

Astronomical Ideas

I was in Mexico with my family recently. A beautiful little place called Manzanillo Bay in the town of Troncones, north of Zihuatanejo. Each night after dinner we found ourselves stretching out under the stars in amazement and wonder. The celestial canopy would beckon and evoke comments and questions from us all. How in the world? What about other civilizations out there? Can we ever get there from here? Will it be technology or spirituality that will get us there and 'them' here? Or perhaps it will be spiritual technology? What fine plan allows the Earth to rotate just so, at precisely the right distance from the Sun whose light literally sustains our lives? What great physicist, universal intelligence, magnificent maestro balanced these planets and stars and their motion to allow for us to wake up breathing every day?

We lived in a perfectly authentic Mexican home footsteps from the blue-green rhythm of the sea, lulled to sleep every night by its soothing ocean song. By the end of our trip we reached an agreement about what created and sustains our existence. We decided that all of our beliefs and ideas are valid and right, just like the billions of other beliefs and ideas around the world. All of our cosmologies add to the mystery and gratitude that we have for being here with each other. We came to the conclusion that it's not so much about religion, belief systems or convictions we may have, but the *longing to know* where we come from, how we got here and what our purpose is. It is by pondering these mysteries that we pay reverence to the benevolent source of power that piques our life long inquiry. We left the discussion with a greater appreciation for creation and all its manifestations and the myriad ways to describe it.

Doctor, it's that same force that suffuses, controls, coordinates and nurtures every nuance of our patient's mind-body-spirit. Your reverence to that life force and your thoughtful diligence, employing your unique technique to remove interference from it, is truly why you came to be with us. Thank you for being and doing something so astronomically important.

Keep looking up,

Dr. Herby Bell

FOR HOLISTIC PRACTICE AND LIFESTYLE

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