

The Revolutionary Love Learning Hub

“How are you going to last?”

Joy Transcript

Recording by Valarie Kaur, 2021

We have a very specific role to play in this time of great transition. We have to take humanity, take our communities, take our families, take our country across the threshold. But if we're just thinking about each day and our contribution as a means to an end, we won't last.

I've come to discover that laboring with love creates enough space and time each day to let breath in. And when I'm breathing like that, when I'm giving my attention to the present moment, then I create the conditions to let joy in. My loves, I have come to believe that laboring for a more just and beautiful world with love and with joy is the meaning of life.