

No theme...just random thoughts for 3 weeks I'm on vacation!

Week 3 – Serenity through Compassion

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.

Micah 6:8

Albert Einstein is the great physicist credited with the Theory of Relativity among other theories too numerous to mention in a TALK like this one. He is often considered one of the greatest scientists of all time, but I love his folklore. He is quoted in multiple ways by motivational speakers and preachers. Yes, I'm doubly guilty of keeping the lore alive.

The likelihood of you hearing or reading a direct quotation attributed to Einstein is high. One of the most likely supposedly was spoken during a conversation with a doting mother wanting her son to be a scientist. His answer varies depending on the story and the storyteller, but the response most likely is "*If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales.*" Indeed, it is his beliefs in action, and I for one love his words.

Einstein challenges us to expand our hearts by "widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." It's okay to be out of alignment with what the world says is advantageous but take this moment to extend compassion to not only friends and like-minded people, but also to those who are not always agreeable or pleasant to love.

It is easy for me to believe words from the greatest teacher of all time suggesting all humankind should be compassionate first and follow the positive nature of compassion to find "rest for your soul." Rest for your soul is serenity.

What are some of the images that come to mind when you think of serenity? Personally, I allow my mind to go to the pictures framed on our walls in our house. They are pleasant reminders of placid lakes, beautiful sun rises along the Atlantic coastline, sunsets on Lake Grapevine and all taken by my adventurous bride, Sandy. There is a personal favorite picture I snapped from the sixth highest of the Colorado mountain peaks, Uncompahgre. It didn't make the wall, but it brings serenity to my heart and soul. Standing at 14,321 feet and observing the Rocky Mountains range with billowing white clouds against the bluest sky. Ahhh! Serenity at it's best.

Choosing serenity calls us to let go and know it is imperative to rise above any situation and live from our Christ center to let life work out. Now is the time to resolve to stay open to love. Now is the time to know there is no one in creation who does not find their origin in God. Now is the time to know that as our circle of loving-kindness grows to set our compassionate heart free. Now is the time to know through our serene moments compassion is set free for all human beings to show through love.

Peace always,

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