

# CASTING STONES



The Lone Star State | © 2023 Alicia Kae Miller

On a recent outing, I was caught up in open space bliss when I encountered a stone stacking project near a decisive fork in my path.

While I admired the craftsmanship, I questioned how many hands were involved and if it would be acceptable for me to add my touch to the evolving masterpiece. Since the response to my question was unclear, I decided to stay my course and leave well enough alone.

As I trekked on, my mind kept returning to the joy I felt when I approached and further studied the cairn and how I wanted to be a part of what was happening there.

Soon, my pace slowed, and I was scouring the ground

for the perfect stone. After finding *the one*, I ran my hands across the rough and smooth surface and returned from whence I came to add my offering to all the others.

After that, my initial journey resumed.

Over the past week, I have meditated on this perspective. What keeps surfacing is how acts of empathy are art forms, too, and how a desire to be a part of something bigger than myself urged me to put love into action.

*As a unique human among over eight billion one-of-a-kind travelers, we all have in common that we want to be seen, heard, and understood by our fellow adventurers and for them to make a sincere effort to understand better where we are coming from.*

Like any fork in the road, we choose our path.

In the hundreds of decisions we make daily, recall that *empathy* (something we all want) is *inclusion*, and *inclusion* is *belonging*; we all want to belong.

Until we meet again, be the light in a forest of darkness. ❤️

Yours in Solidarity, -akm

December 2023

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