

April 22, 2020

We've all heard the commercial, "I've fallen and I can't get up!" It gets a lot of laughs and a lot of mileage. I think we can all relate to having had a good fall when we thought we'd never be the same again. It might be happening now in the midst of this world-wide pandemic or it very well may be the loss you are grieving now. There are many kinds of such falls in our lives. It may have been a physical fall – a sports injury, a car accident, radical surgery, or a terrible illness. Or perhaps some kind of tragedy you had to face, - certainly the death of someone you love, but also the end of a relationship, a tough divorce, getting fired, or some other kind of setback, none of which is a laughing matter. Quite often life can deal us a terrible hand and we may want to throw in our cards. Yet, we can get back on our feet, it's not always easy, but we can do it. One of my friends sent me this anonymous quote the other day: "Remember the time you thought you never could survive? You did. And you can do it again."

When the Dalai Lama visited NYC some years ago, in his message in Central Park, he said: "If we have a positive mental attitude, then even when surrounded by hostility, we shall not lack inner peace. On the other hand, if our mental attitude is more negative, influenced by fear, suspicion, helplessness, or self-loathing, then even when surrounded by our best friends...we shall not be happy."

It may be getting harder to do, but now more than ever during this time of isolation we need to have a positive mental attitude. Do not allow this tragic event to dim the light within your souls. Be strong and take courage, and do not lose hope. We are one in this; we can be together in hope and in prayer, in solidarity and in love. May you find peace even in the midst of your sorrow and pain. "Remember the time you thought you never could survive? You did. And you can do it again."

Peace and Serenity, Kevin