

## **When we value each other without judgement, connection can transcend all differences**

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As the end of 2020 approaches and I reflect back on this unique and challenging year, I am deeply grateful for my relationships with family and friends that have helped me stay connected to what is really important. When we care for others--through phone calls, texts, video-chats, a smile and a wave from a distance or sending a holiday card, we increase our connection with them. Brené Brown has said that when we have empathy for another, we are communicating that incredibly healing message that, "You are not alone."

I believe that one of the things we need now, more than ever, is the ability to see the good in others and to strive to be loving and caring. When we see, hear and value each other without judgement, connection can transcend all differences. Learning about the principles of Real Love by Dr. Greg Baer has helped me deepen my connections and strengthen my ability to love. I invite you to listen to how it has impacted me and check out the small groups on zoom that I will be offering in the new year.

Wishing you peace, love and gratefulness in 2021.