

~ **What Really Matters in Times of Change?** ~

“The most important thing in your life will always boil down to love.”

A few years ago, one of my clients had a dream of her mother, who had passed away, coming to her while she was in a bathtub (the tub represents a safe place and the water represents cleansing). Once she recognized her mother walking in, she abruptly shouted, "Mom! What are you doing here?" Her mother smiled and came down to sit by her. The mother began to ask her how things were going, just like old times. Instead of answering, she looked at her mother and said, "Mom, what is it like in Heaven?" Again her mother looked at her and asked how things were going for her? So the daughter surrendered and told her of all the things going on with her son, the situation they were in financially, and how her love life was going. After all that, she asked her mom, "So now can you tell me what it's like in Heaven?" Her mother gently smiled and answered, "Well, you know all those things you just told me? None of that matters here. None of that has any significance. The only thing that matters is love." Her mother was looking her in the eyes as she said this. Her mother had passed away 3 years prior, and my client told me how much she missed her and wanted her advice.

When I asked her how she felt after that dream, she said she woke up peaceful, as though there were no worries, no problems, and certainly only love.

In a world that seems so chaotic and uncomfortable - almost like something could be ready to pop - we can ask ourselves "what is so important?" With all that seems so necessary, if we died tomorrow, then what? Does the world revolve around our ideas, our thoughts, and our time? Quieting the mind and taking a walk could put this in perspective. Earth doesn't judge, nor does she ask anything from us. She gives unconditionally as long as we take care of her. The birds sing, the wind clears, the sights of beauty become more beautiful each day, and the news on television doesn't dominate it. Choices are at hand for a better world, and sometimes that doesn't require anything but a smile with love. In a Cherokee saying we are asked, "The world was created for you. What will you do with that?"

Here's to peace, our ultimate goal!

Blessings to each of you,

~**Mona**

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