

Resources on Mutuality (October 2018)



Mutuality: A reciprocal relation between interdependent entities (objects or individuals or groups)

~Vocabulary.com

The Earth does not belong to us. We belong to the Earth. Whatever befalls the Earth befalls the sons and the daughters of the Earth. We did not weave the web of life, we are merely strands in it. Whatever we do to that web, we do to ourselves.

~Attributed to Si'ahl (Seattle), hereditary chief of
the Suquamish and Duwamish Nations
in the Pacific Northwest

If you have come here to help me you are wasting your time, but if you have come because your liberation is bound up with mine, then let us work together.

~Lilla Watson

All this is simply to say that all life is interrelated. We are caught in an inescapable network of mutuality; tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. As long as there is poverty in this world, no [person] can be totally rich even if [they have] a billion dollars. As long as diseases are rampant and millions of people cannot expect to live more than twenty or thirty years, no [person] can be totally healthy, even if [they] just got a clean bill of health from the finest clinic in America. Strangely enough, I can never be what I ought to be until you are what you ought to be. You can never be what you ought to be until I am what I ought to be.

~Martin Luther King Jr.

Patience. The slow painful patience. The one that reminds you to be humble and nimble. The one that reminds you how much existence relies on our ability to remember our connection to earth. We are nature. Not separate or disconnected.

~Patrisse Cullors

We are all bound up together in one great bundle of humanity, and society cannot trample on the weakest and feeblest of its members without receiving the curse in its own soul.

~Frances Ellen Watkins Harper

The mountains, streams, valleys, oceans, deserts, and all things are related to our thoughts and actions. All things are in relationship with each other.

~Jasmine Wallace, a Tsalagi (Cherokee) medicine woman

Redemption is a shared ministry that means everyone. Everyone.

~Sofia Betancourt

We are all connected. Like our bodies, if one single molecule is off, then our entire bodies are affected. In nature, if one thing is off balance, then we are all of balance. Organizing from this perspective allows us to see that it's not enough for any one of us to be ok if others are in dis-ease.

~Rusia Mohiuddin

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Do you already know that your existence - who and how you are - is in and of itself a contribution to the people and place around you? Not after or because you do some particular thing, but simply the miracle of our life. And that the people around you, and the place(s) have contributions as well? Do you understand that your quality of life and your survival are tied to how authentic and generous the connections are between you and the people and place you live with and in?

~Adrienne Maree Brown

Interrelationship

You are me, and I am you.
Isn't it obvious that we "inter-are"?
You cultivate the flower in yourself,
so that I will be beautiful.
I transform the garbage in myself,
so that you will not have to suffer.
I support you;
you support me.
I am in this world to offer you peace;
you are in this world to bring me joy.

— Thich Nhat Hanh

If we have no peace, it is because we have forgotten that we belong to each other

~Mother Teresa

Independence was as far as his mind could reach. Yet I think his mind groped further, towards what he could not see, the body's obscure, inalterable dream of mutuality.

~Ursula K. Le Guin

Information helps you to see that you're not alone. That there's somebody in Mississippi and somebody in Tokyo who all have wept, who've all longed and lost, who've all been happy. So the library helps you to see, not only that you are not alone, but that you're not really any different from everyone else.

~Maya Angelou

With reciprocity all things do not need to be equal in order for acceptance and **mutuality** to thrive. If equality is evoked as the only standard by which it is deemed acceptable for people to meet across boundaries and create community, then there is little hope. Fortunately, **mutuality** is a more constructive and positive foundation for the building of ties that allow for differences in status, position, power, and privilege whether determined by race, class, sexuality, religion, or nationality.

~bell hooks

Compassion is, by definition, relational. Compassion literally means "to suffer with," which implies a basic mutuality in the experience of suffering. The emotion of compassion springs from the recognition that the human experience is imperfect.

~Kristin Neff

Justice is indivisible. You cannot decide who gets rights and who doesn't.

~Angela Davis

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At a fundamental level, as human beings, we are all the same; each one of us aspires to happiness and each one of us does not wish to suffer. This is why, whenever I have the opportunity, I try to draw people's attention to what as members of the human family we have in common and the deeply interconnected nature of our existence and welfare.

~Dalai Lama

"...for my part I have long perceived the nature of good and its nobility, the nature of evil and its meanness, and also the nature of the culprit himself, who is my brother (not in the physical sense, but as a fellow creature similarly endowed with reason and a share of the divine); therefore none of those things can injure me, for nobody can implicate me in what is degrading. Neither can I be angry with my brother or fall foul of him; for he and I were born to work together, like a man's two hands, feet or eyelids, or the upper and lower rows of his teeth."

~Marcus Aurelius

I believe the world is beautiful
And that my veins don't end in me
but in the unanimous blood of those who struggle for life, love
little things
landscape and bread
the poetry of everyone.

~Adapted Quote from Roque Dalton, poet of El Salvador.

We are made to tell the world that there are no outsiders.

~Desmond Tutu

Prayer is actually setting out a tuning fork. All you can really do in the spiritual life is to get tuned to receive the always present message. Once you are tuned, you will receive, and it has nothing to do with worthiness or the group you belong to but only the inner resonance and a capacity for mutuality. The Sender is absolutely and always present and broadcasting; the only change is with the receiver station."

~Author: John Predmore

Please Call Me by My True Name

Look deeply: every second I am arriving to be a bud on a Spring branch, to be a tiny bird, with still-fragile wings, learning to sing in my new nest, to be a caterpillar in the heart of a flower, to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry, to fear and to hope. The rhythm of my heart is the birth and death of all that is alive.

I am a mayfly metamorphosing on the surface of the river. And I am the bird that swoops down to swallow the mayfly.

I am a frog swimming happily in the clear water of a pond. And I am the grass-snake that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones, my legs as thin as bamboo sticks. And I am the arms merchant, selling deadly weapons to Uganda.

I am the twelve-year-old girl, refugee on a small boat, who throws herself into the ocean after being raped by a sea pirate.

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And I am also the pirate, my heart not yet capable of seeing and loving.

I am a member of the politburo, with plenty of power in my hands. And I am the man who has to pay his “debt of blood” to my people dying slowly in a forced-labor camp.

My joy is like Spring, so warm it makes flowers bloom all over the Earth. My pain is like a river of tears, so vast it fills the four oceans.

Please call me by my true names, so I can hear all my cries and laughter at once, so I can see that my joy and pain are one.

Please call me by my true names, so I can wake up and the door of my heart could be left open, the door of compassion.

~Thich Nhat Hanh