

IDG 2.23.23. - Spring's Lessons of Weeding & Renewal

Prepared for Garden of Change IDG Renewal Series.

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Well it's spring... (at least in California...) I can see it with my eyes... in the blooming of Bradford pears and the Purple plum trees... and the green green grass which has benefitted from so much rain.

But my body (and sinuses) are telling me, too.

Spring is about renewal, and planting more of what we want... but as in every life, we need to let go of that which is NOT working.

Yesterday was Ash Wednesday - the first day of ADVENT where we start to think about what renewal looks like for us. Maybe we give something up for the next 40 days... or Maybe we claim some new life-affirming habit.

But Renewal is in the air.

Like a garden, we can't grow everything all at once.

We have to weed...

What do I want to grow? What is mine to do? What's working... and what is NOT working?

These are big Life and death questions for life as it happens...

Every human beings needs to find fresh new ground... To plant more of what is working.

Its true with us ... we need to address unfinished business - Unfinished business and

unfinished relationships can have a serious negative impact on our live in the present day.

FOR those us of in Healthcare, our patients too - even when facing the EOL, need to address unfinished business... so they might be ready for whatever's next - the great sleep, the Great Mystery...or the Maker of All Things.

These are the BIG EVERGREEN issues:

1. I Forgive you
2. I love you
3. I'm sorry
4. Thank you.

Happy Spring AND HAPPY Weeding.

Amen