

Love Blooms

Spirituality Corner

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Spring is a time of celebration for many of us, whether in our tradition we are celebrating going from slavery to freedom, from fear and oppression to new life, or the triumph of good over evil, to name only three of the holidays held in the month of April. These traditions remind us that the power of love is the greatest power that exists. Today, spring might seem like dark times for our world, whether we are looking at the growing number of people affected by the coronavirus, or the growing chasm between the wealthy and the poor, or another personal difficulty that you might be facing. As this new pandemic has caused more angst in our world, many of us are already going through something in our personal life. So, what can we do? Is there something that we can do while we practice social distancing and are limited in our ability to be connected in traditional ways?

Regardless of whether we are part of a religious practice, or have our own individual spiritual path, we can use this time to come together in a powerful and important way. It is not necessary to be physically near one another to come together and have a connection to one another. We are spiritual beings that have a significant impact on the lives of one another because we are interconnected and interdependent. This is what this new pandemic reminds us of...how interconnected our lives are and how our actions have an impact on others.

Take this moment to reset your mind and spirit to just how powerful we can be in the lives of one another. The three religious celebrations that I mentioned in the beginning of this meditation all celebrate the power of good over evil and the power of love over all things. Love is the greatest power that exists. As we practice social distancing, practice spiritual togetherness and send love out to those around you, and to the world, as we love our world back into health and wholeness.