

Peace on Earth

by Rev. Lauren Skye

While returning from a meditation retreat in warmer climates, I found myself surprised to find the Chicago International Airport all decorated for the holidays. I noticed in the airport that it was beginning to look a lot like Christmas, as the song says, but it sure didn't feel that way. The mood was solemn and tensions high. Does it feel odd to celebrate in the midst of war, anthrax, plane crashes, people losing their jobs, and all those who've recently lost their lives? We wonder, "what can I do to help?" And, "what will happen next?"

We can all do a great deal to bring about peace on earth. Each of us at an individual level is contributing to the circumstances on our planet all the time, whether we realize it or not. Through our contributions we determine what will happen next. The future isn't written in stone, we mold it moment by moment with our energetic vibrations, and our intentions, choices, and free will. We contribute on every level, not only the physical ones. Our financial aid and volunteer efforts are crucial. So are our energetic offerings.

It doesn't work to write a check to charity and then treat the grocery store clerk with anger and impatience. It doesn't work to volunteer for clean-up efforts only to go home and hurt the ones we love. Our state of being and the energies we project toward others are our contribution to the state of being on the planet. That doesn't mean we can't have anger, fear, and pain. On the contrary, any repressed vibration becomes even more powerful. It does mean we love all parts of ourselves and others, owning all of our energies, and going forth with an intention of love. When we blame and judge ourselves or others, we add to the creation of war and pain. When we love and appreciate all that is, we donate those vibrations to the collective whole.

If you'd like to create peace on earth, be at peace within yourself. To spread love, simply give it. To create joy, begin to live it. It's easier at the holiday time, when hearts are open, forgiveness runs high, and gratitude is in the air. Let's take advantage of this magical season to ground the energy of peace and all that comes with it; joy, love, gratitude and so much more; into our hearts. Let's carry this vibration into the future by living consciously as spirit; recognizing, honoring, and celebrating the divinity of each living soul.

And as we honor each other, we also remember to ourselves. Recognizing our own divinity, allowing our light to shine in celebration of all that is, fueling the flame with love of self and others, we become a beacon of peace and joy.

May it be with the blessings of spirit that your holidays be bright!