

I'm sad...

I'm sad that people are hurting other people.

I'm sad that we, as humans, haven't evolved to a place where we can appreciate the diversity, complexity, and gifts of others.

I'm sad that while truth is happening, and needs to happen, people are dragging others down instead of building them up.

I'm sad that old traumas are surfacing even while knowing that is how healing happens.

I'm sad that we are divided by disease and the *dis-ease* of fear getting in the way of acceptance.

I'm sad that people I have known will no longer be in my life because the rift between who they are presenting and who I am willing to connect with is growing bigger and if I'm being authentic, I won't be able to sustain a relationship with them given the current beliefs they are expressing.

I'm sad that I love teaching but don't have all the information nor the energy to teach those who just don't want to learn.

I'm sad some people don't want to learn.

I'm sad that equality does NOT exist and that doesn't matter to some of the same members of the human race I belong to.

I'm sad that the ones that don't want to learn or change don't know that growing brings so much joy to one's life once the experience of uncomfortable passes.

I'm sad that being uncomfortable seems so scary to some that they'd rather remain in their fierce opinions rather than saying they'd like to learn why. Why someone would be hurt. Why their words are painful to another. Why it has to continue.

I'm sad that we've gotten so divided that the idea of seeing the soul of another is too much work.

I'm sad that my version of all people being inherently good within is proving to be misaligned with some beings of our planet.

I'm sad I didn't know I held white privilege.

I'm sad I still do simply by being white.

I'm sad that children are witnessing this and losing some of their innocence because adults are acting worse than a no nap, haven't eaten, sitting in a dirty diaper toddler.

I'm sad that I can't fix it with a session and insight into the situation. That I can't use the magic wand of guidance from Spirit and a great strategic plan. I'm so sad about this.

I'm sad that name-calling, lynching, bigotry, racism, ignorance, and bullying is still a thing for supposedly the most evolved species on the planet.

I'm sad that all the beautiful colors, gender identities, backgrounds, races, sexual orientations, cultures, and histories aren't honored and respected. Diversity is surely what was intended to be the finest example of love on this big amazing planet we inhabit.

I'm sad that my family members, friends, and clients are hurting.

I'm sad. I am simply sad. Maybe you are too for many reasons for and other than these.

It's ok to be sad. It's even expected during times of great challenges.

Be sad. Allow yourself to grieve. I am and I hope you will too.

We can be sad and in action.

We can be sad and effect change.

We can be sad and love at the same time.

Be sad.

Be love.

Be kind.

Be a good human.

Be a better human.

Be.