



A Reminder: Some of my Soulwords

Tamara Stover, Reiki Master, mother of 5, studying for Social Worker degree

While part of me wanted to stay in bed on this cold rainy morning, and another part was admitting to myself that the only reason I really wanted to go help gather wood for the sacred fires was to see Margo and David, all of me was glad I went.

The sense of community was wonderful as always. The healthy lunch prepared by our hosts was superb. The exercise of lifting and toting wood, much needed. And the fun of playing the game "Imaginiff," entertaining. And then there were the hugs.

Those hugs are simply amazing when the energy is loving and safe and giving all around. The kind of hugs where two or more sink in and feel so at home they are hard to bring to an end. But even that was not the best part.

That came during the first hug with Margo when she used her gentle intuitive gifts and praised me for how far I have come in the last ten years. Now, Margo did not know me then and while this past year has been unfolding under her caring watch, to my eyes, things always seem to be much worse. But for this once I could see what others who look at me with love, see.

Yes, I have come a huge distance in the last ten years and while I tend to believe I still have far to go, it was nice to receive that reminder this morning. That I have done things to be proud of and it is okay to see that and believe I am the worthy person others see and who I am coming to know again, has always been inside of me.