

Personal Reflection – April 23, 2023

Bring the Love

What can one do when he feels no love, gets no attention from someone he loves? Someone he needs?

I woke up this morning with this phrase in my mind: *BRING THE LOVE you seek.*

BRING THE LOVE!

Where there is no water, *DIG A WELL!*

Where there is no bread, *BAKE A LOAF!*

Where there is no love, *BRING THE LOVE!*

How I do that demands imagination, attention to detail, a good sense of humor, care.

I find this challenging, immensely tiring, and I feel a song arise within me when I succeed.

For example, I discover myself editing my thoughts, moving from criticism to praise.

Instead of asking, “Why?” I notice the morning sunlight on my forest and say, “Wow”. From *Why? to Wow!* A good move! A healthy move!

BRING THE LOVE?

I can only try.

--Jane Vella