

This meditation is designed to help us use our rage and our grief as a catalyst to create. There are so many crises happening in the country I live in, the United States, and around the world right now. Every moment there's more horrific news, and it's easy to fall into a sense that we can't do anything or that what we can do is simply not enough.

In a sense, this is true. What's happening is so big that our individual action can be small. Yet it is these small acts of resistance that create change. It's our human relationships with one another to give us the potential to shape the world into something better. Every action has a ripple, and a ripple can be any size. We don't even know most of the time how we affect people, how we affect change. So to get lost in the not enough feeling simply keeps us stalled from acting at all.

So the purpose of this meditation is to help us move through our grief and our rage, or rather, to be with them in such a way that we can use them to help us remember that our art is needed in these times. Art is a way of helping others feel less alone. It's a way to say no to injustice. It's a way to contribute to resistance and a way to dream up other worlds, worlds that are liberated, equitable and just.

This meditation should be done when you feel a sense of support and when you have internal consent from your heart, your bodymind, and your parts to be with the raw emotions of grief and rage. If you're not in a space like that, it's okay. You can come back another time. As with all my meditations, please take what works for you and set aside what doesn't, or transform the prompts that I offer into something that does support you. Listen to your own wisdom.

Begin by finding a position that is supportive to you right now. This can be anything from laying down, walking, sitting, or even being in the bath.

I invite you to settle into this position and to really notice the ways that this position is supporting you right now.

For some, it might help to close your eyes. For others, you may choose to keep your eyes open, and for some you may want to visualize in this meditation, while others of you may choose to use this meditation as journaling prompts or drawing prompts.

As you notice what it feels like to be in the position you're in right now, you can also notice what's supporting you right now. This might be the surface that you're sitting or laying on, and the way it holds your body. It might be the ground beneath your feet, the earth beneath you.

You might also notice the support of a blanket if you have one, of the clothes you're wearing, of a stuffed animal you're holding or something you're holding to stim with.

You are being held right now in many ways. Can you notice what's holding you?

At any point during this meditation, you can return to this support. You might view the prompts that I offer as the practice of dipping a toe into a pool. I'll invite you in a moment to get in touch with rage and grief and other intense emotions and sensations that are alive for you right now. Know that you can turn your attention toward those emotions and sensations. And just as you can do that, you can turn your attention away from them when you need to, dipping right back out of the pool of your emotions and sensations, and diverting your attention to something that feels more grounding.

I invite you now to notice any fear, rage, or grief that's alive for you right now when you think of the crises and injustices happening around the world, right now.

As you notice these emotions, you might note how they feel for you right now.

Are they located anywhere specific in your body?

Are these emotions big or small?

Are they accompanied by sensations?

What are those sensations like?

Does your fear move or is it still?

Does your rage have a color associated with it?

Do any images or words make themselves known to you when you notice your grief, your fear, your rage?

If what you're noticing is overwhelming, you might play with your attention, tuning away from the emotions and sensations.

Noticing the support that's here for you right now. Noticing that your physical form is just here, listening is not in danger, even if your emotions feel very strong.

While you practice the art of being with your grief, rage and fear, there are many ways you can support yourself while you're sitting with these intense emotions.

You might place a hand on your heart. Or wrap your arms around yourself in a hug.

You might offer yourself some comforting words.

You can try breathing in a way that feels like a hug to you.

You are feeling this grief, rage, fear because your heart is awake. Because you care about other beings. Because you care about our world.

Taking the time to be with these emotions is brave, and it's also a type of resistance because our world asks us to shut off from what we're feeling.

When we take the space to feel our rage and our fear and our grief, we're honoring the beings that we care about. We're honoring our humanity. And it's from here that we can act.

As artists, we have a great tool that of our imaginations. We can dream up alternatives to the violences

and the oppression that we see before us.

I want to offer some lines from the poet Philip Metres from the end of his book *Shrapnel Maps*.

“About the US. William Strafford once wrote, “We live in an occupied country, misunderstood;/ justice will take us millions of intricate moves. We are here for such a short time and then we are gone. I wonder: how can we listen better, attentive to the shards of pain, and invite the gentle flowing of kindness? What do we say to those who remain in the thickets of suffering? How can we dismantle the structures that destroy others and ourselves? What can we do in this brief space of our breathing? What will we make instead?”

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You might take a moment, checking in with your grief and your rage and your fear and your bodymind and your parts, and you might ask them, what will we make instead?

Can you let this question and the answers that live inside you guide your art making practice? And I'll remind you that as artists, we make art through writing, drawing, dancing, painting, making films, through all sorts of externalized art that we produce. Yet as artists, we also have the choice to live our art, to live our lives, to live our lives as an artistic practice. And that practice can be one of resistance. It can be one of making something else instead.