

REVIEW

***Belonging in Time and Space* – a free guide to belonging, by Hayward M. Fox Ph.D. (David Filippone, Visual Artist), 23pp, colour illustrations, available online at <https://tinyurl.com/ydhl9pgr>
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Hayward Fox writes:

In this time of Covid isolation, it is important that we remain connected. Community is now more important than ever. Towards this end, I am offering a copy of my guide to **Belonging**.

I encourage you to read the guide. The exercises can be practiced either as meditations or contemplations. And I propose that we meet for three, 90-minute online classes and focus on the ideas and experiences conveyed in the guide.

I sincerely hope that we will have the opportunity to meet. Isolation is only a physical phenomenon. We can always connect in mind and heart.

Hayward M. Fox, Ph.D.

Reviewed by Lucy Scurfield

In this piece Hayward Fox, a previous *S&S* contributor, explores ideas concerning our relationship with space and time and the importance of connection, at least in mind and heart, particularly in this time of isolation during the Covid lock-down. He combines his reflections with practice, helping the reader to focus on the explored themes through meditation or contemplation.

This seems very appropriate at this juncture, when we're being told to separate from each other in an unnatural way, with the world in such turmoil. The question of how would it be to consider that '...we were never separate from the unbroken wholeness of space and the dynamic presence of time?' feels very pertinent and poignant.

Fox can be verbose in conveying something simple – e.g. in **Practice 6**: 'Note the consolidating tendency of attitude, how the body holds form and how the mind forms viewpoint.' But I may be underestimating the complexity of the subject matter and the need for nuanced expression!

There is a lyrical, almost poetic quality in the writing. In **Practice 7**, Fox expresses beautifully the meditative experience of allowing thoughts: 'Imagine the mind as open sky. Attend to thoughts and note how they appear and disappear. Imagine thoughts as passing clouds, having neither permanence nor substance.'

Beautiful imagery abounds, particularly on a second and subsequent reading. In the first reading I did find the links to the originating website somewhat distracting. Perhaps a single reference could have been given at the end, though the website states that attribution is unnecessary.

I wonder if Hayward's D.Phil. title might distract from the contemplative quality and aim of this guide. Readers are likely to want to know more (see <https://tinyurl.com/yc2d6eje>).

Lucy Scurfield is Chair of the AHPb.