

## The Essence

Stars and galaxies, light whirling around in space and the universe in the midst of constant motion and change...

It's a beautiful image, in my mind, but the experience of giving up one thing and moving on to another can be unsettling, especially if the experience is close at hand.

Some of us may even try to keep the status quo, preferring things to remain unchanged, rather than having to deal with something new. After all, a body at rest tends to remain at rest, and a body in motion tends to remain in motion.

Even so and try as we might, dealing with change, time and time again, seems to be a part of this process we call "growing up".

A newborn leaves the warmth of the womb to enter the world.

A child leaves the security of home to attend kindergarten.

A teenager leaves the safety of childhood to become a young adult.

And a young adult leaves all that he or she has ever known to make a home away from home.

Even though stability is eventually reestablished, the passage from security into insecurity is almost always viewed as something that will never end. For some reason, the experience distorts our perception of time as we journey through life...so much so that, time and time again, the child-within us asks "Are we there yet?" And, every once in a while, in the midst of all this chaos we are blessed with the still small voice from within.

"It's like this", says the voice, "A ray of light travels out from the sun. It has to travel through the darkness of space before it encounters a planet...and, there, as in all transitions, the essence of its 'being' causes things to grow."