

Castles in the Sand

By Marilyn Reeves

I believe it was Albert Einstein who first discovered that matter and energy are one. And while the two may change in shape or form, neither matter nor energy can ever be destroyed.

Imagine the Universe as a big sandy beach filled with an infinite amount of sand. Each grain of sand is made up of atoms, which are manifestations of conscious energy. Children playing in the sand, create cars and roads and castles. Artists sculpt trees and flowers, animals and people. At the end of the day, some of these configurations are destroyed by their creator. Others are swept away by the winds and the tide.

But while the individual structures may be destroyed, the sand with which they are created remains constant. It is reformed, day after day, into an infinite variety of other shapes and forms.

So it is with our lives. The form we take today may be destroyed at day's end. But the elements that make us up never die. They simply become reborn into new shapes, new manifestations of life. We are all made up of the same essential stuff. And as much as each of our forms are different, we are all the same.

We are one.