

Mother's Day is forever

We are here because someone created us, nurtured us for some 9 months with her own life and love, gave birth to us, raised us with love so that we can have our own life. By doing this she reminds us we are an act of love.

Love means giving life,
giving meaning to that life, and
having purpose for that life.

Always a mother

Even for those of us whose mother has passed on, we can never forget that this first act of love reminds us that living life is learning to mother ourself. Every moment our mother had spent with us is to ensure there will be this present moment of happiness, loving, learning and giving life to others.

A great way to remember and honour our mother is to mother others, as we have been well mothered. This is a daily act of kindness and friendship to anyone we are with. By an act of kindness and friendship, we pass on the goodness of our mother to others who may have forgotten it, or who simply needs it right now.

Living present

Thus, mother is not our past but the living present. Her memory still gives us life and light so that we keep giving life to others through our bodily deeds, our speech and our thoughts. Each of us has a special way of continuing this precious giving and legacy to the next person, the next time, and to posterity.

In this way, our memory of our mother never dies. Others are reminded of the "mother goodness" in them, too. Then they realise that "mother" is not just a person in our past, but in every breath we take. With that breath we bless others with life, goodness and happiness, too. Our special acts, speech and thoughts thus enrich those who know us, and those who read this reflection and the great joy we have left behind.

Just as our mother has done. She has left us to the world so that it is a better and happier place to be. When there are more of us with this mother love, then we begin to see why the Buddha teaches us that we can never repay the gratitude to our mother. This is because "mother" is our living act of love this very moment. A joy that we feel, that we want others to feel, that they live that joy, too. Mother is this breath of life.

Happy Mother's Day.

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