

Precious Moments With Pop

This month's question is one I am asking myself as I sit here beside my dad's hospital bed watching him sleep. Is it really possible to just *be* with all that life is? Can I authentically practice what I teach and allow the full spectrum of this experience to flow through me without resistance and struggle?

Being human constantly provides openings to explore our unique evolutionary edges (aka awakening opportunities). The obviousness of Infinite Intelligence at work in some of those opportunities often causes me to laugh, cry or both, sometimes simultaneously.

Here I am at the end of the sixth day of being with my 78-year-old dad as he recovers from emergency surgery. He has dramatically improved, but concern about infection keeps him in the hospital. It's his 11th day here, and we're *very* ready for him to go home.

In all these hours of sitting and waiting, I've noticed how my thoughts and emotions are responding to what *is*. I'm trying to just be the observer, simply allowing and experiencing all of it. However, I've learned that when someone I love is in danger, resistance to what is can fiercely take over. When he could not go home today as expected, I broke down and cried. My inner voice said I was being ridiculous, that he is OK — that compared to him, I have nothing to cry about. I felt exhaustion, fear and frustration. I also noticed a little rush of tenderness and self-empathy.

I sat and let all this move through me. I think this kind of processing constitutes walking my talk, and I know what's happening here will reveal its gifts in time. It will certainly allow me to be present with someone else in this situation and share, "I've been there. And I am here for you."

So, the answer to my own questions is yes, I can *be* with life as it is. All the ups and downs. And it's a life-long practice. I am glad to be here, right now, with my beloved Pop. It is all about love and this moment. I'll take it. ❀



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