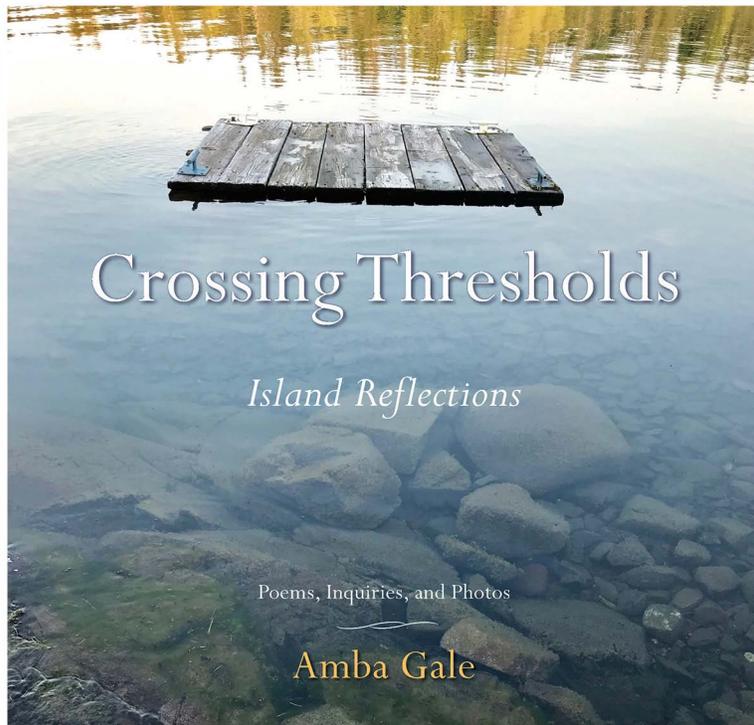


# Crossing Thresholds *Island Reflections*

By Amba Gale



## Book Description

We human beings seem to have a longing for certainty, to staying with what is familiar because it is safe, with what is predictable, controllable, certain. We are resistant to change, and yet, sometimes in life, in our personal lives and our global ones, we come to those special times of threshold crossings when accepting a change of what is occurring externally while crossing a threshold within is just what is called for.

In the summer of 2019, Amba Gale journeyed to a pristine wilderness Island in Lake Superior. During that time, a transformation in her relationship with her now adult daughter was being profoundly called for. Through the guidance of her Muse, and her inner intuition, the poetry that came through led the way for inner crossings, from despair to wonder, from fear to loving, from resisting circumstances to befriending them.

A dock whose bridge had been carried out during the Spring Ice Melt became a metaphor for building bridges within. In the process of building that internal bridge, she made new profound shifts, and re-discovered ancient teachings for creating breakthroughs for flourishing when things were, on the surface, falling apart. With her photographs, poetry, prompts, and opportunities for reflective journaling, the reader, too, can, while being inspired by the poetry, discover pathways for creating their own shifts: from being closed off to having an open heart, from living in anxiety to seeing possibility, from resistance to surrender, and for living from appreciation, amazement, meaning, and wonder.

## Crossing Thresholds *Island Reflections* Poems, Inquiries, and Photos



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## About the Author

Amba Gale has been writing poetry her whole life. Living on Bainbridge Island, Washington, with her husband, she has been creating and leading transformational conversations in through coaching work for over forty years. *Crossing Thresholds*, her first published book of poetry, reflects her love of nature, of Silence and the Wisdom that can come from such Silence, and her longing for growth and transformation.

"Amba's book is coming out exactly at the right moment. Photography and poetry like hers would have the power to enchant eyes and hearts at any time. But now, our eyesight rinsed by tears and our hearts widened by silence, we are ready to be guided across inner thresholds we will have to cross before we can cross the outer ones awaiting us. Amba Gale's work can provide much needed guidance. Blessings on its task!"

—Brother David Steindl-Rast