

StirFry Seminars

December 2007

The Choice Is Ours

Another year is about to pass through our lives once again. And as I sit here in the quiet of our home in Albion, California, surrounded by redwoods and the sound of the waves crashing along the cliffs of Mendocino, I am reminded of how beautifully precious, life really is.

During this year, I have watched with much sadness, the continuance of war and hatred all around us. Here, in the United States, we are still deluded that building walls will protect us from those we fear and that simply pretending that these gigantic changes in our environment worldwide are simply the causes of natural shifts in nature, rather than due to our benign neglect and greed. So, what is the consequence? We hear of the Jenna 6 and we simply turn to another station. We read about yet another young man shooting up another school and momentarily feel badly for the victims, instead of also looking at how bullying and our inability to embrace those who are different, have contributed to this environment of isolation and anguish.

We seem to be forever in a state of warning - about another attack, another cover up, another financial scandal, or another product full of lead or possibly cancerous to our health. We seem to have refined the art of blaming, so much so that our political leaders seem to be forever at odds with each other, often forgetting who they are serving and why.

As I grow older, I am convinced of very few things. But, there are some constants for me after all these sixty-one years of living. I still believe that each person must be responsible for their part in preserving this planet and taking care of its inhabitants. We each must love each child as if they were our own and continue to listen to each other with a compassionate heart and with an open mind. But most importantly, we need to come to recognize that we are not alone, we are more intertwined than any of us fully realizes.

My sense, in traveling around this country, is that there is a deep longing by so many people to want to trust again - to believe in something or someone once more. And so as we prepare to leave yet another year and enter into a new year, I would like to make a wish - that each of us begin with ourselves and the person next to us. That we each see in ourselves and in each other, the seeds for change and the leaders we are looking for. That in this short time we have together, we can begin again - with all the love and the respect that we each deserve and need. We each can be the change and the miracle we are hoping for. We are only one word and one step away from each other. The choice is ours. It always has been, since the beginning of time. May we each remember to live each day as if it were a lifetime.

Lee Mun Wah

DECEMBER WORLDWIDE CELEBRATIONS

December is Universal Human Rights Month!!! December 1- World AIDS Day
December 2- International Day for the Abolition of Slavery