

Warmth in our World

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dede dancing, LMT



Happy Spring everyone!

I have been recently reading a book by Louise Hay entitled “You Can Heal Your Life”. This author has been recommended to me many times in the past 10 years, and I am just now getting ‘round to one of her books...procrastination, she says, is one way we prevent ourselves from going where we *say* we want to go. It always seems to me that there are just way too many things to consider doing at any given time :) So many details want attention in addition to the fundamental important stuff like taking good care of self and others.

Ms. Hay’s discussion in this book centers on the need to love yourself in order to create a happy life. This spring as I watch some of us play in our yards among violets and dandelions, digging here and there, raking a little, planting a little, planning the kitchen garden; as I watch some of us spraying (or paying others to spray) chemicals on our yards and fields to create monocultures of grass or corn or soybeans, I have been thinking about what it means to love ourselves in this context.

My mom and I have lived in both those scenarios. Now we live together, and she no longer has the strength to do what she wants in the yard, so she lives among violets and dandelions. She talks gently with me about respecting the neighbors and says I don’t need to use chemicals—I could pull the “weeds” (my friend Brian calls them “companion plants”). I have watched people trying to maintain pristine lawns with out chemicals. It is very time consuming. Consuming time many of them would rather be spending doing something they enjoy more. Yet they go on, sometimes a little resentfully, because they do respect the neighbors and want to be good citizens. And they respect their habitat and health, so chemicals can’t be part of the equation for them.

What does it mean to love our selves as we consider this sort of dilemma? All of us are doing the best we can to honor the values we hold, and live right. Well one thing Louise Hay would say for sure is—start with accepting that. We are all doing the best we can. Cultivate compassion for yourself and others. Beyond that I would like to say, as I do to Mom, one of those ways of caring for our local environment gives us cancer and leads to a world my grandchildren will be hard-pressed to stay healthy in; one of those ways actually doesn’t hurt anything at all.

I will be gone from the 7th to the 30th of April. I hope you all enjoy the time and love yourselves well. I will be happy to be part of that again when I return.

Namaste. See you then.