



Tips to keep you airborne!



Why are we here?

May 2019

My marvelous mother in her 95th year recently departed these earthly shores, and as she set sail into the celestial sunset, it naturally got me pondering the meaning of life.

Death tends to do this to you.

It has a habit of waking you up to life...until you forget...and then wake up when it comes knocking again.

It helps you to re-mem-ber, to put the pieces of your personal life's jigsaw together, to join your dots, if you will.

Which got me thinking of purpose, of figuring out my WHY, what motivates me and offers a sense of direction, what gets me out of bed in the morning.



My thoughts kept coming back to an Australian Aboriginal belief I'd stumbled across on a remote sandy hillside in Albany in February, which read as follows:

We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love...and then we return home ~

For some reason this resonated with me and has continued to do so ever since.

The fact that I had remembered it must have meant something.



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4 lovely guiding lights...

1. To observe
2. To learn
3. To grow
4. To love

So, here's the deal, whatever pursuit you've been engaged in today/this week, spare a moment to take the time to reflect back and notice what you observed, what you learnt, how it contributed to your growth and how you loved.

Then you can 'return home'.

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