



## Unconditional Living

How was your 2018? Mine left me a bit tired from climbing some large emotional hills. Two of my beloved animals made their transition back into spirit within months of each other.

We were expecting our dog Sage's transition, but not that of our cat, Fortia. He was diagnosed with an aggressive inoperable mass in his abdomen and he transitioned just a few weeks after the diagnosis. There are many "what if's" we all face for those of us that have experienced this type of situation, but I did my best to support him without imposing my will. I let him lead the way. Still after his transition those "what if's" surfaced to haunt me as well as the great sadness that seemed to engulf me.

Then one day as I was entering the shower I heard, "Don't let me be your excuse to hold yourself away from joy. Meet me where I am at, not where I was."

In my mind I saw Fortia's beautiful face and his adoring eyes filled with love. He conveyed that I had a choice. I could continue to question myself and grieve over his transition, or I could find that place of acceptance and allowance that guided us through his illness. I found myself basking in his energy and feeling the love between us in that present moment.

As the Serenity Prayer goes "God grant me the serenity to accept the things I cannot change..." but beyond that I had a choice to not only remember the joy he brought into my life, but to feel how that joy continued to exist from where he was. I could continue to stay in questioning of his care and resentment about his transition at a younger age, or I could take that expansion he brought in my heart and let that love radiate throughout my being.

We talk about animals sharing unconditional love, but what Fortia and the others that went before him are teaching me is unconditional living. I am realizing I don't have to have Fortia or the others here physically in order for me to find my joy and happiness. I can "meet" them where they are. That joy and happiness they shared is alive and well in my heart. Still it is my choice to focus on the happiness that still exists or the sadness of their transition.

I have a card with a quote from Louise Hayes that reads, "...Happiness is not dependent on my circumstances, but is a choice I make..." I have had this card for years and honestly it has annoyed me at times, until now. I am not saying I won't grieve when another loved one transitions, but I see how Fortia's thoughts provide healing when ready. Beyond that I see how applicable unconditional living is with all aspects of life. When I am in touch with this, I feel such a beautiful feeling of freedom and peace.

2019, I welcome you as a Phoenix rising out of the ashes.

With much appreciation to all of you who have shown interest in or used my services.

In Kinship,  
Patty



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