

## Be the Spiritual Miracle of Love

*My father is 82 years old and bitter, selfish and alone. He's pushed everyone away, including my sisters. When I call to check on him, all he does is complain. He's depressed and refuses to leave the house for fear of catching the virus. How do I deal with being a spiritual person who wants to surround myself with positivity while dealing with a negative person on a regular basis? Every time I call, I get a knot in my stomach, bracing for the worst. And it always is.*

— Frustrated in Florida

The fact you continue to be a lifeline for your father proves love exists in your heart for him. Do you tell your Dad you love him? If that is not a part of your conversations, I suggest adding it, no matter how uncomfortable and triggered you are. Stating this truth amid the negativity has the power to transform what seems to be a hopeless situation.

Part of being a spiritual person means cultivating compassion for the human experience. Focusing on positivity is powerful and important. So is acknowledging the intensified challenges being felt globally and individually.

Your father is in a tough situation, as are you. Have a conversation with that knot in your stomach. Ask the wisdom there to reveal what it means that your father is miserable, and you are the only one he talks to. Get real with yourself about *all* your feelings. Understanding and accepting yourself will empower you to offer the same to your father.

Consider a different approach when preparing for these calls. Instead of bracing for the worst, sit quietly and ask the divinity within you to touch that same space of inherent perfection in your father. Tap into compassion for whatever he's experienced that led to his bitterness.

He was not born that way. Ask to be freed from the need for him to be different. You may have no idea how to do this. But the love of God knows how to do what our personalities cannot. Just *be* the spiritual miracle of love you are. ✨



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