

## More in common than what we think

Written by Elizabeth Barrett

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The full moon suspended over Gothenburg this week was brilliant and beautiful.

Maybe it brought some comfort to Haitians and Chileans still mourning the loss of loved ones, homes and businesses after killer earthquakes struck their countries.

Or hope to homeless Afghans wandering about their war-torn country.

When the moon rises big and bright in our evening sky, day is dawning in many countries far way.

Closer to home, I doubt if many Americans—including some of our representatives in Washington D.C.—scarcely noticed its luminosity.

With the passage of federal health care legislation, many citizens and politicians are up in arms, some plotting revenge but all keeping score.

Words by opponents and proponents alike have often been unkind and deeds mean spirited.

Fear of the unknown can bring out the worst in us.

The same full moon that rises and sets the world over helps me realize we all have more in common than what we think.

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It's when we focus negatively on the uncommon in other people and allow fear to swallow us that the chasm of separateness and divisiveness grows wider.

Negative energy seeps into our beings. We find ourselves sniping at our spouse, our children, the family dog or focusing our anger on the Democrats or Republicans who we may think pass legislation without a care for constituents.

We cannot control the situation and that is downright scary.

But fear is my feeling I need to work through before blaming politicians or judging people of a different color than mine or what kind of religion they practice.

Then I often learn something valuable which can open the door to positive, mindful changes.

Opportunities, like the roundness of the moon each month, are always there to teach me something about myself and others.

Often what or who we perceive as different or difficult can be our greatest teacher.