

危机

Wéiji
Crisis
Danger

机遇

jīyù
Opportunity
Critical Point

Popularly translated as the same Chinese character of crisis and opportunity, the modern Chinese character is present in both danger or crisis and opportunity or critical point. The character common to both words 机 is translated more fully not as crisis, but as “meeting a critical point” or a “point where things happen” or a “confidential point”. Although the critical point presents an opportunity, it is our internal ability to meet the danger or crisis that converts it to possibility.

“Crisis is unavoidable. Every human life seems to be drawn eventually, as if by some unspoken parallel, some tidal flow or underground magnetic field, toward the raw dynamic essentials of its essentials....as if everything up to that point had been a preparation for a meeting... more accurately described as the meeting of two immense storm fronts... of what overwhelms human beings from the inside and what overpowers them from the outside. Walking the pilgrim edge between the two, holding them together, is the hardest place to stay, to breathe of both and make a world of both and be active in their exchange: aware of our need to be needed, our wish to be seen, our constant need for help and succor, but inhabiting a world of luminosity and intensity...” David Whyte from Consolations, pp 45-47.

What is a time in your life when you have been in crisis, personal or professional, and have had to find your way out of that moment, trusting your inner resources to be present and not let the outside overwhelm you?

Developed by Lynda Tredway lyndatredway@gmail.com
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Institute for Educational Leadership and East Carolina University
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