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Where you are right now is right on that threshold state, that liminal space. And this space itself is powerful and important. Can you trust that there is a specific magic to this threshold state, and allow things to unfold?

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Hello and welcome back to Remember Why You Are Here, a podcast for seekers and sensitives where you can relax, receive, reconnect yourself, and remember the most important thing of all: why you're here. I'm Asia Suler, and in this episode today I wanted to revisit a video I posted at the beginning of 2024 called "Are You on A Threshold?" And it was something that I shared after years of really reckoning with what a threshold is, of coming out of a huge threshold moment in my life where I had become a parent and had had my daughter. And I'm feeling really called to share this recording now as I just moved out of the one year anniversary of Hurricane Helene here in our mountains. A huge threshold moment for me in my life.

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You'll hear in this recording that I mentioned the flower essences on my website. And when I went back and listened to it, I thought to myself, oh, we can cut that part out. But then I decided, you know what? I'm going to leave it because it's a testament to this huge chapter of my life. If you're just tuning into the podcast for the first time. I had an apothecary called One Willow Apothecaries for 12 years, and that apothecary was destroyed in Hurricane Helene last year, and it was this really big moment in time. And I talk more about that moment, what we all learned here in the mountains through what one of my friends called a doorstep apocalypse — talk about being on the threshold — in an episode I just released in October. So if you're interested more in the earth-led learnings that came out of that experience, you can check that episode out.

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But it was this huge threshold moment for me of deciding, will I continue with this or will I let it go? And there's just something so powerful about being on that threshold and about knowing, about having this knowledge of what it looks like to be on a threshold, what to expect, and how to support yourself through that. And I look back now on this time last year, and I just really have so much compassion for myself and the enormity of the threshold that I was moving through at that time. I was really dedicating myself to fundraising, supporting my community, helping our town to recover.

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Our town was flooded with nine feet of water, so most of the buildings in town were destroyed, needed complete renovations, and-or didn't exist anymore. And so that was really the focus. It was like I was in the midst of this really big moment in time, and I think this is the thing about threshold moments is that when we're in it and we don't know how to name it, it can just feel so overwhelming and confusing. But when we know how to name it, when we know exactly what is happening, where we are, when we have

that map, it's so much easier be with those times. It's so much easier to recognize where you are, embrace where you are, and know that a change is coming.

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So for me, last year, obviously a huge aspect of this change was releasing, letting go of this big part of my business and my life that the apothecary was, and I'm thinking about this even more so now as I really feel like in this larger sense we are on the threshold in this world of some really big stuff. We've kind of been on that threshold for a while, but I think this concept of the threshold is so helpful for us in our individual lives, but also as we step into the roles and the gifts that we are meant to bring to this world in this time where we are all collectively really standing on such a potent threshold. So with that, let's get into the recording and you can discover, are you on a threshold?

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There are times in your life when you feel you're on the brink of something totally new. You're not yet in this new phase, but you're not who you've been. You're changing, your life is changing, but you aren't quite sure yet what you're changing into or what's awaiting you on the other side. This is a threshold moment, and these moments are some of the most potent and powerful we'll ever experience in our life. This video is a guide to threshold moments, how to navigate these moments and how to embrace the distinct power that can only come about when we are on the brink of a threshold.

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So let's talk about the etymology of the word "threshold." "Thresh" is an old English word for beating out grain. So you would literally thresh grain from the stalk. A "hold" would be a sill that was created on the doorstep to actually protect the threshing floor. So in this way, a threshold was an actual piece of stone or wood that was placed between the room and the outside that had two functions, both to keep the dust and the debris from outside from entering into this room and also to keep the sanctum of this room intact.

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So if you were threshing wheat onto the floor, that wheat would have a soft and comfortable and clean place to land, and that threshold would keep your work inside of this room. So I love looking at the etymology of words because it helps us understand how these words are functioning in our life and what it really means to be on a threshold. So thresholds delineate two worlds. A threshold is neither here nor there. It is that space where the outside meets the inside and the inside meets the outside.

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So when we are in threshold moments of our life, we are neither here nor there. We are leaving one phase and entering another one. We often don't quite know what that next phase looks like. If you've ever crossed over the threshold from a bright sunny day into the interior of your house or vice versa, there's a moment where your eyes need a second to adjust, where you can't quite see what's ahead of you. These are threshold moments, moments where you are crossing over from one phase of your life

into another, from one way of doing things into another. And it's often a time when your identity itself is in flux.

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Now, for thresholds, we can either be crossing in or crossing out, and both have their power and their potency. So I know that when I had a baby and I was postpartum, I was very much in a threshold moment. Yet the motion of this was not me stepping out into the world, it was actually me going within.

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When I look back on this time, it was a time where I was crossing over that threshold into the room, into the womb, into a time of my life where I was less public, less visible, where I was home a lot, where I was really doing a lot of deep inner work, staying at home with my baby, in those early days.

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So if you are on a threshold, you might be moving in one direction or another. Perhaps you are moving out into the world, you're ready to put yourself out there in a new and different way to meet new people, go on adventures. Maybe you're feeling that call. That would be stepping over the threshold and into the outer world. But you might also be hearing the call to go inward, for a time of contemplation, study, inward growth, introspection. This is you crossing the threshold to go in, and both are incredibly valuable because in both instances, where you are right now is right on that threshold state, that that liminal space. And this space itself is powerful and important.

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And a lot of folk traditions, thresholds were considered to be magical spaces, spaces where we would want to invoke protection and blessings, but also spaces where we can actually interact with some of the unseen elements of the world, spaces where spells could be enacted.

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There's a reason why there's still this tradition of carrying the bride over the threshold after a wedding. There is an initiation here, when we move through thresholds. And when we can connect to the threshold moments in our life, we can really embrace the power and magic that comes with liminality.

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Thresholds are important. They have a deep and distinct magic, and there's even this concept in a different way of using the word threshold, that they're a space where we have to linger. We have to actually spend time there in order to reach the fullness of our potential to step over into the other side.

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So in medicine, there's the concept of a threshold dose. There's a certain amount of that medicine that you have to take in order for it to start being effective. So in this way of thinking, thresholds aren't something we should rush over. It's something we should spend time with, linger there, be there.

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I know for example, when I was postpartum, a big threshold experience in my life, it wasn't going to work for me to try and rush through that to the other side to see who am I going to be as a mom, as a parent, as someone who now is in a completely different phase of my life. It wasn't going to work for me to just rush through that moment. I had to be there, fully and completely.

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So wherever you are in your life right now, maybe you're in a threshold moment. Can you get comfortable with being in-process, with being in that liminal state? Can you get comfortable with not knowing? Can you get comfortable with the fact that yes, you are neither here nor there. You don't know what's coming up next, but you know something is moving and shifting and changing, and can you just be with the process right now? Can you be in the unknown? Can you trust that there is a specific magic to this threshold state and allow things to unfold.

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If you would like a practice to help you increase your comfortability with this threshold moment and to invoke some of the magic of what's coming next in the potential of this threshold state, try taking care of your literal threshold to your house. So this could be the threshold to your front door, your back door, maybe the threshold to your bedroom, if that's where your sanctum is. Tending the threshold is a powerful magical practice for tending the threshold moments of our life, for tending these spaces where we are vulnerable, often sensitive, uncomfortable. Our thresholds are where we meet the world and it's where the world meets us.

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So this is a beautiful place to anoint. It's a beautiful place to clean. If you've never cleaned your threshold before, get out there with a bucket of water and some soap, a duster. Get out there and actually literally clean the threshold underneath your door. Clean the doorframe. It's amazing how much energy this can free up just literally cleaning the threshold to your house.

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Once you clean the threshold, bless the threshold in some kind of way. So I often like to bless the threshold of my home during the high holidays of the Wheel of the Year. So on the equinoxes and the solstice, I often will bring flowers and leave them on the threshold, sprinkle flower essences or water from the creek, ways to bless this space, to bring in fortune, to bring in energy, to bring in light, and to bring in protection as well.

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Here in the south, in the Hoodoo tradition from the African diaspora, there is a powerful practice of actually using red brick dust on the threshold. This practice of using red dust to bless, anoint, and protect is an ancient part of human culture. It goes back hundreds of thousands of years in the use of ochre. So if you have access to either red brick dust or ochre or some other red pigment, this might be a

beautiful way to both anoint and protect your physical threshold as well as this threshold moment in your life.

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Other ways to anoint, bless and protect your threshold are salt. So any kind of salt works well here. Salt is purifying and protective. And water. Water is a universal blessing agent. I love using water from our creek here, but I'll also sometimes just take water from the faucet, perhaps leave some flowers in that water, put some flower essences in the water, and then splash it over the threshold as a part of my ritual cleaning and blessing.

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If you want to work with flower essences for your threshold, you can check out the flower essences on my website. I have a whole collection of flowers that I love to work with for invoking new eras, for bringing in magic, protection, and support.

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So wherever you are in your threshold moment, hang in there. You're here for a reason. There is a really potent new era waiting for you. There is wider vistas of who you are, why you're here, and what's possible, that are waiting to unfold for you. All you need to do right now is get comfortable with being on that threshold. Embrace the fact that you're on a threshold. Know that it's temporary. You're only going to be here for a short moment in your life. So any way that you can, enjoy it, enjoy being in this in-between, and enjoy all the magic that can arise out of the state of becoming.

(14:05):

After re-listening to this, I decided for myself I really need to clean the threshold of my house. It really is so refreshing. I love that I named that practice here. I love that I reminded myself to do this practice. Currently, there's a whole bunch of chalk on the threshold of my door. My daughter has really liked from time to time getting chalk and chalking outside the door.

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And I remember one of the first times she did it, when she was quite young, she was probably only a year and a half, she drew these symbols on the door that really, they look like something out of the paleolithic caves of Southern France, like these pictographs that come straight out of the human imagination. It was so beautiful and cool to see her just intuitively start to make these drawings. And it felt very much like she also was intuiting this sacred space of the threshold. Blessing this threshold, chalking right outside on the door on the threshold, and I left those chalkings up for a long time. Now the chalk looks a little different, but it still feels like such a blessing in that space.

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So if you embark upon this ritual, I'd love to hear about how it goes for you, how you decided to anoint the threshold, hopefully this recording was helpful for you. And just orienting yourself to where you are

in your life, what it means to be on the threshold, and how to simply be with yourself in this moment. How to embrace the medicine that is inherent to this moment.

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As always, you can leave a comment if you're on a platform where you can do that or you can head on over to my website, AsiaSuler.com/remember and leave me a voice note. It's been so sweet to get tidings from you all as we move through this huge threshold time on this planet.

(16:06):

And I just want to say a big thank you to everyone who has left a rating or review this past fall. If you're not aware, if you're just tuning in, I'm currently on a sabbatical. I am taking five months off to work on my next book. It has been such a huge decision for me, such a huge experience. It felt very much like I created a threshold for myself, demarcating one era of my life from another, and your ratings and reviews just really help this podcast so much. This is the only place that I am publicly continuing to show up right now as I do this deep work on the book. And your support here has really buoyed me. It has helped me so deeply, and I'm just so grateful for you and all the ways in which you have helped me to make this big threshold moment of change and opening and creation possible for myself.

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So thank you so much for listening. Thank you for all the ways in which you've been willing to move through thresholds in your life, all of the thresholds you've been on in your life, because I know you've been on many. And as you move across or move through this threshold time in your life and this threshold time on the planet, may it help you remember that most important thing of all: why you're here.