



daily GOOD

Love makes your soul crawl out from its hiding place. --Zora Neale Hurston

Lost Together

"Love is what we are all looking for in life, isn't it? To love as our true selves and to be loved for who we truly are. Yet so many of us struggle to be our authentic selves, so we end up being unable to connect deeply with others. We most often interact with the world from our roles and our persona. This film explores how one person is learning how to become free to be herself. Like Siti Nur Iman in this film, we can stop judging ourselves and others by seeing beyond roles, responsibilities and expectations. When we are our authentic selves, we can feel less confused and alone. Overcoming our fears is what allows the magic of life and love to find us. Love doesn't always have to be the romantic, "stars in your eyes" kind of love to be real and life-giving. Love comes in many forms - through family, friends, in the spiritual life, through nature and animals, and yes, the romantic kind of love as well. What is most important is that in the experience of living and loving we allow ourselves to be real and vulnerable as the unique person that we are without pretense or expectation. If we can be willing to offer our gift of love to the world in our own special way, we will find ourselves and help others find themselves too. In this journey of life and love, it might often seem that we are all lost together but we can find ourselves too."

Be The Change:

As you go through your day, notice when you are being your beautiful, free and authentic self and rest there as you move into the next moment.