

2011-03-18

Waves and Waves

One of the readers here has made this observation.....'I am struck by your reflections on what I see as two earthquakes. A mammogram is an earthquake...waves just keep coming in and going out...earthquakes happen each and everyday personally and globally." That was a connection I did not make!

Well, I have had a few emails reflecting the writers own confusion about sending Reiki....or their clarity about what they imagine Reiki to do! And it is amazing to see that each of us is awakening to another sense of self. What a sweet process. There is obviously not a clear answer or right answer....but the stories coming out of Japan are potent for two themes....one is the acceptance of what has happened without blame or making the earth something bad.....and the other is their gratitude for what they haverather than what they do not have. A lesson for us all.

I was reading a Buddhist article about attachment to the illusion of control and possession....very interesting in light of this happening in the world.

And, speaking of waves, the mammogram came back "normal." Yeah! I believe when the third one comes....next year, I will be out of the woods. Meantime, I am still losing weight! And gaining on my health. Today I put on pants that I wore two weeks ago and could hardly get them zipped....now they are loose! Great eh?

So I have had a good daya day of celebration.

Thanks for being out there and lending your support!

with appreciation,

Phyllis