

Holidays

Infinite Spirit.

At this time we consider our friends and colleagues who are holiday. Whatever their destination may they be kept safe so that at the end of their time away they may return refreshed in body, mind and spirit.

We may realise that the condition of our body is a reflection of our mind, of how we feel about our life in this world and our desire to continue to live in it. We have connections with many people who are aware of how we feel; whether we are depressed and not enjoying the life we live or the work we do. It is the events of each day that push us forward or hold us back.

We are part of the stream of life on this planet and, while we may rejoice at a new arrival we often notice a hearse and a stream of cars behind it indicating someone has left us having completed their earthly journey and departed into the unknown. Some may understand that we came from 'there', even to the point of knowing that we made a plan for this life; things to be achieved in the allotted time. This plan was laid out before we came so that progress could be made in the world of light by our endeavours in the world of matter. When the time comes each of us will take a ride in a sleek black limo taking us to our place of 'rest'. Until then we all need a change from our regular routine, a holiday from our place of work.

May those who are doing so be held in the eternal love of those who care for them both in this world and the next.

Amen.