

# THE CALM DURING THE STORM

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In this time of devastation in different parts of the world we are brought to contemplate the important things for each of us; family, love, communication with friends and family, sharing meals and conversing over a cup of coffee, tea or wine.

In some places these events and even these types of thoughts are far from the minds of many. Some have lost loved ones and others have lost homes, vehicles and more.



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The law of attraction tells us that what we focus on we attract to ourselves but this has nothing to do with the law of attraction. We need to understand that the individuals that have lost so much did not necessarily have this in their vibration. They may have known prior to coming into this life that there would be a time of crisis or possibly even sudden death and ruin, but they did nothing to attract this to themselves at this time. It could have been any of us.

In contemplating this thought; that it could have been you and me that were affected by these tornadoes and extreme storms; we can no longer sit by and ignore the situations and pretend that since we, our families and friends were not affected, we can just look away and continue with our lives as usual. What would we do if this happened to someone that we know; a friend or even a family member? What would we do if this happened to us?

What do you feel right now as you think about the magnitude of it? Do you feel lost and helpless? Do you feel lucky that it wasn't you? There is nothing wrong with being grateful to have been spared. There is no one and nothing to blame and nothing to feel guilty about. But as we appreciate the moment let us send love and blessings to those that were not spared.

Perhaps you feel there is nothing you can do to help. You have children and a job and can barely make ends meet on the money you earn. You certainly cannot drop everything and go to the location where the devastation has occurred to help those in need. You can give a few dollars or euros to the local drives and on line petitions, and that certainly does help. There are few people that have the ability, time and financial security to go on location to assist. And God bless those that do since they are a unique breed of humans.

So what can we do? We can pray for the safety and swift recovery of those affected. We can send loving healing to all those that need it through our thoughts and well

wishes. We can imagine the ones that have died as being at rest and not having suffered in their transition. We can imagine, in our minds, as we do our daily activities, that we are there and helping. We can envision being in a hospital calming a person in pain or assisting by giving a glass of fresh clean water to someone waiting in line. We can imagine helping someone unbury a picture of a loved one from under a mass of rubble and imagine seeing their face as they look at the loved one on the recovered photo.

Our thoughts, prayers, meditations and visualizations are powerful things. They can change events and manifest what we envision. Use this tool to help those that we have observed on TV and the internet to help them feel better and in turn feel that we can actually make a difference in the lives of people we may not know but feel connected to through these crises.

Yes, you can help. You can feel better about what has happened by taking just five minutes to visualize yourself doing a benevolent deed. As you go to the market or pick up your children from school take an extra moment to be kind to someone and imagine it being someone that just lost all their worldly goods and perhaps a loved one. Send a blessing of love to them or say a quick prayer. It takes little time, just a few minutes and the energy of God/Universe and unseen forces will come to accompany you as you reach out in love to others.

Now be grateful for the blessings we all have and will continue to receive. Try to be as positive as you can as you do this and also in your daily life. A positive attitude attracts good things into your life and the lives of others. Stay away from drama since drama only attracts chaos and chaos attracts more of the same.

Let us keep our eyes on the beauty of humanity and our abundant earth. Let us keep a positive attitude and be as loving and benevolent as we can possibly be in our interactions with each other. That is my prayer today for me and for all of you.

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