

Cherish Our Human Family

As I pondered which question to answer for this column, I considered October's theme, "Cherishing Our Human Family." In the silence of my pre-writing meditation, thoughts went first to my immediate family, and then to the family of humanity. Big feelings arose as I realized that for this month the question to explore possible answers to is my own.

I left our hometown of San Diego on a cross-country healing journey after the loss of my first husband over a decade ago. Now, a thousand miles away in Colorado, I miss my parents, sisters and nephews every day. But we stay connected virtually and visit often, thank God.

Right now, I feel lined to the millions of people displaced from their homelands and families — not by choice but as the only way to survive. My heart breaks for families torn apart by war and oppression — and by what is taking place at the borders of this country. I don't claim to know all the factors at work. But as I consider the pain of these people, I also consider the word *cherish*. It means, "to protect and care for (someone) lovingly." I personally want to do that for every scared and hurting heart on this precious planet, including my own. But how?

Before I could begin writing this column, I spontaneously hand-wrote several cards to family, friends and clients, expressing the depth of my appreciation for their presence in my life. Then I wondered how I could extend the energy of cherishing to my wider human family. And it hit me: This column can do that.

So, I'm asking you to help me spread the energy of protective loving care. Please express adoration to your spouse, kids, co-workers and strangers. Hold yourself dear, too. And as you read these words, feel me cherishing you. We are connected beyond words on a page. We are family just as we are with every life form on earth.

Imagine everyone cherishing themselves and all forms of life. What a world! I choose to believe we can do it. I am starting now. Will you join me? ❀



STEF SWINK, RScP, has been a practitioner since 1999. As a protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.