



RUMBLINGS AND RUMINATIONS

Sharon Snir Monthly Newsletter

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Triune Healing

Integrating Spirit, Science, and Psychology

Greetings Everyone,

Just a quick note before I step on the plane to Israel.
We are leaving to celebrate a great event.



Our daughter is getting married.

What an amazing sentence to be saying.

Our daughter is getting married.

She is marrying the man she met five years ago in a fish factory in a kibbutz* whilst on holiday. A few days later she was invited to sing with a fantastic group, he got hit between the eyes with cupid's arrow, and the rest is history.

Marriage is universally celebrated with joy and hope and blessings for the young couple. We hold their love for each other, so pure and full of promises, in our own hearts as we remember the beauty of a loving union.

A loving union with another is what brings tears to our eyes. And yet, it is only the beginning. Those idiosyncrasies that were so appealing and cute and lovable often become the very things that irritate and

annoy us a few years down the track, and that is when we need to fall in love again. This time however, with yourself.

The secret to a good marriage is a loving union with yourself and another. What is a loving union with yourself?

It is accepting who I Am. I for example, can be a bit vague sometimes. I can be over enthusiastic. I can be bossy and obsessed (especially when I am in writing mode) That is who I am. I have grown to like those parts of me and over the years have stopped making excuses for any of them.

A loving union with your Self is even more profound. It is listening to that inner voice that is born out of pure wisdom. It is allowing stillness to become part of your every day. A stillness that enables us to listen to the whisperings of nature inside and outside ourselves.

As I leave to celebrate my daughter's marriage to the man she loves I hope and pray that they both fall in love over and over again in the years to come.

Love and Blessings,

Sharon

*Kibbutz-

The kibbutz is hebrew for 'communal settlement' and is a unique rural community; a society dedicated to mutual aid and social justice; a socioeconomic system based on the principle of joint ownership of property, equality and cooperation of production, consumption and education; the fulfillment of the idea "from each according to his ability, to each according to his needs"; a home for those who have chosen it.