

POLAR BEAR

Last night while visiting my Mom, I got to channel surf. This is a treat since, never having been a big fan of TV, I cohabitate with a 13" cable less television. We get along fine. Anyway, I stopped flicking the remote when I came upon a scene of a lone polar bear swimming through the vast expanse of the deep arctic waters. From a sailing ship, captivated onlookers stared in silent awe through their binoculars and camera lenses. The program I was watching turned out to be a documentary about a sailing expedition around the Northwest Passage.

The onlookers were ilks, all sharing a common planet's future. I can only were feeling watching this room, I felt like I was be allowed to observe it. It she) knew he was being strange floating object



scientists of various concern for our imagine what they bear. From a living supremely privileged to seemed to me he (or watched, knew this didn't belong in his

home amidst the ice flows. Yet the aura about him as he swam was one of utter peace and serenity. It looked as though the filmmakers had adjusted that segment to slow motion, but they hadn't. His body moved with such tranquility and grace it was stunning. He was at home - as in completely at one - with this space on the planet where he belonged - and where we do not.

Yet we are there and becoming more present everyday as our version of being at home affects his "habitat" – a less painful euphemism we use for home - his HOME. The way we have constructed our home is causing the destruction of his. We are the ones with the brains capable of intelligent thought and that leaves him at our mercy. It is so saddening to have to say that puts him in peril. We are capable of so much better. Perhaps as we come to understand that there is only one life force running through all life, connecting all life together, we will better understand the truth that when we disregard one portion, we disregard the whole - when we do damage to one part, we damage the whole. To arrive at this understanding we have to wake up to our spirits and reconnect with them again. The life force is generated by spirit, and understanding it is a spiritual endeavour.

I often feel that the unfathomable wisdom of spirit speaks loudest and clearest through nature, because it comes to us pure, straight from the source, uncorrupted by logical thought. It speaks through the heart and soul first before mind gets hold of it. And when my spirit is awake - at least to some degree - how I feel when I watch a lone polar bear gliding through the waters of his home in a timeless moment of peace tells me everything I need to know.

How grateful I was to this magnificent creature that lives on planet Earth with me. Thank you for nudging me awake a little more. It will help me carry out my

responsibility to you to be a good steward of our shared accommodation.

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