

## The Roots of Stuff

We are all surrounded by things. Some with history and some with value, whether the attachment is personal and emotional, or practical.

How often do we consider the past we share with these objects and how they arrived in our possession?

Think of your car. Perhaps it's an old one you bought off a friend, and it served them to take their family around when they were small. Or maybe it is relatively new, and you used money from your old car as a down-payment.

What object are you reflecting on:

Trace the roots of the objects and the other things and people it is associated with, for example, the person who sourced the parts, made the items, and transported it to you.

Reflect on how this and other items arrived in your possession, the path each one took.

Recognize the importance of others, who you may not know, in your lives.

Consider how the paths of all items and people intertwine. Nothing and no one exists in isolation.

With that in mind, consider how we can never truly feel alone.

Dr. Jeremy Sutton