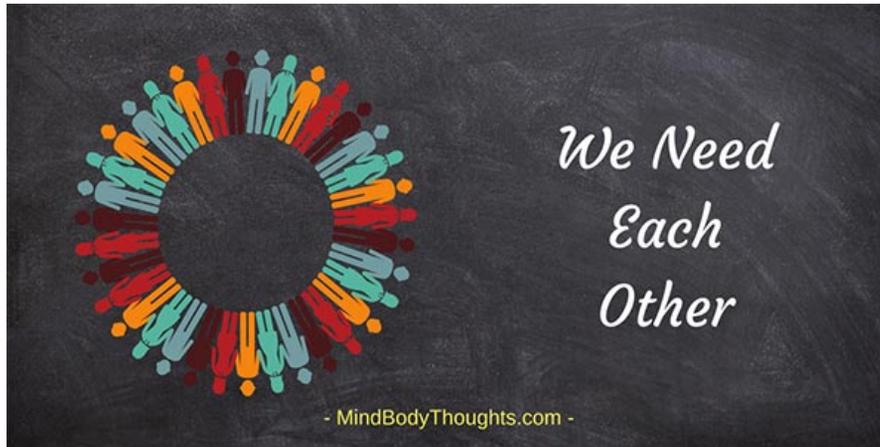


[View this email in your browser](#)



## We Need Each Other

In these times, it feels like so much separates us from one another. However, if we're going to make it on this harsh planet, we need each other. Let us not forget that we do.

We may feel like we're all alone and sometimes we may be, but if we distance ourselves from other people, we end up walking alone. When we walk alone, the burdens are harder to bear, and the path seems much more frightening.

In the times when it feels like no one understands, it may be that others don't know what is happening in your life is because they are not in your shoes.

They want to help, but sometimes it is hard to understand how to help. If you see their hand reaching out, grab it, so it helps steady you during these times.

We need each other because the civilization of this planet works best when we are working together. Humanity has created too many oceans between one another. It leaves us feeling that we are individuals rather than part of something much greater.

Let us not forget that we do need each other. We need to be there for others as much as we need others to be there for us.

In what way can you be there for someone else today?

*Don*

P.S. Thank you for being one of my friends and fellow human travelers on this earth.





**in this podcast.**  
[Click To Listen](#)

 **Evolutionary Healing** shared Program in the Study of Spirituality's live video.  
March 22 at 7:32pm · 🌐



562 Views

**Program in the Study of Spirituality** was live.  
March 22 at 7:15pm · 🌐

 Like Page

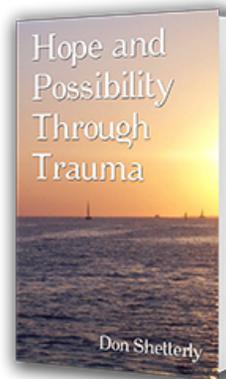
Tune in now for "The Search for Purpose and Meaning: The Interplay of Consciousness, the Brain, & the Body in Healing" with Dr. Paul Canali

I invite you to check on my new CD and my book!

Thank you for your support!



Available On iTunes and Spotify



Check out my book On Amazon

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#)



---

*Copyright © 2018 Mind Body Thoughts, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

