

The Soul in a time of Recession

How do we live today when tomorrow seems so uncertain?

same wavelength as the messages on the airwaves?

In times like these, I find great comfort in wisdom from of old-- wisdom from those who have lived before me and who seem to be plugged into the true nature of things. Wisdom tells us that we are more than our finances suggest, individually and communally. Indeed, we as human beings are more than what we own at any given moment, more than what losses we may have incurred so far, more than mistakes made and wrongs done. We are even more than the hopes we hold onto for the future. Wisdom suggests that we have infinite value well beyond our financial assets.

And so in this time of financial recession, let us dare to live with this infinite value in mind, in relationship to ourselves and to others. While we work to correct our financial system, which includes taking a hard look at the choices we have made and how they impact ourselves and others-- wisdom would have us do this too of course-- let us live in the abundance of our humanity and of this planet that are *de facto* here with us all the time. Let us rediscover the delight in the things we already have. Let us hike a mountain,

dive into the ocean, sit in a park, pray, hang out with friends, play with kids, be kind to someone,

embrace a moment, watch the sunset in silence, etc-- these things cost nothing. ok. maybe gas money. Less if you carpool.

All this to say, let us allow ourselves to be enamored once more with

the miracle of being. Let us nourish our souls with this good, and dare to experience a rooted well-being that is not tossed to and fro by the anxiety-ridden

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messages on the airwaves. In so doing, perhaps we will experience just how rich we might already be, a full measure flowing over!



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For most of us in this country, we are constantly breathing an anxiety-ridden air, with messages such as, "the collapse of the housing market has found another set of victims..." and "the world-wide financial crisis is showing no signs of letting up..." We, as individual people and communities, can feel like our very human core is in crisis too. It is as if our souls (the well-spring of our being) might as well be on the brink of also becoming homeless and impoverished, with no signs of letting up.

There is no doubt that we are, as a global community, in a financial crisis. Things simply feel uncertain, and there is no clear end in sight. (For all our touted individualism, we are realizing just how interdependent we actually are.) But need our sense of well-being be on the

Things simply feel uncertain...



... a full measure flowing over!