

Interruption

Tennessee Woolf
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Like most,
as a child,
I was taught
not to interrupt.

That's rude.
That's impolite.
Be patient.
Wait.

Fifty years later, it is Sunday morning.
I'm sitting on my shaded deck,
my aging dog resting at my feet,
and I'm mostly watching trees against quiet blue
skies.

I've journaled two dreams,
and surprised myself with their meaning.
I've given myself permission
to listen to bird chirps, songs, caws, and coos.
I'm enjoying a bed of wild white daisies
awaiting the morning sun.

I'm happy.
I'm filled.

I've learned,
through the years,
that interruption
isn't just rude.
Sometimes, it is essential.
It is hard, but kind.

Like the interruption
of patterns of toxic blame
in a relationship
with significant other

that get so strong
and so regular
that I forget the blue skies,
and my dreams,
and the sounds of the birds,
and the fullness of the daisies.

Interruption,
time apart,
though difficult
and scary,
can be
critical.

It's only the interruption
that enables seeing what
remains for two people in
their choice of being together
through the fear,
through the hurt,
through the wound,
through the unfulfilled imagination.

It is interruption,
the courage to do so,
the respect for pause,
that I hope
can restore
adult-grown wonder of
two people
being together.



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Tenneson designs and leads meetings in participative formats. To help people be smarter together. To get people interacting with each other — learning together, building relationships, and focused on projects. To get deeper to the heart of what matters. From strategic visioning with boards to large conference design. He has been a practitioner of Circle and other participative forms for 20+ years. His lineages include The Berkana Institute, The Circle Way, and The Art of Hosting.

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