

Rev. angel Kyodo williams:

Our teachers are really the people, the situations that we confront moment to moment, day to day, month to month, year to year, that incite a sense of discomfort, dis-ease, awkwardness in us. And rather than seeing those moments as threats to who we are, if we could reorient, if we could center in our relationship to ourselves as evolving, fluid, ever-expansive creatures whose role is to be in observation of: What is that? What has that inspired? What has that called forth in me, that discomfort that is speaking to something that feels solid and fixed and is now challenged in its location? — if we could do that, if we could live our lives in a way in which we understand that our deepest learning, our deepest capacity for growth comes not from walling ourselves off from the things that make us feel a sense of threat or discomfort or out of alignment or out of sorts, but rather, figuring out what is speaking to us when we feel those things, and what do we have to learn from that teacher that is embodied in that situation, that moment — not so that we become something different than who we are, but that we're evolving into a greater and greater sense of what it means to be fully human, to be radically, completely in the truth of the human experience and all of its complexities.