

Staying with the Trouble

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PATHS TO POLARIZATION



A tendency towards polarization—division into sharply contrasting ideological groups—is very alive in today’s world. In this workshop, we will consciously **move away from polarization** and explore how our sense of kinship, connection and presence may deepen outside of these simplified stories.

When we seek to create cultural change from a binary framework of “right” and “wrong,” we will continue to operate within a culture of perfectionism. This **rigid approach to cultural change leads us astray** along the path towards cultural healing that our souls so desperately seek.

This full-day, in-person workshop is **an invitation to try on another way of being together**. We will engage in both conversation and embodied exercises to feel our way through complexity with empathy. In this container, we will commit to “staying with the trouble”—the undefined, complex (and often uncomfortable) areas where borders are fuzzy and responsibility is shared.

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Lux Gypsum (they/them) is a queer, non-binary Facilitator, Conflict Mediator and Relational Coach. Lux's work is guided by a calling to support us in transforming our culture of domination into a culture of co-liberation through un-winding and re-patterning how we relate to ourselves and each other. Lux is deeply grateful for the many wisdom-keepers who have generously shared their teachings, inviting them to stay in contact with the complexity of our inner and outer world in these trying times.

Saturday, May 13
10 am - 4 pm

Journeys Basecamp
Bothell, WA

\$95 - \$200, Sliding Scale

Financial Aid always available



New! Into Soulwisdom

March 4 - 5

Immerse yourself in your inner world through practices of meditation, self-inquiry and energy connection.

Led by Anayza | Location: Journeys Basecamp

Register at RiteofPassageJourneys.org • 425.485.7396