



Trillium Awakening™

CONSCIOUSNESS • EMBODIMENT • MUTUALITY

SPECIAL EDITION

Newsletter - March 2020 - Issue #29

Increasing Our Support

In response to the global pandemic, we will be publishing more editions of our newsletter to keep you informed of our expanding number of events to support you during these challenging times.



This newsletter includes two timely and insightful essays that highlight Trillium's approach to navigating this emotional rollercoaster. It also announces a new, no-cost, online, peer-led gazing/meditation initiative. We trust that this period of isolation and decreased activity will give rise to deeper collective insight and an enhanced flow of love for one another.

~Fax Gilbert, Editor

Trust in God and Tie Your Camel



Joanne Lee, Olympia,
WA

As a lover of acronyms (they help me learn and remember), I offer up a new one for this time of global pandemic and widespread fear.

FEARR (Feeling,
Experience,
Acceptance,
Reality/Revelation)

Many of us are feeling fear as we hear about what's happening in the world, in our country, and in our immediate communities. Many of us find ourselves in the "high-risk" category for the novel coronavirus, covid-19. Many of us may already know others who



Announcements & Upcoming Events

Free Virtual Meditation/Gazing Sessions

Come, gather together via Zoom videoconferencing for regular sessions that include meditation, mutual gazing, and very brief check ins. Sessions are free. Newcomers welcome!

Each session will be less than 1 hour long. You'll have the opportunity to gaze with several other participants for 2 minutes each. We plan to offer these sessions a few times a week, and in time hope to make them available daily.

[more info](#)

Virtual Coffee Shop Chat

A Free Zoom Call with CC Leigh
3/21 & 28, 2020 9am PST

[more info](#)

Awakening in Times of Coronavirus: A Closed-Group Series of Sittings with Elijah
3/21 and 28, 4/4 and 11/2020
4 to 6 PM EST via Zoom

have contracted the disease, and all of us know those impacted whether socially or financially or in other ways.

Concurrent with the virus spreading around the world, fear has been its close companion. We are advised against feeling fear and panic. If we trace our fear back to its ultimate source, for most of us that leads us to a fear of death. Yes, people are dying from this pandemic. More will die. We know this. What we can so easily forget, repress, or suppress is that we all will die someday. This may or may not be your time. Every day holds that possibility. And one day, the possibility becomes an inevitability. Fear of death, while so common and understandable, is not inevitable. We can cultivate a different relationship with death. I suggest using this simple acronym to help us move through these feelings with the possible benefit of bringing more ease to our days, and allowing us to be more of a force for good in these difficult times.

Feel your feelings. All of them, including fear and panic. Trying to shut them down, repress or suppress them uses precious energy that can be better used in other ways. I am not suggesting dwelling on your fear, catastrophizing your situation, or thinking/acting irrationally. Simply feel whatever feelings come up. Recognize them. Label them. Say "hello" to them. "Ah, a part of me is feeling afraid; hello, fearful part." Befriend that part of you. Recognizing it and giving it a bit of attention is the first step in moving through it.

[Read More](#)

Living with Uncertainty

A good deal of our work in Trillium Awakening is about "greenlighting," saying yes to what is arising. It's tied deeply into our way to Trust in Being, to radically embrace who and how and what we are in any given moment. The path to realizing consciousness leads us to live in uncertainty, to embody the paradox that we are simultaneously finite and infinite, both and.



Subhaga, Twisp, WA

The recent spread of the coronavirus around the world in places many of us live, or are visiting, or desiring to go is asking us to deeply embrace both not knowing, and our inner knowing to follow the way that Being leads us. My impending spring

[more info](#)

Virtual Sitting

Uncertainty

Teachers: Sugandhi & Subhaga

3/22/2020 10am - 12pm PST

[more info](#)

Virtual Sitting

A Brief Exploration of Being

Teacher: Victor Antillon

3/28/2020 10am - 12pm PST

[more info](#)

Virtual Course

Mutuality and Relating with Awareness

Teachers: Sandra and Krishna

4/4/2020 - 5/9/2020

[more info](#)

Virtual Sitting

I Need You to Like Me

Teacher: Jim Trofatter

4/19/2020 11am - 1pm EST

[more info](#)

Fairfield Spring Feast of Sittings

5/22 - 25, 2020

Fairfield, IA

Teachers: Sandra Glickman, Cielle & Jeffrey Backstrom, Fax & Sharon Gilbert, Steve Boggs, and Denise Gallagher

[more info](#)

Meeting Grace Halfway: 7th Annual Boulder Retreat

5/28 - 6/1, 2020

Boulder, CO

Teachers: June Konopka, Fax & Sharon Gilbert

[more info](#)

3rd Annual Canadian Rockies Retreat

6/11 - 15, 2020

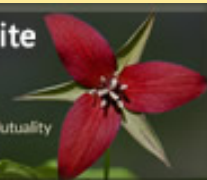
Calgary, AB

Teachers: Rod Taylor & Ardith Dean

[more info](#)

Visit Our Website

Trillium Awakening™
Supporting a Threefold Path of
Consciousness, Embodiment & Mutuality



break was meant to culminate in a long overdue trip to visit family in the Bay Area. Today, that's been canceled, first by our own leaning in to whether it's really okay for us to fly and then be in public with any number of potentially affected people, and then by Sugandhi's son, who felt we'd better not come. I was invited to participate in a weekend-long poetry prowl in a nearby city: canceled. The library, community center, gallery, and all local K-12 schools and colleges are closed, even though, so far as we know, there are no confirmed cases of the virus in our sparsely populated county of seven people per square mile.

But people move, and they take all of themselves with them--even the invisible parts, such as microscopic viruses that cause illness. So it makes sense to be proactive and stay home. Sugandhi and I are especially blessed to have sought out a place of isolation in the expansive North Cascade Mountains in a town of 900. Still, we have family who have recently traveled to California, a grandchild returning from her closed school in LA. Do we ask them to quarantine themselves for two weeks before we see them? What happens if family members become ill? Do we leave them alone to fend for themselves? Of course not! There's a way in which it would make more sense for us to all quarantine ourselves together. To wait it out and see if anyone gets sick. We're not likely to do that, but it illustrates the balance that we need in responding to this pandemic. We need to be safe, take precautions, and prepare . . .

[Read More](#)

Send comments or suggestions for future issues to:

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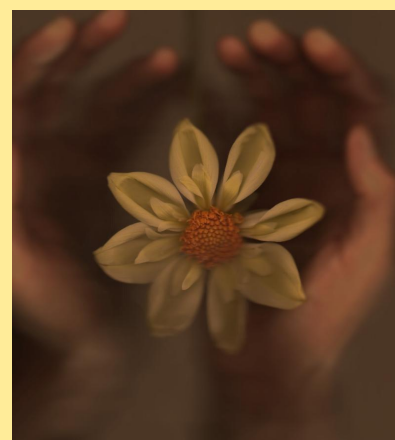
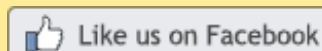
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Trillium Awakening is a unique offering to the world, with 40 teachers, 17 mentors, dozens of workshops, retreats, sittings, in-person and online mutuality groups, and a shared manifesto and mission to catalyze awakening for individuals, society, and the world.



Awakening happens here.

Join hundreds who've experienced the transformative power of our work.