



The Echo of Self-Empowerment

This month has had a strange rhythm to it. It has been a mixture of excitement and joy, moving at a slightly quickened pace giving the impression that the month would be finished before we knew it.

Lulled into a sense of relaxing in

the flow of autopilot, we were suddenly stalled and thrown into reverse as we were drawn to days gone by but, thankfully, not totally forgotten. This ten-day block of time experienced in slow motion was only giving the extra time to once again drink in the magnitude and importance of the occurrence, reverberating throughout the globe.

Bits and pieces of thought floated in my mind: the word here, a phrase there, a heart a-flutter, a heart aching sadness and grief. In experiencing the extremes of living life, it points out to each of us the highs and lows. The necessary low points of our lives show us the capacity to enjoy the highs that much more.

A great many of us shared the experience of attending a high school or college graduation in recent weeks. A massive collective listening to inspiring speeches meant to uplift each graduate to do better, work harder, roll up their sleeves to become the best of themselves while seizing their dream of the future. The theme of self-empowerment was a common echo resonating from one ceremony to another.

I attended a high school graduation whose keynote speaker, Anucha Browne, an alumna of the all-girls school, brought up the salient points of following what your heart speaks to you (and be willing to endure the consequences); having the support structure of a loving Sisterhood; and the importance of empowerment of self and others. The reliance we all have on one other and the joy we all celebrate when one achieves, because Sisterhood understands that all accomplishments are worthwhile for the whole. I thought back to my own high school graduation in 1968. Being a Baby Boomer I idealistically believed that our sheer numbers would be able to achieve peace. My thoughts drifted to the world today. Hope may not be a plan, but seeds of hope must be carried in each of our hearts.

Soon after this graduation, with phrases from the speech echoing in my mind, the world took the collective in breath upon hearing of Muhammed Ali's transition. Self-empowerment's echo began its resurgence just as the graduation speeches were beginning to fade. Ali listened to his heart and endured the consequences laid upon him. What he was able to withstand without bitterness only made him stronger. No stranger to the concept of self-empowerment, he consistently planted empowerment seeds in all he met throughout his life believing in the support structure of Mankind.

Support structure of Sisterhood/Mankind Empowers.

Native American Faithkeeper of the Turtle Clan of the Seneca Nation, Oren Lyons, stated at Ali's funeral, "He was a free and independent spirit. He stood his ground with great courage and conviction and paid a price, and this country did too, we all did. Values and principles will determine one's destiny...."

Once again the silken thread of connection weaved its message. Our hearts speak the words of ancient wisdom. Listen. Find your truth and follow it. Hold the torch to light the path for others to discover their own way. Support one another.

I hesitate here for a moment. Something is telling me this article is not yet complete; something further is coming to draw an exclamation point and underscore the importance of Sisterhood/Mankind support structures. But not knowing anything further I leave you now –

With Gratitude,

Kai

(Note: Between the time I had typed this article and let it rest in preparation for a last editing read through, the horrific occurrence at the Pulse club in Orlando had taken place. Once again we are called upon to send our healing energies to all those touched. Once again we are reminded that we are all touched. Once again we are called upon to act in concert doing what each of us does, combining our strengths, joining in the Sisterhood/Mankind support structures. All too frequently as of late we are called to think our best, be our best, and do our best! –KG)