



## KEEP AN OPEN MIND

to how the **process of seeding** has evolved throughout the universe, both locally and globally —

“The growth of new structures, everywhere, often depends on **the introduction of new material into the environment**, and **this SEEDING can occur here, there and everywhere** in nature through many different agents and on every scale imaginable.”

**MEET:** Báýò Akómóláfé – Nigerian (Yoruba) philosopher, writer, activist, professor of psychology and professor of the *Emergence Network* — <http://www.emergencenetwork.org/>

“**The times are urgent; let us slow down ....** Once in a while we’re reminded how things fall apart, as we have been by the pandemic. Nothing makes sense any more, and there’s no progress, no walking forward. That’s where slowing down fits. It doesn’t mean slowing down in the same direction we’ve been heading in . . . . What do we do when we need to break out of the familiar? We make sanctuary — be in that place of lostness, the lostness of a seed buried in the ground that doesn’t lose anything but gains a forest, the lostness of the child in the woman. This is a place of growth, of becoming wilder. We’ve become so stuck in familiar patterns of engaging activism. We need a break in the business as usual.”

**VISIT:** [Báýò Akómóláfé’s website: https://www.bayoakomolafe.net/](https://www.bayoakomolafe.net/)

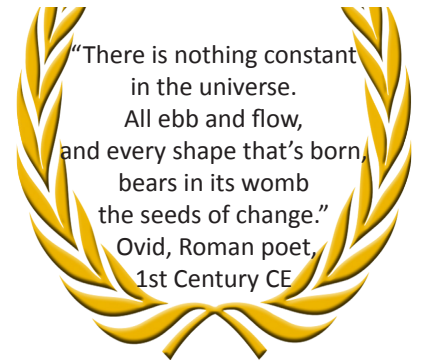


**WATCH:** “Let Us Make Sanctuary” — a one-hour session with Akómóláfé on *YouTube*, from which the above quotes came; <https://www.youtube.com/watch?v=m4XkmPxpogI>

“Selah” — in a 6-minute video, Akómóláfé speaks about the biblical practice of “selah” mentioned often in the Book of Psalms: a pause that [invites both silence and improvisation](https://www.youtube.com/watch?v=PeX6PvBpDis); <https://www.youtube.com/watch?v=PeX6PvBpDis>



**WATCH:** “Seeding the Environment — Here, There, Everywhere” a 3-minute video from the Chandra X-Ray observatory at Harvard Uni-



**When do I/we feel the need to “break out of the familiar?”**

**What “new material” do I/we need in order to grow?**

**What “seeds of change” are being sown?**

*Explore the Theme* — **LET’S TALK ABOUT SEEDING**

Happy New Year! You are cordially invited to think about thinking differently in the new year **for other “Explore the Theme” postings visit [EXPLORE THE THEME:](#)**