



Living in the Balance

November and December 2021

Jane Goodall just kicked my butt. At 87, she has just released another book, *The Book on Hope...Fighting Climate Change with Optimism*. In an interview with PBS, she said, *"If we all lose hope, we're doomed. ... I've met so many people who don't have hope, who say they feel helpless and hopeless. And I say to them, 'Well, that's because we're always being told think globally, act locally.' But quite honestly, if you think globally you're just so depressed. I mean, every day we're bombarded with bad news socially, politically, environmentally, but turn it the other way around, something that you feel, 'I'd like to do something about this.' And either you or, hopefully, you and some friends get together and start doing something and you find you make a difference. And then you realize that, well, in other parts of the world, people are feeling like you, are doing like you because they are being advised to take local action, and you've made a difference so you want to do more. And that's inspiring other people. So it's an upward spiral like this, of growing hope with action. So for me, hope isn't just something where you sit back and say, 'Oh, I hope everything will be OK.' No, I don't look at the world through rose-colored spectacles. We've got to work to make what we hope for, happen."*

Goodall says we don't have to do it all....just our part. I have been listening to a lot of James Hollis who continually asks, "Does what you are doing expand or contract your life?" And just today the question came up from another source.... "Does this support the life I am trying to create?" I have always had a to do list and goals and projects. And over the last two or three years....yes, pre-pandemic....these questions have been calling me, but at this point I am a lot clearer about what is not calling me than what is. Hollis asks me to explore the "summons" of my life which feels a lot deeper and wider than "calling." Hmmmm. Good questions, James and Jane. And as it has been for some time, a question without an answer.

Having been a Crusader Rabbit most of my life I've taken on a lot of crusades. In his podcast, Robert Ohotto asks this question, "Can you leave the battlefield? And do you know if this is even your battle?" Crusader has tilted at many windmills and now asks if they were mine to tilt? Something that is helping me with my puzzlement is discerning the difference between a "concern" and a "problem" with the crux being who "owns" the issue. I have a lot of deep concerns about family, friends, my community, the world, but having concerns does not mean that I am to take on every single one of those concerns as my personal problem to solve. In her own way, Jane Goodall says to choose your battles, *"You don't have to do something big. Make a conscious decision (for the planet)....like eating less meat."* And a caveat for Crusader Rabbit is the reminder that I don't have to go down everyone else's rabbit hole.

As I try to ferret out my "what next" I ask myself the Hollis question, "What is this....whatever this is....in service to?" If I am to sort my grain of sand to carry and to hear something larger than myself...call that Soul or Universe....I must be quiet enough to listen above the shouts of all my mind traffic "committee members" who want another Netflix binge and pint of gelato. Can I call forth my inner Jane Goodall....to be hopeful, mindful, and aware believing that whatever the Universe and my soul require will show itself? I don't know. And for right now not knowing is OK.



About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in a more intentional way
- Discerning ways to live in a more integrated and whole way
- Standing at a crossroads in your life
- Exploring new or fresh ways to be in relationship with God

For more information about Spiritual Direction, please feel free to contact me by phone
864-246-3960 or via email at wmeade@meadellc.com

Wanda Meade, M.Ed.
Completed Haden Institute in Spiritual Direction Program
PO Box 14940
Greenville, SC 29610

None of these photos are mine.

