

May 14th, 2023. Mother's Day. My first Mother's Day without my mother here in this density to share with me. See even that, I have a problem saying even that. Because I know it's not true. I know that she is here.

It's interesting, the use of the word "know" there. How do you know – how do I know? I know because I can feel it. And I've worked very hard to understand the way that I feel and how the way that I feel reflects the illusion around me. And I think that grief... certainly tints the illusion. It affects the way that you see the reality around you – when your brain and your emotions are... discordant. When your brain and your emotions... don't agree. Faith and reason conflict. But I think that I've begun an important journey in trying to understand how faith and reason are one. How you have to have a little bit of each to complete the whole... to make one.

It's just a day, Mother's Day. It's just one day. The sentimental value attached to this one day is... faith. It's collective faith; people collectively agreed or consented to sharing a value. And that value is the appreciation for a mother. And that's a good thing. Mothers should be appreciated; they deserve to be appreciated. The role that they fulfill, the love that they harbor... those also tint the illusion. Appreciating that is important. And missing it is important, too. I would say that I'm sad today... for several reasons. But I also seek within myself the happiness, the joy, the love that makes this grief possible. Not that I want to grieve the loss of the one who introduced me to light. I wish that I didn't have to grieve it. Time... time is the final boss, though – and in this existence to which I claim as mine... in this existence, I am sad. In this time and place, I am sad. And maybe in that sadness I seek comfort in things like sunlight, seek comfort in familiarity, in sharing. And perhaps I place value on sentiment that is subjective to the emotions that I currently feel, to the reality around me that I interact with on a daily basis. But that reality is informed by my mother – by the things that she taught me, the values that she shared with me, experiences that she gave me and granted me... that made me who I am. That made me a person that can perceive these thoughts, can analyze them and consider them... and love them... and also feel the pain that comes with them. And I would not change that. Those are valuable lessons, and lessons that I want to share with my family. But... freedom of will being constant, I can only share with those who want me to share with them.

I tell myself that... just today, take today. Sit with the way that you feel. Give words to the emotions that rule this day. Give them their time and their place. And let them exist within me. Appreciate the opportunity to learn deeper, more carefully.

I think one of the most important components of grief – and of joy – is to forgive. Forgiveness... of self. Forgiveness of self for feeling and being vulnerable to the emotions... and forgiveness of self for absolving the day of reason. Because sometimes... reason is not the whole. Sometimes you need faith, sometimes you need emotion, sometimes you need to be sad... and every time – you should forgive yourself. You should forgive yourself for not understanding the infinite moment that you share in light and in love with mothers that are here... and mothers that are elsewhere. That's learning - learning how to forgive, learning how to appreciate, learning how to love... willfully love.

It's not easy to forgive. It's not easy to forgive this illusion for the pain with which it teaches these lessons. But the thing about forgiveness is... if you do it right – you've already forgiven because it is part of the process of learning. And if you love to learn... well, if you love to learn, then you probably had a good teacher – and a mother is nothing if she is not a teacher. So on this day... learn... and love your teachers, love your mothers... love your experiences... and love yourself. Because in light... it's all one.

And today is about one. Peace and love.