

Natural Healing Express Weekly

Column Volume 143 Independence Day

Hopefully, by the time this article is published, you will be kicked back in your lawn chair or perhaps by the pool getting ready to celebrate one of our Nation's most important holidays. And, no, it's not the NASCAR race in Daytona. Although, Go #14.

This great holiday celebrates the commemoration of the Declaration of Independence signed on July 4th, 1776; as our great Nation was freed from Britain. On the 4th many of us host a BBQ, attend a parade or celebrate with fireworks. It's terrific we can cherish this day, celebrating with family and friends, but it's also important to do so with the knowledge of what our forefathers so eloquently fought for. Yep, family reunions and celebrations are nice. They are always a highlight of summer, but it appears to me some folks have lost the plot as to the reason why we are able to do so.

Let's take a look at the deeper meaning of Independence Day. As Americans, simply by our birthright, we are afforded many rights that are completely non-existent in several nations of the world. We are gifted these rights because our forefathers fought the British on OUR soil. Many of these battles were hand to hand and resulted in our forefathers becoming injured or worse. But you know what, at that time in our Country's history, we had something worth fighting for – Our Freedom.

And fight they did, over hills, through now historic cities and over rivers, crossed without the benefit of today's technology. But, with true American grit, we kicked butt. We won. We earned our Independence. What isn't lost on me is the fact that the Brits made it somewhat easier for us to see them coming since they showed up in Bright Red uniforms with big Gold buttons. Hard to hide behind trees in those, guys.

But that wasn't us. We fought with what we had. Even though we had meager rations, we made it work. We figured out how to win. And, through that sweet victory, future generations were awarded freedom. We are free to make choices that many folks in the world simply cannot. Many residents of countries that are not so rich in choices have become jealous of this fact. Furthermore, they regard Americans with disdain.

My good friend, Benny Mardones, puts it best in this regard. The only people who truly hate America are those who have never been here and those who have never left. And he makes a darn good point. It's understandable that people outside our boundaries may wish they had it as good, but what gets me are the ones who live here and still spew negativity. I mean, really?

So this year, I am asking you to educate those kids running around tracking pool water and popsicles through your kitchen. Take them aside for 5 minutes and tell them the True meaning of Independence Day from a position of gratitude. Tell them the story about the country you live in. Tell them your birthright and theirs. Tell them the sacrifices our ancestors made and why it's important that we remember what they have done for us. Tell them what we have that is worth fighting for. You may be the only person in their life that will speak truth and tell them this great story. Then, show them how to celebrate this Nation and our Freedom. Let the fireworks fly!

For our family, July 4th has been both tragic and joyful. Thirty seven years ago, my brother had an accident which rendered him a quadriplegic for life. We spent that July 4th and almost to the next one in hospitals from Iowa to Texas. Yes, that's a sad story but before we get too weepy, one has to understand that this accident is also what defined his character. It also strengthened the fortitude of many our family members. Sure, it was a struggle to adapt to life in this manner, but it has also produced many opportunities for learning and growth. It produced respect.

Ironically, one of the best changes happened last July 4th. A precious bundle of energy who became my niece was born. This darling girl took a respected, yet not really “celebrated” Holiday and turned it into a party on wheels. As she turns 1, we will be all smiles with a nod to the real reason we can all celebrate – Our Freedom. God Bless America.

And, happy Independence Day to you and yours, I hope it is a great holiday that you can enjoy.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express