

Education Co-ordinator

"It's not excess of love we regret at death's door, it's excess of severity. If we lived every day as the last day of our lives, the only quandary would be how to find the time to shower love on enough people. We live distracted and die with too much knowledge to bear." Roger Cohen

"Just let go , mum...it's easy" Maxi Gering

"No individual or group of people can grant, strengthen, revoke, or in any other way regulate, the rights of anyone/anything by putting alphanumeric characters on pieces of paper. When people understand this and act accordingly, not waiting for a so-called "president" to act on their behalf, THEN the illusion will be dispelled and real change will happen." Helena Norberg Hodge

Love, Lightness and Responsibility.

As we move into the festive season of the year holding all too much knowledge and all too many assumptions of what that knowledge means and what we ought do with it, a sharing here of three messages that have come my way.

Showering ourselves and each other in joy and love, regularly and generously, feeling its abundance on tap... is a piece of magic I try to remember many times a day. There is nothing scarce about love. It need not be protected nor held onto. Rather, the reverse is true. We can choose to give it away whenever we like. A hug or three to mum, a blessing to a friend, a time to play with your child, a shared meal with mates at the beach ... a time to sit alone and breathe. Love may be the one gift which becomes simpler to give, the more we make it a habit to do so. In fact if we try to hold onto it, we may find ourselves drying up; a desert building inside, for which water may be so hard to source. May you realise the infinite storehouse of love you are and may you share it with abandon! May we all do so with particular care for those who cannot see their love.

Maxi is my son and when he was about 16 amid a fiery interchange he said..." Just let go Mum, it's easy". He's always represented lightness in our family. For years, he's been teaching me to do that which comes completely naturally to him. The magic of his message right now is that every moment of letting go of the 'hold' of control, brings an opening and with it a wealth of possibilities. Thank you Maxi, know that your magic is being grown.

Lastly, Gandhi's message of Swaraj or 'self rule' as brought to our attention by Helena Norberg Hodge as the world went into confusion following the US election outcome. She reminds us that each day it is largely our decision how our day unfolds. I say largely, because of an ongoing dialogue between Claire and I. Throughout this year we have noted 'outside', 'external' events send spanners into our worlds. We note them and realise that with each, we retain a choice as to how we respond. Swaraj is not about being happy all the time. It speaks to the idea that whatever happens in our lives, we can choose our values, how we behave as a result of them and what actions we choose to take or not. Figuring how to live responsibly is a life journey. Perhaps infusing love and lightness into the equation will help.

Blessings of love, lightness and responsibility to you all as you step into the festive season. Thank you for your teachings; children, staff and families of Kinma. May we continue to learn together with open hearts, hands and heads, showering love through 2017.

Jg