Radix is a student-centred magazine providing literary and artistic space for expression on spiritual themes, produced by the McGill Office of Religious and Spiritual Life.

CONTENTS

3 INTRODUCTION
RADIX ADVISORY BOARD

4 MONDAY MORNING
OLIVIA TURCAS

6 YAWN
WAKABA

7 PRISONER
AB

8 MINDFULNESS MEDITATION
WAKABA

10 FOR THE MOMENT
ALISSA LUXENBERG AND LOUCIE HARTAL

12 FAIRYTALE
AB

14 ABSORBENCY
ANONYMOUS

15 WANDERER
AB

16 CLASSIFIEDS
It has been a tumultuous journey so far, filled with unexpected twists and turns. We write this at the time the new year is approaching, and everyone is looking forward to jumping on the train heading to the 2021 station, leaving 2020 as far behind as possible. While we are excited for what the new year holds for all of us, it makes us wonder if we fully appreciate where we are now at this moment?

We fought, we survived. We had rejections, we came up with different solutions. Whenever life spun us around, we came back stronger and stood firmly on the ground. Would any of this be possible if we never took a moment to be present and soak in the teachings showered on us at that time?

Tomorrow will come, but why wait when we still have today to completely live? What does it even mean to live in the present moment? It is not something that is an excuse or escape from planning for the future. When you hold the reins of being present, it shuts you out from overthinking, anxiety and any panic brought about by all of this. Truly, completely surrender to living in the here and now, and you will see that you are safe and right where you were meant to be. We hope you all find the things that assist you in this process.

A walk, a talk to a loved one. A book that brings a smile on your face, reminding you how beautiful this moment is. Music that fills up the air you are breathing, helping you calm your own breathing. And all the writings and art in this issue that take you to that space encompassing the gift of the present.

The Radix Advisory Board

Written Word
Ibani Kapur

Visual Arts
Alissa Luxenberg

Promotion
Ashley Thorup

Production
McGill Office of Religious and Spiritual Life

The cover art for this issue was produced by Emilee Brecht. Emilee is a graduate student in the English Department who uses painting to tap into the mystical of the present moment.
impatient and worried about the week to come
i found stillness observing an ant hauling a dead fly thrice its size: tugged its prey, stumbled towards an aim, with balance over precipices stood its grounds disciplined in its path toward full light.

if only i could handle adversity with the same determination, drag my burdens, dissolve the buzz in my fingers, the tension of thinking about tomorrow’s tasks spilling over, waiting check marks, distant answers yet to fulfill.
monday evening
home from work,
i find
solace in
the long stems
of carnations waiting
on the kitchen counter. i sit
still without haste,
admire petals, fragile frills:
time passes as it should,
soon
my flowers will wither,
the vase will age with
remote spaces i
forgot to contemplate.

tonight
i come to rest,
lean in silence
toward grace.

Olivia is a third year English student who sometimes soothes her soul with occasional poetry.
Wakaba sometimes struggles to focus on the screen but enjoys re-connecting with Shintoism mindfulness and inner peace.
Prisoner

I sometimes sit and wonder,
About what you have been going through,
In a race to meet everything,
This unfair world expects of you.

You wonder if the world,
Has others like you in these cages,
If your walls share boundaries,
With those trapped in them since ages.

You think of screaming for help,
To those trapped inside just like you,
But you fear that all you'd hear,
Is your own voice echoing back at you.

So, you go to your daily corner,
And there you close your eyes,
In that darkness you sit in silence,
It's a habit, you let your eyes cry.

I wish you stepped out of the darkness,
And let the sunlight shine through your tears,
Maybe a rainbow will come crashing,
Not to harm you but to crush your fears.

I wish you didn't keep sitting there,
And kept pushing the walls wherever you go,
I wish you'd climb and break free,
Of these walls which give you much woe.

AB just a little infinity in this infinite world of infinites.
Mindfulness Meditation
Wakaba finds meditative breathing and appreciating the various seasons therapeutic and rewarding.
ALISSA LUXENBERG AND LOUCIE HARTAL

For The Moment

When you’re young
And you’re bold
They say love from your soul

When you’ve loved
And you’ve lost
They say be patient with it all

When you grow
You grow old
And time seems so feared

Be patient, be kind
It’ll all be alright
Hold onto emotion
It’ll be there to haunt you
Let go of the past
And your soul will guide you

When they whisper
And you know
Remember time doesn’t slow

You can laugh
You can cry
And keep asking why

When sunshine begins to rise
Take in light with all your might
Be patient
Be kind
It’ll all be alright
Hold onto emotion
It’ll be there to haunt you
Let go of the past
And your soul will guide you

When you’re young
And you’re bold
They say love from your soul

When you’ve loved
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Listen to the accompanying song [here](#).

Together, Alissa and Loucie comprise The Joni Mitchell House Project.
Once there was a fairy land,
The forests and the lakes,
Made it grand.
A few goblins, gnomes, and trees,
Lived with dragonflies,
Once there was peace.

Gnomes despised the dragonflies,
They hated each other,
The goblins played it sly.
Gnomes burrowed in the ground,
They claimed the earth,
But they were always earth bound.

The dragonflies ruled the sky,
But they couldn't land,
Until they died.
Determined to see who's great,
They fought till they died,
Consumed by hate.

Goblins, had magic by their side,
They sold it to the wealthy,
On both the sides.
Days went and nights passed by,
Voices of the beaten and the damned,
Got drowned in the battle cry.

The fighting went on by all means,
Until the wasps flew from far away,
They were killing machines.
The wasps were very merciless,
They killed without bias,
They just wanted to oppress.
Panicked they all hid in the trees,
The trees gave them shelter,
In the trunks and beneath their leaves.
Fearful of a loss in trade,
The goblins whispered to hate,
And the ones with hate got played.

Thus, began an all out brawl,
The hate began to grow,
The trees weren't big to contain it at all.
The battle cry, it echoed again,
The wasps swooped in,
And the fairy folks laid slain.

There ends our fairy tale,
With hate prevailing in the end,
As always, it never fails.

*AB just a little infinity in this infinite world of infinites.*
under the sheets I felt suffocated
by the restless night:
the dew drops
the mould spots
and instead wrapped myself
in a tea towel.
In self exile,
I was wandering in this new kingdom,
But I do not feel free.
All these days,
I was searching for freedom from my foes,
All I did was flee.

For the world,
I was a man with purpose and passion,
A man with control.
I knew inside,
That I was masquerading as a man with strength,
So that I won't have to bare my soul.

Now I know,
My army of masks broke and betrayed me,
In this kingdom, I've got no place.
This is the time,
I ran far away to another land,
Where no one knew my face.

On my way,
The rain fell to consume my tears,
The howling wind fed on my cries.
I looked onward,
The mist swallowed the road ahead,
Nothing met my eyes.

AB just a little infinity in this infinite world of infinites.
**MCGILL CHAVURAH (GHETTO SHUL)**
The McGill Chavurah continues on the legacy of Ghetto Shul as a community intent on creating inclusive spaces for Jewish students. We are currently running online events, which aim to integrate the peace and comfort of shared Jewish experience into the hectic feeling of student life. We are progressive, sustainable, inclusive, traditional, non-hierarchical, and egalitarian in both structure and practice. Because we are student-run, we evolve to fit the needs of our changing community every year.

[facebook.com/themcgillchavurah/](https://www.facebook.com/themcgillchavurah/)

**MCGILL YOGA CLUB**
The McGill Yoga club aims to improve the physical, mental, and spiritual health of the community, through yoga! Although our in-person classes are currently suspended, check out our Facebook page for recordings of previous Spiritual Side of Yoga livestreams.

[facebook.com/mcgillyc/](https://www.facebook.com/mcgillyc/)

**MCGILL SIKH STUDENTS**
The Sikh Students’ Association aims to provide an inclusive space and platform to connect with Sikh students and come together for Sikh-oriented events.

[facebook.com/sikhsatmcgill/](https://www.facebook.com/sikhsatmcgill/)

**HILLEL**
Hillel McGill is an organization providing Jewish life and education for both Jews and non-Jews at McGill. They offer a wide variety of (currently online) programs, events, and connection opportunities for everyone to take part in. Hillel’s vision is that every student be inspired to take part in Jewish life at McGill. Find them by their handle HillelMTL on Facebook, Twitter and Instagram, or by email:

hillelmcgill@ssmu.ca

**MUSLIM STUDENTS’ ASSOCIATION (MSA)**
The Muslim Students’ Association brings together Muslim students to provide resources, essential services, and educational tools needed to enhance their university experience. Through the services and events provided, the MSA aims to facilitate the spiritual and social growth of its members and the larger McGill community, supporting student needs. Like MSA on Facebook to get updates on this event, as well as all our other initiatives! Email communications@msamcgill.com to join the listserv.

[facebook.com/msamcgill/](https://www.facebook.com/msamcgill/)
[www.msamcgill.com](http://www.msamcgill.com)
McGILL CHURCH OF JESUS-CHRIST OF LATTER DAY SAINTS STUDENT GROUP
We offer a sense of community and educational opportunities for students interested in the LDS movement. Everyone is welcome! For meeting times, and more info on specific scripture study classes and activities, check out the Montreal LDS Institute Facebook page: JAS de Montréal | Montreal YSA, or send an email to:

olivia.bala@mail.mcgill.ca

FALUN DADA
Falun Dafa (aka Falun Gong) is a Chinese self-cultivation practice guided by the principles of Truthfulness, Compassion, and Tolerance. It includes five meditative exercises and, different from other qigong, emphasizes the role of virtue in improving health. Check out our Facebook page for downloadable audiovisual meditation materials!

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NEWMAN CATHOLIC STUDENTS’ SOCIETY
Through our vibrant spiritual and social life, we seek to grow in the love of Jesus and spread the joy of his Gospel to the McGill University campus and beyond in a spirit of friendship and service. Inspired by the legacy of Cardinal John Henry Newman, we strive to provide a point of intersection between our lives as students and our lives as Christian disciples.

mcgillcatholics.ca
facebook.com/mcgillcatholics/

MIDWEEK QUAKER MEDITATION
The Montreal Midweek Quaker Meeting is continuing every Wednesday evening, via Zoom! Keep an eye on our Facebook group for updates.

facebook.com/groups/mtlmidweek

AM MCGILL
Am McGill is an egalitarian, event-based Jewish group committed to providing Jewish students with a safe space at McGill. Check out our Facebook page for more info on our group.

facebook.com/ammcgillu/

Looking for more community connections?
Visit MORSL’s website (mcgill.ca/morsl) for additional listings. Open M-F, 10am-4pm. 3610 Rue McTavish, Room 36-2.
About our back-cover artist:
Alissa Luxenberg is a second year psychology student who loves to spend her free hours drawing with a pot of tea by her side. She created this piece while staying in her mind bubble for almost ten hours. True Presence.

Interested in this magazine?
Read back issues and submit your work online.