Happy New Year! You are cordially invited to think about thinking differently in the new year.

**Explore the Theme**

**KEEP AN OPEN MIND**

to how the *process of seeding* has evolved throughout the universe, both locally and globally —

“The growth of new structures, everywhere, often depends on the introduction of new material into the environment, and this **SEEDING** can occur here, there and everywhere in nature through many different agents and on every scale imaginable.”

**WATCH:** “Seeding the Environment — Here, There, Everywhere” a 3-minute video from the Chandra X-Ray observatory at Harvard Uni-

“*The times are urgent; let us slow down* .... Once in a while we’re reminded how things fall apart, as we have been by the pandemic. Nothing makes sense any more, and there’s no progress, no walking forward. That’s where slowing down fits. It doesn’t mean slowing down in the same direction we’ve been heading in . . . . What do we do when we need to break out of the familiar? We make sanctuary — be in that place of lostness, the lostness of a seed buried in the ground that doesn’t lose anything but gains a forest, the lostness of the child in the woman. This is a place of growth, of becoming wilder. We’ve become so stuck in familiar patterns of engaging activism. We need a break in the business as usual.”

**VISIT:** Báyò Akómoláfé’s website: https://www.bayoakomolafe.net/

**WATCH:** “Let Us Make Sanctuary” — a one-hour session with Akómoláfé on YouTube, from which the above quotes came; https://www.youtube.com/watch?v=m4XkmPxpogl

“*Selah*” — in a 6-minute video, Akómoláfé speaks about the biblical practice of “selah” mentioned often in the Book of Psalms: a pause that invites both silence and improvisation; https://www.youtube.com/watch?v=PeX6PvBpDis

**MEET:** Báyò Akómoláfé – Nigerian (Yoruba) philosopher, writer, activist, professor of psychology and professor of the Emergence Network — http://www.emergencenetwork.org/

“*There is nothing constant in the universe. All ebb and flow, and every shape that’s born bears in its womb the seeds of change.*”

Ovid, Roman poet, 1st Century CE

**WATCH:** “Seeding the Environment — Here, There, Everywhere” a 3-minute video from the Chandra X-Ray observatory at Harvard Uni-

When do I/we feel the need to “break out of the familiar?”

What “new material” do I/we need in order to grow?

What “seeds of change” are being sown?

**Explore the Theme —** LET’S TALK ABOUT SEEDING

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