

MARCH 2

THE SIMPLICITY OF THE COUPLE

“When we do tasks over and over again, we begin to recognize the natural cycles of growth and deterioration, of birth and death; thus, we realize the dynamic order of the universe. ‘Simple’ work is work that is in harmony with the universal order that we perceive in the natural environment.”

– FRITJOF CAPRA

There is a form of simplicity inherent in a relationship, something natural in and of itself. I love my partner and I want us to be as close as we can. I see that life is better when I can share it and I seek to strengthen and maintain our relationship. All else is simply superfluous.

Today, I leave complex theories to others. I live as I choose to live. I listen to my heart and I look for simplicity in our relationship.

LIFE AFTER LIFE

“When Jane died, it took me a long time to recover. I couldn’t accept the fact that she had gone first. I wanted to die in hopes of finding her somewhere in the beyond. I was so very lonely. Life held no interest for me, it was completely colorless. Only then did I realize how much this woman was a part of me. I felt empty inside and I could see her everywhere I looked. About a month after her death, I dreamt of her. She told me that she was fine and that she was always right beside me. I woke up and I felt her presence in the room. I told her how much I loved her and how much I missed her.”

— ANDREW W.

Deep within us, we know that the material world is not the only world. We live through our earthly experience and we build ties. When we invest genuinely in a relationship, we come into contact with our partner’s true being and we cross the oceans of time and light to come together.

Today, I see that the material world
is only one part of our reality.
