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We stand in a precious moment. It is natural now for our attention to be drawn towards all that is collapsing. We are in that moment of punctuated equilibrium, as systems scientists call it. Our pre-existing ways of seeing and understanding — the stories we tell ourselves about our lives and our world — simply do not help us make meaning from these times. Our tendency to look back at what was, in order to understand what is, don't provide much comfort.

Many feel they are dangling from a tree branch, extended out over the edge of a great chasm. They will not let go until they understand they are dropping into something real. Dropping into a place where they might thrive.

This time of punctuated equilibrium is as much a beginning as it is an ending. We don't see the beginning, because we have yet to create it. It requires hard work to create the new. We must do it together.

Corona is an unimaginable disaster across our planet, and it has also been an incredible teacher. We have learned that another life is possible. Just like the Triple Disasters in Japan, Corona released us from a future we did not want.

Will we try to claw our way back to an old way of life which was destroying our planet and our souls, or will we find the courage to release into an unknown and work together to create what is possible now? There really is no choice. We can't go back. We must find the courage and compassion, the wisdom and trust to go forward. We must journey together with true companions. We will make the path into an uncertain future, step-by-step, knowing we are not alone.

Spirit guides us. We must remember to invite her in.