



One of my first thoughts on hearing of the pandemic is “what’s really going on?” What am I trying to learn? What is humanity as a whole trying to learn?

I don’t believe there are any mistakes. Oh yeah, there’s lots of things that happen to me which I would rather avoid: like the cardiac issues which sent me to the ER four times in 2018. But everything that arises in my life or yours, and in the life of planet Earth has prior causes. The law of karma; every action has an equal and opposite reaction.

To see through our delusions, our fantasized projections about what is happening and why, is the beginning of wisdom. Neo, played by Keanu reeves, In the movie The Matrix made the right choice, took the red pill and dropped out of illusion into reality. It was not “happy days” reality, but a nightmare world in which humans were controlled by machines. But once he saw reality for what it is, he could fight for his and humanity’s freedom, and therein he found and fulfilled his purpose.

At this time we are all going through limnal space. Anthropologists first introduced the concept of liminality when writing about indigenous rituals like rites of passage and other forms of initiation that usher initiates into a process of transformation—like the passage from childhood to adulthood. These rituals were typically challenging—like a walkabout or vision quest—sometimes life-threatening, and always transformative.

Like the graphic above, one enters a dark space of unknowing, leaving the world of the known for some future reality not yet fully realized or understood.

Think your life or mine is going to return to reality as usual? Think again. We are needing to learn some lessons. A process of waking up is already taking place.

What are you trying to wake up to, to see and feel more clearly? What are the lessons humanity is trying to learn?

My session is about you. I’ll talk for a few minutes and then we go into breakout discussions. I can share how I answer these kinds of questions, but your reflections are what’s important. Each of us needs to evolve a framework of understanding at a personal and communal level that puts this pandemic into a perspective which can lead to positive change. Otherwise this crisis and others to come are simply train-wrecks that keep happening and leave us wounded, fearful and bewildered, always trying unsuccessfully to dodge the bullets the never becoming any the wiser.

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