

May 1999

*Keys for Living*  
**This month the key is: Community**

**When I think of community, I think of ducks.** "Find the ducks." That's what I heard in meditation, as I asked for guidance about finding my current office. (Looking back, maybe they meant *ducts*, because the office was gutted when I first saw it, heating and cooling ducts exposed!!) Later, I learned ducks are nature's symbol for community, for finding emotional comfort and protection (and joy!) by joining with those of like mind and spirit. Healing Options has been just that!!

**Community helps each of us find our path, discover our best selves, and feel just how precious each of us are.** It is important to have close personal supports so we realize our uniqueness and value. Sometimes our connections are less close, but just as valuable. Sometimes it means concrete help, like the neighbor who loaned me his leaf bag holder last fall. And sometimes, it is discovering new books (*Have you read this one? it is fascinating!*); other times, new ideas (*I heard on National Public Radio today that...*); and even new ways of finding meaning and approaching things (*I was meditating yesterday and realized. . .*). The important thing in community is that it moves us on our way towards creating our vision of ourselves and the world. **I include clients of Healing Options in my community, as they are an important part of creating my vision — healing for all, on all levels!**

**We can expect our community to change,** as we change or as our life circumstances change. When I first moved here from Michigan over six years ago, I realized I had underestimated how important the strong and supportive community I had built around myself was to my daily life. When we *are missing the connection of community, the void in our life can feel enormous*. During those times, it is important to know we are in a time of transition, honor the importance of community, and begin to create new connections.

I recently heard Corretta Scott King, widow of Martin Luther King, Jr., speak of her life, and vision. It was then that I realized **community can include people we have never met, who may not even know we exist**. They speak publicly, write books, or their stories find their way into the media. These people support us by offering inspiration, teaching us new things, or making us feel less "odd" when we feel out-of-step with the immediate world around us.

**A key part of my vision for Healing Options is to use my office space for building and supporting a sense of community in various ways.** This includes Reiki Healing Circles, a recent Reiki and Prayer Vigil for Peace in the world and especially in Kosovo, a clinical consultation group for a small group of therapists, and a support group of professionals who also provide energy work. Teaching Reiki classes has especially provided me with a wonderful sense of community, where I am struck by the diversity of gifts we all have to offer each other!

**I have included in this newsletter dates for** an upcoming Reiki class, a Spiritual Meditation (Native American Journeying) class, and a Flower of Life workshop I am sponsoring. **Maybe some of these will speak to you** as a way to enlarge your personal community.

**So let me thank each of you for being a part of my community! May we all have many ducks around us, to feel the emotional comfort and protection of community in our lives.**