

I became a physician because I wanted to help people and to use my mind and abilities to help others to heal. Little did I know, that knowledge would come from experiencing my own profound and ongoing healing. Early in my career I became lost in the competition and pressures of the medical system to operate from a position of authority rather than becoming a partner to help guide those I serve to heal in their own unique way. Who could blame me? It's what we teach our young physicians. It was on a Mission of Love mission in Guatemala where that unconditional love from the mission enveloped me and kicked off a process that reminded me why I started this journey of healing.

2020 has been a year like no other. It has certainly challenged our ideas about healing and about our place in the world. It has been a year characterized by forced isolation and the fears and uncertainties from the COVID-19 pandemic. Amidst the pandemic, we have been pushed to connect and operate in new ways, and Mission of Love has persevered in its delivery of aid and unconditional love despite the challenges. The virus, an unknown force that reminds us of life's uncertainty, is also a reminder of just how connected we are, how our each and every action leaves an impression on the whole of nations and world.

I find myself sitting and asking, so how has Mission of Love persevered despite all the disconnection and suffering of our times? I believe the answer is found in the words at the very base of the mission's intent and its very core, unconditional love. This was that same unconditional love that I felt and rescued me from my own self pity and disconnection several years ago in Guatemala. Beyond the fears, uncertainties, selfishness, and consumerism that have defined our times, there is a bedrock of this unconditional love that is the source of our being and all of creation. By aligning with this force of unconditional love, The Mission of Love continues to act as a stabilizing force as it touches each hand and heart it can and reminds us that we are all brothers and sisters, we are all connected, and we are all in this together.

In the deepest sense, healing is to restore a sense of wholeness. And after the events of this year, there will be much healing needed to restore our collective sense of humanity. It gives me hope that the Mission of Love will be there to continue its mission of unconditional love. One heart at a time, Mission of Love is bringing us back to our natural state and our birthright, this deep unconditional love. It is this force that has moved every helping hand, every piece of aide, every smile, and every heartfelt connection. There is much work and healing to be done but I have no doubt we will continue to see Mission of Love and its volunteers rise to the challenge to continue to help us all connect to our individual and collective healing - all through the power of one of universes most powerful forces, unconditional love.

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