

Love Is the Solution for Fear

I am so furious with my daughter-in-law. During the pandemic, she put those she supposedly loves at risk. She shared pictures, gathered with friends (not 6 feet apart) and continued to visit her large family, dragging my son and their kids along. I expect her to protect my grandchildren. She is so selfish and irresponsible. How can I find peace and stop judging her?

Worry and fear are emotions that often translate into anger and criticism, especially when we seem to have no power to change the situation. But as a member of this extended family, and at a time when everyday choices affect the well-being of those around us, it is reasonable for you to voice your concerns and even request a change of behavior. But for that communication to have a shot for success, you must take ownership of your fraught reactions and emotions.

One definition of *expectation* is “a strong belief that something will happen in the future.” Your protective parental expectations are likely mixed with other — perhaps subconscious — beliefs about future possibilities, mainly that illness or death could occur within your family. We all feel this with the new virus. The underlying fear is causing you to blame and judge — energies that rarely lead to positive or healthy outcomes and actually contribute to the general fear on the planet right now.

You, your son, his wife and the whole of humanity is being called to rise to new levels of honoring ourselves and each other. It must begin with taking full responsibility for our own experience and allowing others to do the same while simultaneously respecting our interconnectedness. In this lies the peace you seek.

Love is at the core here. Invite it into your relationship with your daughter-in-law and allow its healing wisdom to work in ways you could never imagine. Then speak from your heart. But first affirm, “I articulate my truth with love for the highest good of myself, my family and *everyone*.” Remember that love keeps no records of wrongs, rejoices in the truth, always protects, trusts and perseveres. Love never fails. My love is with you and your family. ☸



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