


A short sharing from a participant in response to the question *“If you have not experienced a shift in Integral Ecology, why is this so?”*

When this question was posed to us at the recent gathering on Integral Ecology - Spirituality, I wanted to share to the plenary but then the moment passed by. As I was sharing about it separately to Theresa, she felt that it was important to be shared with all of you.



Where has a recent shift happened (since the last Chapter in 2015) in your journey of Spirituality that invited you to understand integral ecology differently?

If you have not experienced a shift, why is this so?

I would like to share about resistance that causes us to be stuck. From experience sharing with mission partners (sisters and lay), they could not make the shift as they were stuck – not moving backwards nor forwards – due to resistance. An example of being stuck in the same spot is in the area of full engagement with lay partners.

Society has trained us to look at resistance in a negative way. However, if we have enough faith and live intentionally, we will know that the resistance we experience is a clear call from the divine within us to move forward. We also know from our lived experience, that the price we pay for not addressing the resistance is to go backwards.

We need the graciousness to look at resistance as transformative, as a positive call from God to examine our consciousness and make the required shift.