



The other day while out and about in town, I was at a traffic light that had turned green, however the lane I wished to pull into was blocked due to a traffic jam. The driver behind me started honking his horn and waving violently at me. I didn't need a lip reader to tell what he was saying. Normally I do not give into serious road rage, but his unreasonable tantrum flew all over me and all I wanted to do was get out of my car and punch the guy in the nose.

That incident bothered me the rest of the day. How can people get so worked up, including myself, over something so silly? I am fortunate to live in the country and my business office is just 350 feet from my house, so my commute to work is quiet peaceful. In nature things are a much slower pace and make so much more sense to me. When I go into town I feel sometimes like I am walking in a foreign world.

Today as I sat in meditation, I thought again about raging man in the pickup truck and how I allowed his energy to pull me into his anger. Funny isn't it how we will say people are acting like a pack of wild animals? I now find myself saying to my dogs, when they pack up, that they are acting like a bunch of humans, but this was not intended to bash humanity, so moving on...

While in meditation I was able to look at this situation through a place of witness rather than being in the emotional state of it. I realized this was just a reminder of the importance of keeping my energy balanced. As I let that feeling enfold within me, I saw a familiar face from years ago, a beautiful thoroughbred named Zoom. Zoom had gone suddenly blind at a young age and in his panic and frustration had gotten very dangerous to his caregivers. I was called in to explain to Zoom what had happened and that his people wished to help support him through this if he wished to remain in his body. However he needed to find a way to calm himself as his thrashing about was going to hurt someone. What came about from that communication was not only a calmer horse, but also a beautiful message that is ageless:

*"As I walk now there is mindfulness. I must slow down and experience life. All the smells, textures, and sounds. I'm coming to the knowledge that this is a gift I've been given. By being forced to slow down I find what's really important. I must walk mindfully or I will bump into things and or stumble. Only when I'm at peace and centered can I walk my walk. As I learn to accept my lesson, my hope is that others can use me as an example. Be mindful as you walk through life. Stay centered and aware for if you allow fear or distress to influence you, you too will bump into obstacles, rather than walk around them."* ~from Talking With the Animals by Patty Summers

**I wish you Inner Peace this holiday season.  
Harmony on the Earth through respect towards all!  
Patty**

