



## Love In or Lock Down

Every action has an **intention**. Even not acting and not speaking are actions, and each has an intention. Your intention is the most important thing, not what you do. Your intention is **why** you do what you do. For example, imagine that you are hiking with a friend, and she suddenly pushes you violently off the trail. If she pushes you because she sees a rattlesnake, and she intends to keep you safe, her push comes from love. She cares about you. If she pushes you because she intends to keep herself safe, her push comes from fear. She cares about herself.

Imagine that we are all on a trail together. The trail is your life. Which kind of individual do you want to hike with – one who cares about you as well as herself or one who cares only about herself? The coronavirus is the sudden danger. The Individuals with you all take the same actions: they wash their hands, avoid touching their faces, keep “social” distance, and isolate themselves. However, some of them do these things to protect **you** as well as themselves. They wash their hands to protect you as well as themselves. They stay inside to protect you as well as themselves. They buy food for themselves, and they leave some for you. If they become infected, they suffer without a hand to hold theirs in order to protect you. If they need help, they get it to protect themselves and you. They are heroes. Their intention is love. Others do the same things to protect only themselves. They buy all that they can whenever they can. They go out whenever they choose. They are frightened. Their intention is fear.

Your isolation becomes a **LOVE IN** when you choose it because you care for others as well as yourself. It becomes a LOCK DOWN when you care only for yourself. The streets of our great cities and small towns are not always empty because of lockdowns. Myriad individuals in each are creating LOVE INs. Myriad individuals around the world are creating a global LOVE IN.

Empty streets are one sign of it. Open hearts are another. Are you creating (and living in) a LOVE IN (these are sweet and **compassionate**) or a LOCK DOWN (these are bitter and cold)? Ask yourself each time you act or speak, "Is my intention love or fear? Will my deed or word create a LOVE IN or a LOCKDOWN?"

The choice is always yours.

Love,

A handwritten signature in black ink that reads "Gary". The letters are cursive and fluid, with a small loop at the end of the "y".

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