

Dear Yogi

One of my greatest joys is feeding people. Whether it is making an elaborate meal, or a delicious sandwich, the moment of nourishing another is a profoundly spiritual feeling.

When we extend our sense of self to include others, and take care of other beings, it takes our mind set out of selfish thinking, out of me, my, I want, I need. This expansion of our sense of self is invaluable. In the simplest acts, we can add devotion and love to our lives.

Bringing devotion to my own life often comes in the simplicity of feeding the beings around me, and this may mean leaving food outside for the street kitties, putting certain foods outside as an offering to the ants, and composting veggies to feed the garden plants and microbes. Consciously offering to feed life brings me deeply into communion with a world much bigger than my thoughts and perceptions.

So, as we are coming to the holiday season, a time full of stress, nostalgia, guilt and moments with loved ones, let's keep trying to become clear. Catch your stress the moment it begins, and bring your attention to a broader sense of self by consider other beings.

Let your nostalgia bring you into a profound attention to this one moment, exactly as it is. Feel yourself becoming a piece of life, and create the space in your day for a feeling of wonder to blossom.

When guilt arises, observe the pattern, where it comes from, and if you need to make changes, make them, but let your guilt go into the earth like compost, allow it to be broken down and to nourish the soil within you. Flowers will grow beautiful blossoms if you nourish the soil of your being.

Consciously return your mind back to these moments with family and friends. Or to the feeling of their absence, and rejoice in our very being-ness, our ability to love, and take a moment to feed the beings around you. Whether this is preparing food for family, friends, neighbors, strangers, or going outside and feeding stray kitties, feeding ducks, feeding birds, take these moments to provide sustenance to the creator's creation, and notice how your heart can feel as wide as the world.

My love to you.

Rae

