE MODERN WORLD MAKES PRESENCE DIFFICULT



Scrolling, Toggling, Pinging, Texting.
Fatigue sets in.

Shifting Into. Discussing About. Reorienting Towards.
Exhaustion unfolds.

Sitting, Resting, Sleeping.
Finally. Maybe.

It can be hard to step out of this routine, even for just a moment, because the cognitive load, the disembodied autopilot, create weight on your human systems.

The most grounding thing that I have found to lighten that load immediately is one deep breath. Not one that goes into my chest and back out. I mean a really, slow, lower belly expanding, deep rib engaging, back of the spine moving, top of the chest filling breathe. Eyes closed. Shoulders rolled back and down. Jaw softened. Brows melted. With an exhale so slow it wouldn't blow out a candle.

Then, I open my eyes, and I get back to it. Or not, depends on the day. This practice energizes, it sustains, it quiets. Maybe it will work for you?

A TOOL FOR REFLECTION

As a visual thinker, I love organizing my observations, learning, and experiences into tools. Because reflection is a vital part of learning, I often use these tools to check in with myself or guide others towards noticing opportunities for healthier expression that may otherwise go unnoticed.

I call this tool *Houses of Rest* because it speaks to the different ways our human systems recharge. It is a great tool for reflection when a feeling of heaviness or constraint settles in.

HOUSES OF REST

Am I noticing this experience in my emotions, thoughts, and/or behavior?

Which house of rest would feel most nourishing right now?

What does being present in each of these houses look like for me?

Silence

Withdrawal from outward expression

Solitude

Connection with innerness of being

Stillness

Settling into presence

Simplicity

Allowing less to be enough

CONCLUDING THOUGHTS

Art has been a part of my life for as long as I can remember. As a deep internal thinker, art lets me surface what emerges from the depths. I used to paint more and work with oil pastels. People would often ask me, “*What do you paint?*” I always disliked this question because I never found it simple. I was never an artist who had vision that way. Instead, it was, *what images are in my head? How can I get this experience I am having, these thoughts, these feelings, onto a canvas?*

These days, I don’t have much time to paint. I do enjoy creating digital art every now and again. Most of those works end up being cute animals (chibis if you are in the know) that my sons enjoy. Art for me now manifests through writing, through building, through the creative act of synthesizing knowledge into digestible form. And because art is so important to me, my commitment to this place of wandering is that it is and will be free of AI. Which means, as with all things in human purview, it will not be perfect, nor will it always be polished, or societally neat and well-packaged, digestible. It will, however, be full of heart, of well-considered thought and perspective, an authentic outpouring in celebration of knowledge, truth, beauty. A conversation. I will say this time and again, take what serves you - leave what doesn’t. And yes, that is an em dash, because it fits grammatically, not because AI told me to.



THE WORK I DO

I don’t just work with organizations, I work with people. People of all ages, all walks of life, all budgets. This work does not fit neatly into a menu or a price list of offerings. It sits inside my range of competency, my breadth of experience, and my ability to connect with the human in front of me. If you are curious about how I can share this work with you in support of your own personal transformation, let’s connect.



COR CONSULTING GROUP, LLC

The word *cor* is Latin and means "heart". The heart is an incredible system in the body. Did you know “the heart produces the strongest magnetic field in the body, five thousand times greater in strength than the field produced by the brain.” (Dispenza). This is measurable and pretty special because it demonstrates the inherent power of this bodily system.

This is why I chose the word *cor*, because working with the heart, at the cognitive, emotional, and physiological levels, has profound impacts on our flourishing. Until next time.

WITH GRATITUDE,

Alicia