

In the Liminal Space

When we find ourselves in liminal space, does it matter whether we are pushed or whether we jump? Either way, we are not where or what we were before, nor do we know how or where we will land in our new reality. We are, as the anthropologist Victor Turner (1920–1983) wrote, betwixt and between. In that space—which is mental, emotional, physical, and spiritual—we are destabilized, disoriented. The old touchstones, habits, and comforts are now past, the future unknown. We only wish such a time to be over. We may be impatient to pass through it quickly, with as little distress as possible, even though that is not likely... But what if we can choose to experience this liminal space and time, this uncomfortable now, as a place and state of creativity, of construction and deconstruction, choice and transformation.

~Sheryl Fullerton

Into this liminal realm, between the known and the unknown, we are invited to enter if we are to learn more of the way forward in our lives as individuals and as communities and nations. This is why, in so much Celtic storytelling and legends, lovers meet and worlds conjoin in the twilight. It is the coming together of masculine and the feminine. It is the convergence of the unseen world of those who have gone before us and this present dimension of space and time in which the seen and the physical dominate. It may be a time of encountering messengers from the invisible realms of the universe that are linked inextricably to our realm, but at the same time transcend us in our struggle with unknown forces of darkness within and without. This is also why, in so much Eastern spiritual practice, the early hours of dawn are viewed as the time of meditation, when night and day are commingling in ways that more readily allow us to move from the known to the unknown and from the nameable to the ineffable.

~John Philip Newell