

RENEWAL

JANUARY 2026

STILLNESS
& STORY



1. STILLNESS

We have been trained
to fill all the empty spaces.
Every page. Every moment.
Every unresolved question.

b r e a t h e

hold space

f o r n o t h i n g .

f o r e m p t i n e s s .

b e c a u s e
e m p t i n e s s
i s s a c r e d .



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stillness

silence

emptiness



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leave space
for the
“indwelling.”

Space for:
possibility
what is yet unknown
healing
restoration
clarity
peace
unity
renewal



Consumer culture traps us into
shopping | buying | debt
scrolling | numbing | isolation

Cheap dopamine keeps calling us back
with its empty promises.

The image features a central photograph of a dark blue ceramic vessel, possibly a bowl or cup, with a prominent crack running down its side. The crack is filled with a shimmering gold leaf. The vessel is set against a background of white space with delicate, branching gold leaf patterns that appear to be part of the vessel's design or a decorative overlay. The overall aesthetic is elegant and artistic, emphasizing the beauty of imperfection.

We've forgotten
that we are imperfect
sacred vessels

rinse your bowl

restore your soul



your
soul
longs
to be
emptied-
rinsed
of old
toxic
stories
and the
residue
of craving
more and
more
and
more.

rinse your bowl. restore your soul... with

Remind yourself:

I have enough.

I do enough.

I am enough.



So many conditions of happiness
are available—more than enough
for you to be happy right now.
You don't have to run into the
future to get more.”

Thich Nhat Hanh

1. STORY

Deep listening
is the foundation
of sacred storytelling—
listening to nature,
community, and
the unseen realms.

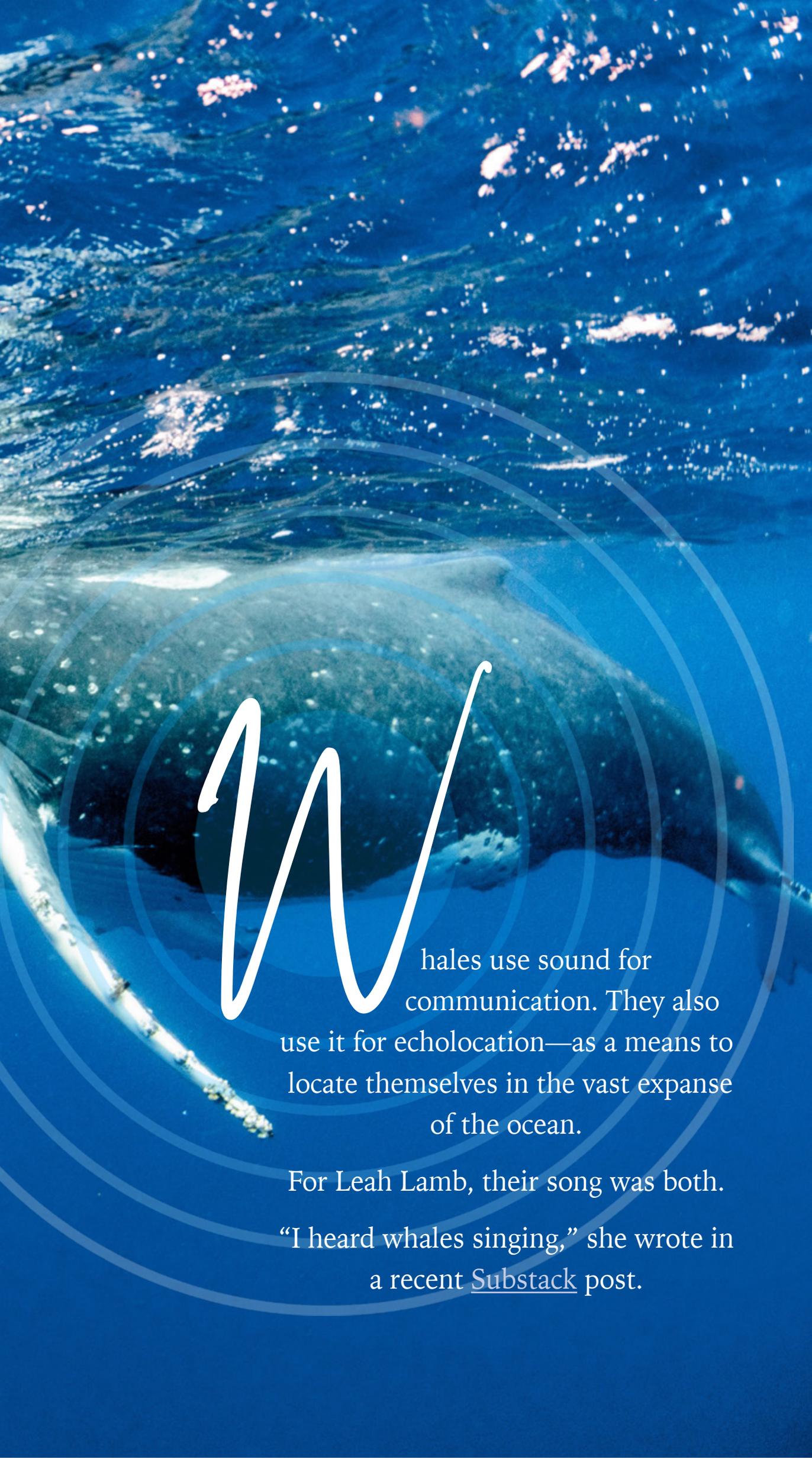
~Leah Lamb

An underwater photograph of two humpback whales swimming in clear blue water. The larger whale is in the foreground, and a smaller calf is swimming below it. The water is bright blue with some light reflections on the surface.

Listening

..."Every great storyteller is a great listener. We see a lot of the world just repeats back what's happening. That's not storytelling. What a storyteller is doing is we're looking for patterns. We're looking for signs, we're looking for symbols, and we're constantly weaving them together to make meaning.

Leah Lamb

A photograph of a whale breaching the ocean surface, with a large white letter 'W' overlaid on the image. The whale is in the center, its back and tail visible above the water. The water is a deep blue with white foam from the breach. The letter 'W' is a thick, white, stylized font, positioned in the middle of the frame, partially overlapping the whale's back.

W

Whales use sound for communication. They also use it for echolocation—as a means to locate themselves in the vast expanse of the ocean.

For Leah Lamb, their song was both.

“I heard whales singing,” she wrote in a recent [Substack](#) post.



“I was standing at the edge of a cliff on the Lost Coast of California, looking out over the open ocean, praying for guidance about how to be woven into the times we are in... and how to find my right livelihood.

“I had just said goodbye to an easeful, sensible life — a good job, a home, people I loved — because something else was calling, even though I didn’t yet know what it was,” she wrote.

So as I stood at the edge of that cliff in Northern California— I prayed.

And the answer came simply:

You know nothing. Take long walks. Listen.

For nine days and nine nights, I did just that.

On the tenth day, walking through the woods, I heard a whale singing.

That moment changed my life.

“I won’t tell that whole story here ... but I will say this: when I organized my life around

listening deeply,

around devotion to story as something alive and intelligent, something began to move through me.”

Soon, [The School for Sacred Storytelling](#) emerged.

And now, 15 years later, Lamb has stepped into the work that the Whales’ song and the School for Sacred Storytelling prepared her for:

[The Whale Dreaming Council.](#)

“The Whale Dreaming Council is one way we gather to engage in collective action together. It is a space for creative response to be born, for deep listening regarding how to be and what is ours to do.”

Dive deep with Leah in her interview with [Sounds True](#):

[LISTEN NOW](#)

[Leah Lamb](#) can be found on Substack.

LEAH LAMB weaves her professional experience in theater, film-making, healing, and wilderness studies to revive the ancient art of sacred storytelling in today’s world. Through courses, retreats, and workshops, you’ll gain access to new levels of awareness and mastery over your own narrative.

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SACRED UNION



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