

O B E I N G



Starting Point

A Care Package for Uncertain Times

A collection of podcasts, poetry, meditations and reflection for however you're processing this moment. (Illustration by **Jocelyn Tsaih**)

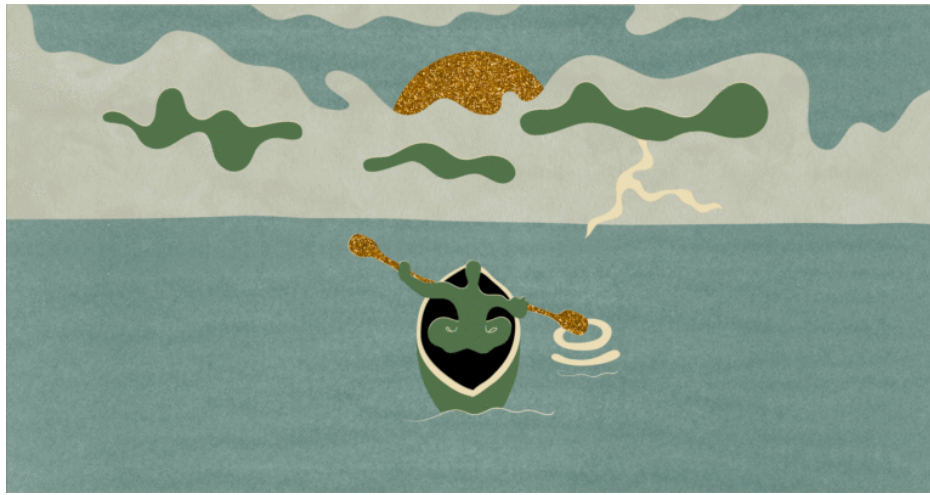
“The earthquake shakes you awake, and then that’s sort of the big spiritual question: How do you stay awake? ... The other question is: Why has everything we’ve ever been told about human nature misled us about what happens in these moments?”

Rebecca Solnit

On Being with Krista Tippett

Rebecca Solnit

Falling Together



On Being with Krista Tippett

May 7, 2020

Devendra Banhart

‘When Things Fall Apart’

In this “spiritual book club” edition of the show, Krista and musician/artist Devendra Banhart read favorite passages and discuss *When Things Fall Apart*, a small book of great beauty by the Tibetan Buddhist teacher Pema Chödrön. It’s a work — like all works of spiritual genius — that speaks from the nooks and crannies and depths of a particular tradition, while conveying truths about humanity writ large. Their conversation speaks with special force to what it means to be alive and looking for meaning right now.

Poetry Unbound

Joy Harjo — A Poem for All Life Brings

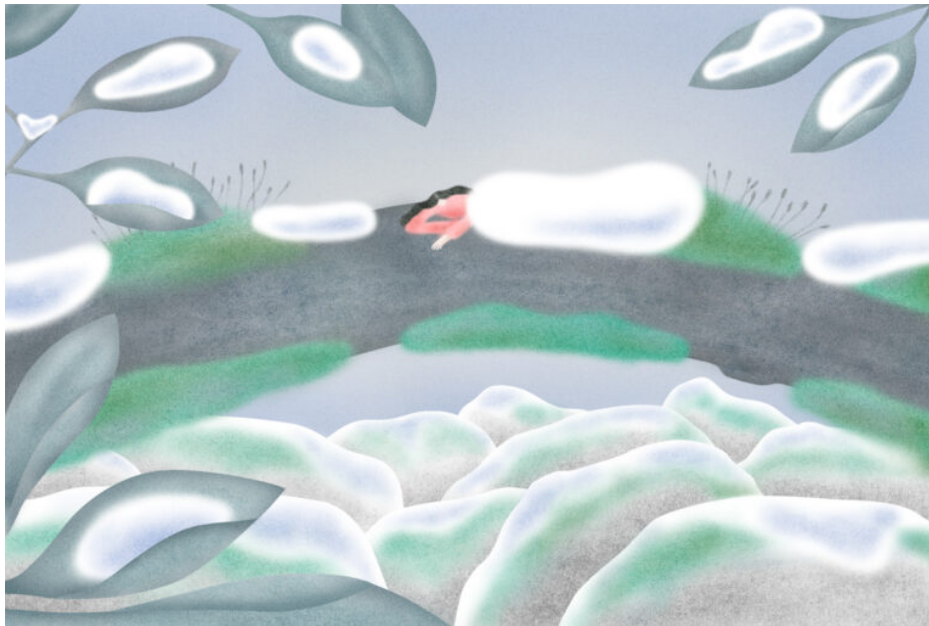
Pádraig Ó Tuama, host of the *Poetry Unbound* podcast, reads and reflects on Joy Harjo’s poem “Praise the Rain.” Echoing Rumi’s poem “The Guest House,” Harjo asks us to be present to this moment — the crazy or the sad, the beginning or the end — to greet it all with the powerful word: “Praise.”

September 10, 2020

Living the Questions

Why 2020 hasn’t taken Rev. angel by surprise

A companion conversation to **this week’s On Being episode** — Krista catches up with Rev. angel Kyodo Williams on how she’s keeping her fearlessness alive through pandemic and rupture.



On Being with Krista Tippett

January 21, 2021

Katherine May

How 'Wintering' Replenishes

In so many stories and fables that shape us, cold and snow, the closing in of the light — these have deep psychological as much as physical reality. This is “wintering,” as the English writer Katherine May illuminates in her beautiful, meditative book of that title — wintering as at once a season of the natural world, a respite our bodies require, and a state of mind. It’s one way to describe our pandemic year: as one big extended communal experience of wintering. Some of us are laboring harder than ever on its front lines and also on its home front of parenting. All of us are exhausted. This conversation with Katherine May helps.

On Being with Krista Tippett

October 22, 2020

Sharon Salzberg

Shelter for the Heart and Mind

How can we keep walking forward, and even find renewal along the way, in this year of things blown apart? How can we hold to our sense of what is whole and true and undamaged, even in the face of loss? These are some of the questions Sharon Salzberg, a renowned teacher of meditation and Buddhist practices, has been taking up in virtual retreats this year, which have helped ground many — including Krista — on hard days. She teaches how to stay present to the world while learning kindness toward yourself.



On Being with Krista Tippett

April 15, 2021

Resmaa Menakem

‘Notice the Rage; Notice the Silence’

Across the past year, and now as the murder trial of Derek Chauvin unfolds with Minneapolis in fresh pain and turmoil, we return again to the grounding insights of Resmaa Menakem. He is a Minneapolis-based therapist and trauma specialist who activates the wisdom of elders, and very new science, about how all of us carry in our bodies the history and traumas behind everything we collapse into the word “race.” We offer up his intelligence on changing ourselves at a cellular level — practices towards the transformed reality most of us long to inhabit.



Video

Short Guided Meditation

Sylvia Boorstein

“Feel yourself sitting here. Feel yourself surrounded by all these people. Feel yourself, I hope, happy and content.” Spend two minutes on a lovingkindness meditation with Spirit Rock teacher Sylvia Boorstein.

The Peace of Wild Things

Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

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Watch a poetry film version of this on our **YouTube channel**.