

## A Personal Closing

I am sitting at my desk very early on a cold and beautiful morning – the sun is rising and the sky is full of hope and beauty. I find myself sitting in the in-between. The in-between of seasons ~ autumn & winter; the in between of holidays ~ Thanksgiving and Christmas; the in between of letting go of 2012 and entering into the new year of 2013, and finally the in between of Joy & Sorrow. I thought long and hard what I wanted to share in this particular newsletter. My desire was to weave something personal into this newsletter that usually offers writing on ethics, my educational offerings and simply food for thought.

I have often considered how close my personal life touches my professional life – how to keep them separate and at the same time integrate them in a way that brings meaning and a deep rooting to both. I see in the reflection the differences and so many similarities.

This past year has been filled with great loss. My mother-in-law passed away in January. My father who was 84 passed away in April and my dear mother passed away in October. Sitting with all this often feels over-whelming, numbing, Joyful, Sorrowful, and so much more. When parents die, it is always too soon. The lessons and the blessings of their life and death bring to mind one major truth; **“and the greatest of these is Love.”**

I tend to be an introspective introvert. I have tried to journey through my grief and mourning mindfully, deeply, openly, privately, remembering and questioning. Of all the many, many blessings I have received from being my parent’s child, the one I am most grateful for is the blessing of Love. A Love that was always welcoming. My parents allowed me to Love them deeply, and I allowed myself to be loved by them. It was a beautiful exchange. We were and continue to be deeply connected – our hearts, our souls and our spirits. This is what I treasure most.

How does this very personal part of my life integrate into ethics, the client-therapist relationship and simply how we live our lives? Can life be this simple – that the act of love is the deepest and greatest offering we can share with another human being? That beyond our techniques, our nice office, and our caring intentions – choosing to Love is our richest gift we can offer our clients? Maybe, just maybe loving one client at a time can be the individual snow - flakes that bring Joy, Peace and Love to this world.

As massage therapists and body-workers perhaps the practice and offering of Love is what we need to do best. As we journey into a new year let us take time to rest and reflect in the in between. May our lives be a witness to the pure Love that lives within us.

I wish you warm blessings as you enter this season of Silent Nights. May 2013 bring you all you are hoping for!

May we continue to Learn, Grow and live in Peace!

**Kathy**