We Must Deepen Our Capacity for Healing
by DailyGood Editors

In the wake of disturbing recent events in America’s capital, community leaders, activists, authors, artists and teachers are speaking up for justice and peace. Here we share timely reflections, resources and inspiration from various voices that DailyGood has featured over the years.

Parker Palmer: Author, educator, activist

Wed., Jan. 6, 2021, is now engraved in American history as yet another date that reveals how fragile our democracy is—and how strong. Like a KKK rally, the insurrection brought us face-to-face with an evil that has lived among and within too many Americans from the start of this country.

Many have been laid low by this latest edition of ugly news. But if we can face into it honestly, we can turn it toward the good. The presence of this evil in our hearts, families, friendship groups, neighborhoods, workplaces, houses of worship, etc., means we can—and must—play a role in confronting and containing it. That’s something I intend to write about in the days ahead...

But the ugly American face we saw on Jan. 6th is not the only face America has. Today I want to feature some friends of mine who represent the face of love, truth, and justice. Each of them has an upcoming online event that you may want to participate in. People of good will need opportunities like this as we absorb the insurrection and the pandemic rages on.

These good souls are among the folks I turn to when I’m “standin’ in the need.” I’m glad to share them with this community, to which I also turn... Please feel free to add online opportunities for which you can vouch, as I vouch for these.

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On Jan. 9, 2021, at 10:30 PM EST, my friend Diana Chapman Walsh, president emerita of Wellesley College and a great American educator, will host a live conversation on climate change with the Dalai Lama and Greta Thunberg. “This intergenerational discussion will explore what can be done to slow, halt, or even reverse this threat before it’s too late.” Learn more + sign-up at https://tinyurl.com/y6jps8ug.

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On Jan. 12, 2021, at 8:00 AM PST, I will join once again with my friend Sharon Salzberg, a
widely-respected and much-loved mindfulness teacher, for the first session in a 9-month series sponsored by the Wellbeing Project, whose mission is to support the inner lives of activists around the world as they work on the front lines of love, truth, and justice. Learn more + sign up at https://tinyurl.com/ycpfmgm8

My friend Valarie Kaur, author of “See No Stranger” and founder of The Revolutionary Love Project, has a new project that will give us a chance to take our own oath as citizens as the new administration is sworn in. In Valarie’s words, “In January, 2021, we will hold The People’s Inauguration. Only we can bring our communities together, tend our wounds, and begin the labor of reckoning, reimagining and remaking our nation block-by-block, heart-to-heart.” Learn more + sign up at https://tinyurl.com/ybvn88sb

More from Parker Palmer here.

Rhonda Magee: Law professor, mindfulness teacher, social justice activist
I teach about the history and dynamic maintenance of White Supremacy through law. We need to study this to understand how systemic racism has been preserved-through-transformation over our very lifetimes, and what we can do about it

More from Rhonda Magee here.

Bishop Steven Charleston, Native American elder, author
Stay steady in the Spirit. We knew these days would be difficult. We just did not know how difficult. But now we do. Now we see the level to which our society has fallen. And yet, we are not afraid. We do not look away. Why? Because that level is a measuring stick to show us how much repair work we need to do to restore our national family. So we are not dismayed because that is what we expected. That is why we are here. We are called to this moment to do the work that must be done, the work of healing. We come from many different faiths. We pray in many different ways. But we are all here for the same reason. We are here to help restore our national community, and by so doing, restore hope to the world. Stay steady in the Spirit.

More from Bishop Steven Charleston here.

Carrie Newcomer: Artist/Musician

A Speed of Soul Encouragement - Acknowledging Grief, Claiming Love, Remembering Radiance

In the wake of January 6th many of us are wrestling with grief, dismay, anger, racial double standard and discouragement. So today I acknowledge what is hard as stone. Let’s not candy coat anything. But let us also claim that there is a stronger force, a deeper truth and a wide and active community of good hearted, decent people. Let us remind one another of all the fine and honorable people in our own lives. Let us remind ourselves of how many people got up this morning and continue to make the world a kinder place, one day, one person, three feet around them. Yesterday I wrote my legislators, and encourage others to claim agency and let their voices be hear. But I also encourage digging into what makes your life good. Howard Thurman wrote that “hope is the
rememory of radiance, the assurance that Light will be Light, even when walking in dark places.” I am gathering to myself that remembrance of radiance, the assurance that even in the aftermath of viewing the forces of shadow close up, goodness is still goodness, Light is still Light, and hope is still here and has not been hemmed in. I wrote my legislators, but I also texted a few dear friends to tell them I care, and to express that I am grateful for their presence in my life and in the world.

My encouragement today is to claim agency and to claim love. Text, zoom, call or somehow connect with someone who you think of as a treasure in your life, someone that illuminates your life, who reminds you of the power of love and the remembrance of radiance. Reach out and affirm what keeps saving us - goodness, kindness, faithfulness, gratitude, generosity, hospitality, justice and love...always love. Lay your hand on your heart and know that you also illuminate the lives of others around you. You are also doing what you can each day, in your own way, to make the world around you a kinder place.

Today we acknowledge the shadows, but we lean into the light.

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More from Carrie Newcomer here.