

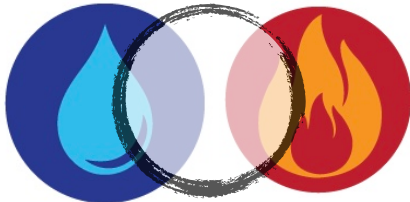
# Introduction to Thresholds

On The Journey we will encounter four thresholds. Because thresholds are places of great potential we'll explore them in depth as we move along the path.



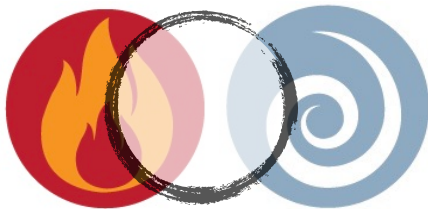
Between the story and the field of openness:

WE ARE LOVED



Between the opening place and the sacred:

WE ARE HELD



Between the sacred and the co-creation:

WE ARE SENT



Between co-creation and return:

THERE IS ALWAYS MORE

*“Sit, be still, and listen, because you're drunk and we're at the edge of the roof.” Rumi*

The word threshold comes from the age-old practice of threshing or beating the husks away to reveal the kernel of grain. What is revealed at these liminal or in-between places is what lies at the heart of the matter.

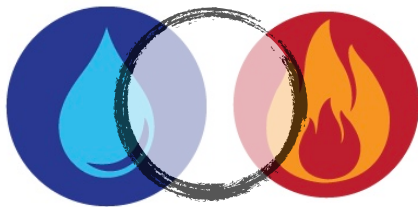
Throughout history human beings have considered threshold places to be places of danger and opportunity where caution should be exercised. Fear of the unknown, uncertainty and questions regarding the way feel threatening to the would-be pilgrim.

## LETTING GO TO LET COME

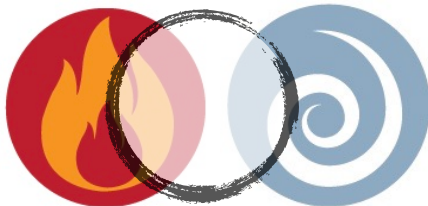
Transformation is hard because it always brings with it the possibility of loss. None of us likes loss. It is part of our evolutionary survival mechanisms. But loss is the necessary portal into the emerging future. It's the felt experience of loss, and the apprehension, fear, and anxiety associated with that possibility of loss that generates resistance and at the same time invites us to grieve. We will attend to our encounters with grief at each of the four thresholds.



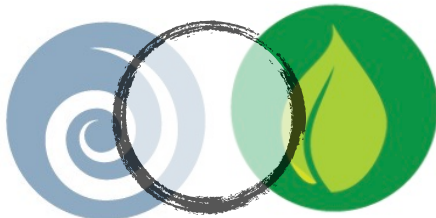
T1: Blessed: Letting go of shame and a contracting story of a small self entering into a field of openness



T2: Held: Letting go of well practiced capacities in order to surrender to the Divine



T3: Sent: Letting go of a powerful experience of the sacred to take a gift into the world



T4: Return: Letting go of a sense of completeness to begin the journey again but from a new "place"

The Breeze at Dawn  
The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
You must ask for what you really want.  
Don't go back to sleep.  
People are going back and forth  
across the doorsill where the two worlds touch.  
The door is round and open.

Don't go back to sleep  
Rumi