



A Year of Integrity
#63 ~2007

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Our Cover/Center ☆

Our cover and center photos are a gift from the lens of Linda Redman. The cover is reflective of the beauty and simplicity of the drops of water as we seldom pause to view them. The center more akin to the larger view of life as the water drops interact with the whole of nature itself. Shots were taken at Cluxewe, Northern Vancouver Island.



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♥ 2007

With Loving Gratitude for ALL things...
TODAY we celebrate ‘every second’ of the rest of this year.

A few moments ago, it seems it was January and we were praising the breath of fresh air that a new year brings. We were full of passion for new ideas and ready-willing-able to change our image with a new hairdo or a certificate on the wall. For some, the dream was less tangible... creating a kinder heart, more loving reactions to the past, or honestly sending a hug to the ones who caused us trouble. Ready-willing-able to BELIEVE that there was MORE to us than what appeared to be on the surface. Better yet... we were set to ACT on our ideas that perhaps would change the world.

Today, 8 months later, we are poised to create THE BEST we can, to complete this year. One season remains and what a gift it is. Now we have the presence of mind to remember, that the year isn’t over yet and we CAN still make it better for ourselves and someone else along our way.

No doubt the Buddha would be pleased with our effort. Inspired to see, that although we still fall a little short on occasion, we actually get back up and do something about it. Yes, many look at 2007 thus far and see their goals gently unfolding. Perhaps only ‘little by little’, but every small step, added together, soon becomes a giant leap forward.

So today with four glorious months left, let’s remember what we believed this year was all about. We believed it was going to be brilliant... and the good news is It Was and Is. Every morning we wake up there is an opportunity to change our lives and others for the better, under its loving guidance.

So we have filled the pages of this issue with people, stories and things to do, that we hope will inspire you. Articles to remind you to share a small dash of loving kindness with yourself or a stranger. What a feeling, to lay down our heads at the end of the day, knowing the world is a better place than when we went to bed, than it was when we got up in the morning. **So let’s celebrate the days remaining in this year**, and blessing our ‘apparent’ failures as opportunities and teachers of great value. **Let’s start fresh every morning when we rise** - alive and determined to believe in ourselves and everyone around us. Let’s make music and tie ribbons, sing and dance, stand up to our fears and cry if we must. Let’s paddle our own canoes - but let’s paddle together - like a pod in the waters of life. Let’s LIVE, each one contributing a small thread until one day we will indeed see the tapestry we have created together as ONE.



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