

Mazes: Connecting through Distractions

MAK Method

Note this method can also be applied to other things outside of spiritually grounding, such as working through distractions and completing tasks

Hello friends, and as promised, below is a blurb about what I find helpful in realigning with self by working through distractions and connecting with the divine. Later, I'll add some reference images within this space. There have been many moments in my own life where either due to something being overstimulating and adversely affecting me (triggers and neurodiversity in mind) or something particularly stressful coinciding with the very moment I planned on connecting with myself, the divine, and enjoying the spiritual aspect of my existence. It becomes especially tricky when those you may be around are either not empathetic, lost in their struggles and problems, or genuinely cannot relate, so assume that things don't impact you as they do. Now during these times, it's far too easy also to get lost in the maze of not being seen or understood, and rather than working through those moments to find your form of quiet or whatever it is helps you remain grounded as you connect and introspect or talk to the divine or worship again in a way that aligns with you be it traditional, esoteric in nature or a combination of the two or some permutation that's uniquely and beautifully yours. So, in line with thinking about mazes, I think of the walls or distractions and how they can build up around you and make it hard for you to find your way out or to the center of the maze (like the reason you wanted to introspect or speak to the Divine in the first place). My method is truly easy, and it involves drawing, as do most things.

Now, we aren't drawing or using software to do anything complex unless, of course, that is both at your disposal and helpful; rather, we draw out simple lines and think about how much this "thing," be

it a noise, person, environment, or intrusive thought build walls around me and I'm aiming to find the exit. During this time, we intentionally pay attention to whatever is our distraction because, like many things in life, trying to ignore things rarely works. If it is helpful to place a legend with different colored lines indicating different distractions or thoughts, I'd recommend adding that. It can also help you identify reoccurring themes and be useful in determining what may need to change so that you can find peace and worship, pray, or meditate as you see fit. With the thought of including a legend, you can add that into what I do next once I'm at a place where I have acknowledged something sufficiently; I like to color in the spaces and spend that time thinking about solutions to deal with those distractions or intrusive thoughts. When I was younger (and ironically before big decisions moments in my life), some folks chose to argue, nitpick, or create noisy environments to disrupt my peace; as much as I may have brought things up or attempted to find common ground, those people and distractions were out of your control (we can't override someone's free will or attempt to change a mind that chooses to remain closed), so when those things seem to amplify, I choose to hold back and consider the reason behind the distraction. Maybe there is something I have been hyper-fixating on, and the universe is trying to help me pull back and trust, maybe that distraction is coming from a place of pain or jealousy and is craving attention or feels ignored by the divine because of their life circumstances, and maybe something can be gained from my patience and going back into my meditative/prayer state, or maybe someone is harboring feelings of resentment or misunderstanding of my spirituality and would rather I either not partake in my spiritual practice or for their entertainment want to distract me. I bring up this element not to serve as another distraction or thing to fixate on but to help you better understand how others may work; as it has done for me, it also helps me check my motivation for connecting with the divine in the first place (essentially to ensure I'm doing so genuinely and not out of fear or anxiety).

So, with that note in mind, there are many different reasons why things happen, and before any one of us goes into a distrustful state or assumes the worst, remember we're coexisting and cohabiting

with other humans who have a right to their business as we do ours. Also, as a reminder, we all have our trials and tribulations or wounds we carry that only we may know of, so we can't assume others don't have them or have suffered less so don't deserve to feel as they are or do not look at folks with compassionate eyes and not take their energy as yours, but still come to forgive them for acting in their humanity, as I'm sure we all at some point have acted out of our own. With that, I hope this helps you as it has me, and if you don't want to draw things out or find you'll judge yourself more than use this method as a visual grounding aid, I suggest finding something that can occupy your mind, like putting together a puzzle, coloring, or making a collage out of magazine clippings.

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