

Personal Reflection – October 18, 2022

Transformation

I find this word often in my reading, *transformation*: transforming habits, be transformed into newness, and the like. Recently my dear body gave me hints of the transformation that is *life!*

My mother's milk transformed her newborn daughter into a bright-eyed, healthy baby. Today's breakfast is transformed into energy for an old lady to use at the computer.

Sitting in my dark living-room by the fire, I see the transformation of gas into flickering flames. A cosmic transformation turns the blackness of the night sky into morning!

I am delighted to be newly aware that transformation is not *my* job or *my* duty: it is life! It is nature. I can now celebrate it as I am newly aware of it around me, everywhere.

And I can join the cosmic celebration: What is today's newness?

Thank you!

--Jane Vella