



(R)EVOLUTION

Welcome to the revolution of evolution.

It starts (and ends) with a prayer in Sanskrit:

Lokah Samastah Sukhino Bhavantu

(Low-KAH Sah-moss-TAH Soo-kee-NO Buh-vahn-TOO)

This translates to "May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all."

It starts and ends with you. By transforming yourself, by sparking evolution in your own consciousness, you work to transform the world. One heart at a time. One spark of spirit flaring in the darkness.

We're riding the cusp of evolution. We're writing history. I truly believe the things we do RIGHT NOW will ripple through future generations, and RIGHT NOW is the time to choose love and compassion, to recognize our own power to change the world.

It's time to weed out the prejudices written in your bones, to travel through your own shadows and accept them. It's time to recognize your own privilege, whether that's the color of your skin, your sexual orientation, the biological lottery of X and Y on your chromosomes. It's time to use that privilege. This is no time for guilt - for white guilt, cis guilt, male guilt. Instead of feeling guilty, feel resolved to do better, to be better, to intentionally evolve your consciousness.

If you're white, root out your ingrained prejudice against people who aren't. Stand for black people, brown people, indigenous people. Listen to their voices and believe what they tell you about their experiences. Recognize that, no matter what your socioeconomic status is now or was in the past, you had a leg up because you are beige instead of brown. Recognize that no human is illegal. Recognize that black lives matter.

If you're heterosexual, root out your ingrained prejudice against LGBTQA+. Recognize that love is love. Believe people when they tell you their gender and their sexuality. Use correct pronouns and names, no matter how confusing it is.

If you're male, root out your ingrained prejudice against women. Pay attention. Believe them when they tell you they've been abused, harassed, or touched without their consent. Speak up for them, but resist the temptation to speak for them or over them.

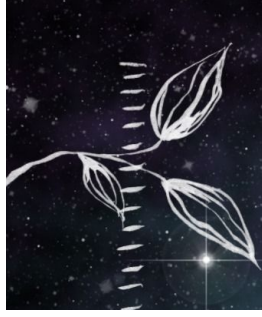
If you're Christian, root out your ingrained prejudice against other faiths. Recognize that faith is faith, that belief is belief, and all faiths are valid. Recognize that the world is large and complicated and there's plenty of room for all gods at the table.

You may be surprised to find prejudices you didn't realize you held. You hold the glories and the regrets of your ancestors - this is coded in your DNA. Now is the time to end the ceaseless cycle of repression and oppression. Hold onto love. Hold onto hope.

Hold on to each other. Lokah Samastah Sukhino Bhavantu.

I love you. I believe in you. Step through the door.

~ Sarah



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