

## The Love of an Aunt

*My nephew was recently sentenced to 15 years in prison. I was there for him during the trial as my sister couldn't make it. She is so distraught and does not believe he is guilty. My practitioner says the most important thing is that he tells himself the truth. I decided long ago that I support him no matter what. My question is how do I navigate this? How can I best support him and my sister? How can this be looked at as a good thing?*

The emotions accompanying your nephew's imprisonment certainly do not feel good to him, his mother, you and others who love him. Considering the belief that all souls are evolving in mysterious (and sometimes painful) ways can help you traverse the most difficult experiences.

Heartbreak is part of the human adventure and so is transcendence and the transformational power of love. Every member of your family has entered a whole new chapter of their individual and shared soul journey. This situation has likely surfaced a multitude of feelings, opinions and family dynamics. As you continue to show up as compassionate and loving, you remain a safe and unconditional space of support even when your family members are distraught. Only your nephew knows the truth of his guilt or innocence. Committing to remain in integrity with your own feelings will provide a powerful example to those you love, perhaps assisting your nephew and his mother in discovering their own inner truths.

Oscar Wilde said, "The truth is rarely pure and never simple." Keep honoring your own truth, speaking authentically as you are guided by love.

Support is available for those who are incarcerated and their families through various programs by searching online by your city and state.

The resiliency of the human soul is magnificent. Mental and spiritual freedom is accessible no matter how dire the situation. Your family will be blessed by your dedication to remain steadfast in unconditional love.

Remember, miracles in consciousness find their way into form through a courageous heart. You are *that* — and a blessing. As a fellow sister and aunt, I send you much love. ❀



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