



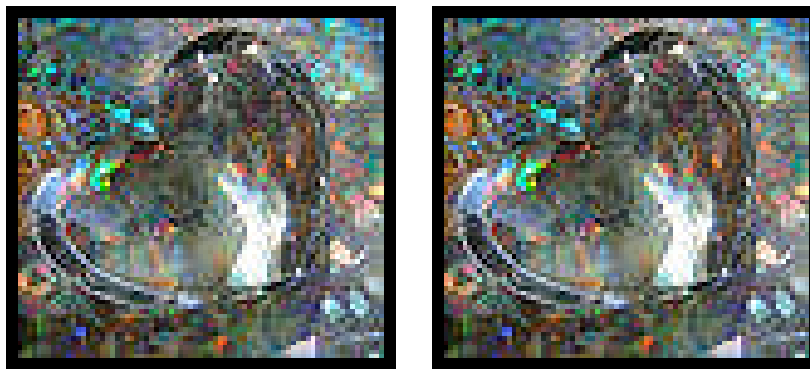
PNE Inspirations

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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

December 2006

The Heart's Alchemy ... Promise of the Season



“There is a wonderful mythical law of nature that the three things we crave most in life--happiness, freedom, and peace of mind--are always attained by GIVING them to someone else.”

-Peyton Conway March

Our spotlight this issue shines on the *heart's alchemy*. One of Webster's definitions of alchemy is *a power or process of transforming something common into something special*. Each of us has an extraordinary potential for alchemy dwelling right inside our own bodies. For many of us, it's a promise never realized in our lifetime. For those of us who've had the auspicious opportunity to experience the heart's alchemy, we will say that life shifted when our focus moved from **getting** to **giving**.

Are you aware there's an actual promise of the holiday season? There is ... and it's our right and privilege to have this promise realized. I remember the first time the promise of the holidays filled me. It was in 1991, in Albuquerque, NM, when I participated in the Holiday Project with my husband, Rick and my 18-month-old son, Abe. After celebrating Christmas in our own home, we met a group of people at a local nursing home to sing Christmas carols and give simple gifts to elderly people who otherwise were left alone on Christmas Day. One by one we talked to and held hands with people who had lived full lives, had seen so much and were in need of attention. They didn't want material things

... they wanted another human being to share a moment with. Touching their hands and looking in their eyes I began to feel a deep alchemic process happening in my heart. The realization "I was the gift" emerged from within. Little Abe just loved "*being* the gift" for all these sweet seniors. When we left the facility, it was crystal clear to me by the glowing warmth in my heart that I had tapped into a reservoir of goodness, the spirit and promise of the season that I was told about as a child. This promise lives when giving from the heart for another's sake.

Imagine if you will that our planet earth is very similar to the elderly people who had seen so much. Our home (earth) is also in need of attention. The spirit of this season is the perfect time to respond to the urgent care so desperately needed. With global warming's stark reality, the time is now to give back to our benevolent planet. Giving can come in the form of simply changing light bulbs to compact fluorescent lights (CFLs), and doing everything you can to reduce your carbon footprint. Truly speaking, this is giving to the earth. By doing so you help cool a heating planet, thus bringing balance back to an unstable ecosystem. In this newsletter you'll hear from a PNE volunteer sharing about how her synagogue and others around the country are giving to the planet. There's something very balancing about giving to that which has given and sustained you your whole life. Also, in this year end issue, you will read an inspiring letter that 3 of America's Senators have sent to the President of the United States, asking for his participation to address global warming and give much needed attention, along with the rest of the world's inhabitants, to our home.

In the end the reality is that when you give freely you end up getting. I received the promise of the holidays the day I walked out of the Albuquerque nursing home. And that promise has stayed with me and guided me ever since. Sometimes the alchemy of the heart, like in the *Velveteen Rabbit*, can be bit by bit or all at once. Either way, once the process has begun life is never the same. The heart's alchemy forever connects you to everything, you're never alone.

"I have found that among its other benefits, giving LIBERATES the soul of the giver."

—Maya Angelou