

The Middle: A Place of Possibility

Long ago my family decided to keep political and racial viewpoints out of the conversation when we get together. But the COVID-19 vaccine is blowing us up. My brother says all “anti-vaxxers” are stupid, selfish or making a political statement. My son decided not to be vaccinated. I love and respect them both. But now they won’t come to family Christmas. It feels like judgment and hate have poisoned my family. I’m caught in the middle. Any ideas how to keep family from coming apart? Aren’t we all in this together?

The intensity level and duration of fear, uncertainty, stress and anxiety we’ve been collectively experiencing is significant. We are all in this together, and we are weary. When our very survival feels threatened — be it by an invisible virus, the continuation of violence and war, or the obvious evidence of climate change — our “normal” civility can begin to break down.

When upset and overwhelmed, meditation and prayer are often forgotten. Recommit to your daily spiritual practice and speak your word, denying that hate and intolerance has any power in your family. When you stay grounded in your connection with Spirit, you can be the example and nexus of unconditional love instead of fear-based reaction.

The heated vaccine topic seems to have the power to separate and divide. Being in the middle is hard, but it is also a space of possibility. Ask your brother and son if they are willing to explore creative ways to feel safe to come together. Share with family members that even when you disagree, it is important to find a mutually supportive path forward through this difficult time. Whatever their responses, practice acceptance and respect, over and over.

I believe in the incredible transformational power of love in each of us. I also believe that those of us whose immediate survival is relatively secure must use that luxury to intentionally lift the vibration of consciousness on this planet. Lovingly nurture yourself and do the same for your family, community and the whole of humanity. You can do this. We can do this. Let’s do it together. And Merry Christmas. ❀



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