

**Threshold For Change-Ideas That Matter**  
**Meditation**  
**June 29, 2020 Originally...February 4, 2021 Currently**

Today we find ourselves in the cracks...

As the ground shifts and moves beneath us...

We can look at these cracks as troubling...

Or we can look at these cracks as portals of light...  
Inviting us to wedge ourselves into them...

Hold them open...

Hold this tension as a means of change...

These cracks give us pause...

We've been forced to stop...to reflect...to observe what we've been doing...

The word essential has been used more in our lives than ever before...

What comes with that is the idea of what is non-essential...

We've had the unique opportunity to notice things, procedures, policies, services, and elements  
of the greater system we find ourselves in, that are non-essential...

So our challenge is, what will we do with these identified, non-essential elements that comprise  
our day to day lives...

Will we be willing to let them go...

Will we be willing to move forward, suspending the voices of judgment, cynicism and fear...

John O'Brien writes:

"Within ourselves, and in conversation with others, we will hear the voices that try to numb us from sensing the impacts of structural violence, absence us from highest possibilities, and frighten us away from inventing new structures and practices. If we take a moment reflect on what these voices say to us and when they show up, we can notice some of the ways we limit ourselves by shutting down curiosity, blunting compassion, and discouraging reaching out and

stepping forward. Reflecting on our own voice of judgement can show us some of the prejudices we reproduce. Reflecting on our own voice of cynicism can show us how we retreat from exercising power with others. Always coming back to discover how to hold the space as the ground shifts will put us in position to act responsibly.”

So...what next?

We start by bending the beam of observation, first and foremost, onto ourselves...

Being clear about Where We Stand...

Leaning into the importance of leading with Open Mind, Open Heart and Open Will...

Here we sit together today as human beings in unison around the idea that we can affect, real, sustainable change...

*Sonya Renee Taylor shared with us, at the outset of the pandemic:*

*“We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.”*

So, as we exhale today, collectively, let us let go of that which is non-essential...

Let’s be in stillness for as long as we need, to be sure that each step we take into the darkness, the darkness of the unknown, with hopes of transformation, we bring light...