



## *Truth is Power*

Dharma means truth. As we enter the "post-truth era," where words become swords that slice and shred, rending the tender fabric that binds us, truth matters. Honest words matter.

Truth. It is not a teacup or a knee cap or a long-distance romance, something easily shattered in awkward hands or on slippery ice, or through the ache of infidelity. Truth is the cloth that connects; it's what ties me to you and us to everything else: tall furry trees, dappled golden light, and tiny things, too-beetles and bed bugs, fire ants and fleas.

Truth is the needle. Love is the thread. Stitch by stitch we claim our place. When we speak authentic words, we begin to heal ourselves into wholeness. Speaking truth to power is an urgent responsibility. Sometimes this means a firm and uncompromising "no:" no to hatred; no to bigotry; no to intolerance; no to injustice and divisiveness and fear. And sometimes it means a full-throated "yes:" yes to big-heartedness; yes to tenderness; yes to beauty and curiosity and freedom and peace.

Now is the time to tread the path with care. Not care as in careful or cautious. Rather, fierce, dogged, righteous care. This is not the time for passivity or despair. It is time for us to feel the equal force of our love and our outrage, and then to act.

Each act of potent love is a prayer, a story, a song; each stitch we make is a testament to our undaunted resilience and undying faith. Faith that while, "the arc of the moral universe is long, but it bends towards justice," that there can be no justice without our wholehearted participation. The moral universe needs us. Now.

Stitches, steps, songs. This is the time to find our footing and claim our voices. Time to join hands and join hearts; a powerful chorus of pilgrims, singing our way home.

Here are a few practical suggestions:

- I highly recommend two documentaries:
  1. [The 13th, a Netflix documentary tracing the history of slavery to mass incarceration.](#)
  2. [Before the Flood, a free National Geographic documentary featuring Leonardo DiCaprio on climate change.](#)
- Consider divesting, I have. Move whatever resources you have out of companies that do not represent the values and people and communities you love. (If you watch "The 13th," you will learn about companies that do not honor

The fact is that we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement...

In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe. But that is not what great ships are built for.

~ Clarissa Pinkola Estes

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our common humanity: AT&T, Comcast, State Farm, big banks.)

- Whatever cause or issue grabs you, whatever wrenches your heart-misogyny, homophobia, racism, sanctuary, climate change-step in and step up. Don't sit on the sidelines. Now is not the time to wait. Jump in. Engage.
- **Be kind, but do not be quiet.**

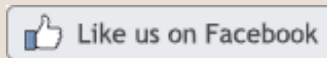
Wishing you and those you cherish a peaceful turn of the year.

With love and appreciation,  
Pam

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