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May We Be Well

Meditation

*by Reverend Linn Possell,
PAC Lead Mentor Coach*

My mother was diagnosed with young onset FTD (Frontotemporal Dementia) in 2006. She has been gone for almost seven years now but the lessons she taught me continue to guide my life. But before I could learn the lessons that she had to teach me, I had to be in a place to receive them. As the Buddha says, "When the student is ready the teacher will appear." How did I make myself ready to learn from my mother? I wasn't conscious of what I was doing, but in the language of PAC I was working to be Sapphire, as I became my mother's advocate and Care Partner.

Sapphire doesn't mean without struggle, just as peace doesn't mean being without struggle. It is the same with courage. To be brave and courageous, there must be an element of fear. I did have struggle and I did have fear when my mother, the person I adored, was diagnosed with FTD at a very young age. But I was able to be the Sapphire that she needed because I stood on the foundation of my life. A foundation that she helped me build. Therefore, when she was diagnosed, I said to myself; "If what I believe is eternal about life is the spirit, then mom is ok. She is whole and beautiful just as God intended her to be." So, every day I looked for that whole and beautiful spirit of my mother.

As I learned from my mother and supported her in her life, I witnessed the transcendence of the spirit, and learned to recognize more than her human experience. I learned to recognize her spiritual essence. Life holds within it endless joy and beauty. We cannot choose the circumstances that we face in life, but we can choose how we will walk through them. While we make the choice as to how we respond to and engage any situation, we must be patient with ourselves and with others in our life experiences.

To help you focus on what is important to you, and what you hope for your loved one, I invite you to use this simple meditation. Feel free to fill in different words so that it helps you focus on what is most important for you and your loved one. It is my hope that this meditation helps you become a little more Sapphire and able to learn the great lessons that people living with dementia can teach us.

May I be well.

May I be happy.

May all things go well for me.

May I be peaceful.

May you be well.

May you be happy.

May all things go well for you.

May you be peaceful.

View Linn's Bio [here](#).