

# *Practical Tips for Peaceful Living*

*(Volume II ... Jan 2013 – April 2014)*



*... a collection of brief commentaries  
on the meaning of real Peace, and  
the making of a Peace-filled Life*

*via Scaughdt*  
an (i)am publication

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*“Every moment of every day, it is you and you alone who decides what you believe and how you act on those beliefs. It is you and you alone who chooses who you become ... And no matter what you have learned in your past, and no matter what is happening to you in your Here&Now, you always get a second chance -- in every second anew.” ~ unknown*

*"Do more than belong: participate. Do more than care: serve. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: have compassion. Do more than dream: DO." ~ inspired by William Arthur Ward*



*“No matter how many seminars you attend or how many books you read or how many sermons you hear, the quality of your life always boils down to truly making the most of each day you are alive. We humans tend to separate the mystical and the mundane; tend to divide the beautiful from the banal – to parse the numinous from the normal. And yet none of things are meant to be separate or divided or parsed. Rather they are -- in each & every instant of our lives -- meant to be joined as One.” ~ inspired by Dalton Roberts*

## *An Introduction to what Follows*

Being a Peace Pilgrim, it almost goes without saying that quite a few of my thoughts & writings from the past eleven+ years have to do with illuminating the profound “Inner Peace” that can be experienced by all those choosing to live the Way of selfless Kindness. Of course, it also almost goes without saying that this Way is more a practical manner of living than it is an abstract measure of philosophy or reason ...

And thus it makes significant sense that many of the aforementioned writings ended up describing several of the practical methods we humans can use to make real Peace a real Reality in our everyday lives (as opposed to a mere theory or a mere hope or a mere fantasy).

This is the second volume of my Blog’s collection of those written thoughts. May they inspire you to bring real, deep-seated Peace into the lives of others – and thereby rediscover that same Bliss in your own.

(Let it be so.)

*Scaughdt*  
(June 2015)



*“Out there, beyond all ideas of wrongdoing  
and rightdoing, there is a field of Love ...  
... Go on ahead; I'll meet you there.”  
~ inspired by Rumi*

*“Peace cannot be kept by force;  
it can only be achieved by understanding.”  
~ Albert Einstein*

*“Darkness cannot drive out darkness:  
only light can do that.  
Hate cannot drive out hate:  
only Love can do that.”  
~ Martin Luther King, Jr.*

## *Peace in Perspective* (01/17/2013)

“What is the weight of a snowflake?”, a chickadee asked a dove.  
... “Nothing more than nothing”, came the answer.

“In that case, let me tell you a wonderful story,” the chickadee said.  
“Yesterday, I was sitting on the branch of a fir tree, close to its trunk, when it began to snow — not heavily, not in a raging blizzard — rather, like in a dream, with a gentle whisper, without any violence. Since the moment was so beautiful, I started counting the snowflakes settling on the twigs and needles of a branch nearby. One ... two .. three ... ten ... one hundred ... one thousand ... all the way up to one million I counted ... And then, as the very next snowflake fell onto the branch — number one million and one; nothing more than nothing, as you say — the branch broke and fell softly to the ground.”

Having said that, the chickadee smiled and flew away.

The dove, after pondering the story for bit, smiled as well — as she thought to herself: “Perhaps there is only one person’s voice lacking for Peace to come to the world” ...

My Friends, the time has come for each one of us to go forth and Be the change we wish to see ... We have not been Called to “save the world”. Rather, we have been given the *privilege* of uplifting the lives of those we encounter each day ... Please remember, there is no such thing as an “insignificant” act of Kindness!



*“Never doubt that a small group of thoughtful, caring, dedicated people can change the world ... Indeed, it is the only group that ever has.” ~ inspired by Gandhi*

*Happiness IS*  
(01/31/2013)

Happiness isn't an absence of sadness — true Happiness is feeling sad, and yet reaching out to others ...

Happiness is being in the middle of the storm,  
... and yet choosing to dance anyway.





*Finding great Happiness*  
(02/01/2013)

Here is an immensely uncomfortable  
yet highly empowering Truth:

... that the greatest Happiness and the greatest sadness  
are always born of the same circumstances.



## *Accepting the Flow*

(02/08/2013)

Struggling to remove all your fear is about as useful as biking with an umbrella in the rain. With the latter, you are going to get really wet; and with the former, you are going to remain very afraid.

The solution? ... ***EMBRACE WHAT IS***, and use it to empower your embrace of others.

You must put away your umbrella to allow the rain to cleanse you ... just as you must put away your selfishness to allow your fear to empower your Love.



## *On faith & Faith* (02/08/2013)

How ironic it is that so many people these days openly profess to having “great faith”, when what they really mean to say is that they possess a fixed & immovable set of hopes — a set of dreams & desires that, however well-intended, have become a throttling, tightly-bound bundle of crystallized beliefs. And that, of course, has nothing to do with Faith at all.

Faith intently listens, where belief merely preaches ...

Faith bravely sacrifices, where belief merely persuades ...

Faith actively cares, where belief merely ponders.

You see, real Faith is not limiting or judgmental ... real Faith requires sincerely respecting others’ opinions even while humbly supporting one’s own. Faith is based in LOVE and Faith is that LOVE in motion ...

In essence then, Faith inspires **Peace**.

Belief (what many erroneously call “faith”), on the other hand, is both founded in fears past and supportive of fears future. It requires only a concrete set of opinions that are tied unalterably to a relatively static “reality”; an immutable viewpoint that is “simply right”. It champions its own truths over all others — doing so by way of mental, verbal & sometimes even physical conflicts. With belief, respect becomes condemnation and support becomes conversion. Belief is based in fear — and fear (along with its cousins sadness and anger) is the “bad fruit” it bears.

In essence then, belief brings *bloodshed*.

To a large degree, then, our resolving the great questions of Joy, Peace & Meaning comes down to where we choose to stand on the question of Faith vs. “faith” ... And while I only have “faith” that this distinction is now a little bit clearer, I have full FAITH that you will go forth and do something with it.



## *Riding the Shark* (02/11/2013)

I freely admit that being Kind to strangers – and giving to others when I am tired (and forgiving those who reject or ridicule me – and openly protesting injustice) are propositions that are indeed quite frightening, to say the least ... In fact, even though I have myself engaged these very practices in thousands of encounters over the past ten years, it has only become marginally easier to do so these days. And why is this the case? Well, essentially, we humans are programmed to take care of ourselves first, and to find & cling to any available excuse to justify the same.

Yes, the aforementioned practices do seem “dangerous”, and it is certainly reasonable to believe that it is safer to run & hide rather than extend ourselves to others in times of doubt or danger; or that it is better to destroy our enemies before they attempt to destroy us ... AND if we choose to adopt these still-popular (and still ineffective) means of “self respect”, there is something worth remembering while we do so:

Running away from sharks will have them chase after the pungent fear you trail behind you; that spilling the blood of your enemies will only summon their even hungrier friends.

No, my Friends, the only person who cannot ever be eaten by a shark ... is the one brave enough to gently hold on to its fin and go for a swim.

Consider this Truth earnestly ...  
... and then have the courage to act accordingly.



[Please note that this is no mere metaphor; that it is as true for every stranger and every enemy you encounter in your everyday lives as it is for every shark in the sea.]

*on being Strong*  
(02/13/2013)

Friendship is strongest when offered to a stranger ...  
... and Peace is strongest when given to a foe.

Be STRONG, my Friends!

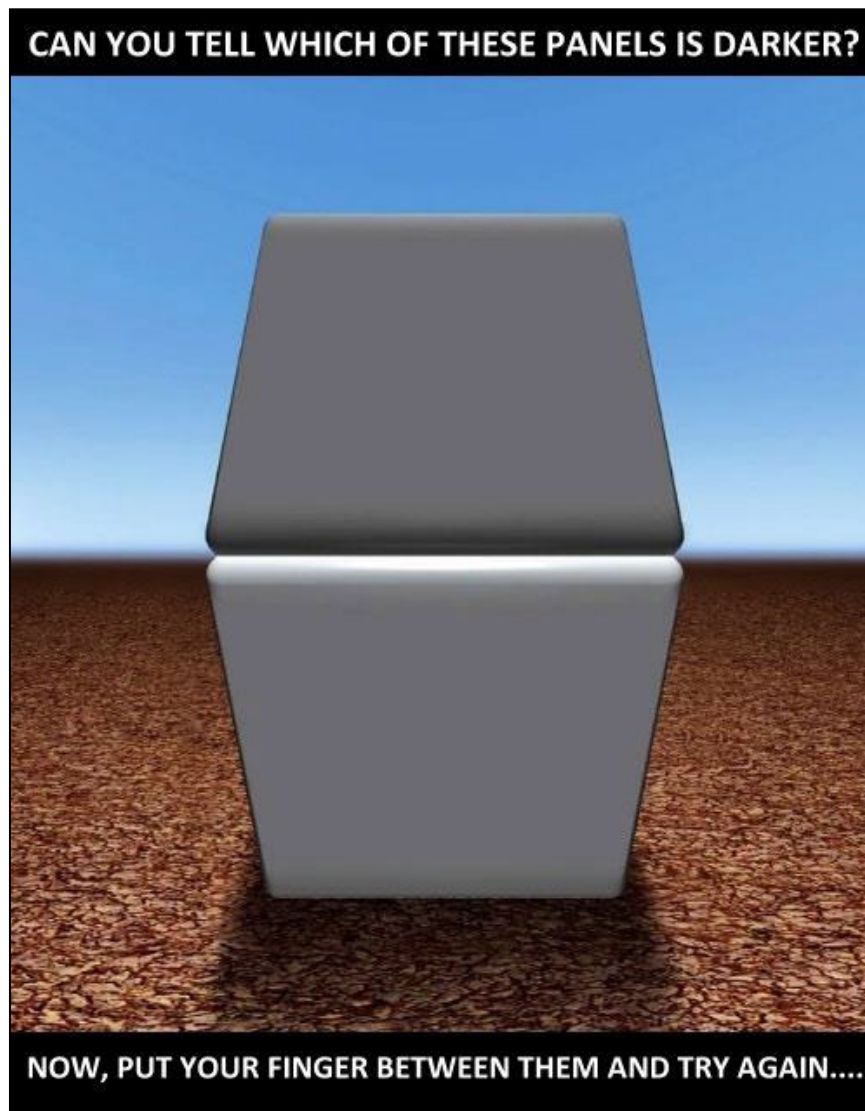


*To See clearly, Look again*  
(02/14/2013)

Think you know what “evil” looks like? ... Think you have accurately identified the enemies of your country and your self — the folks from whom you need to protect you & yours? ... Think you know “the Truth” about who to be nice to and who to condemn?

Please think again ...  
... and then, for the Love of God (literally), please act accordingly.

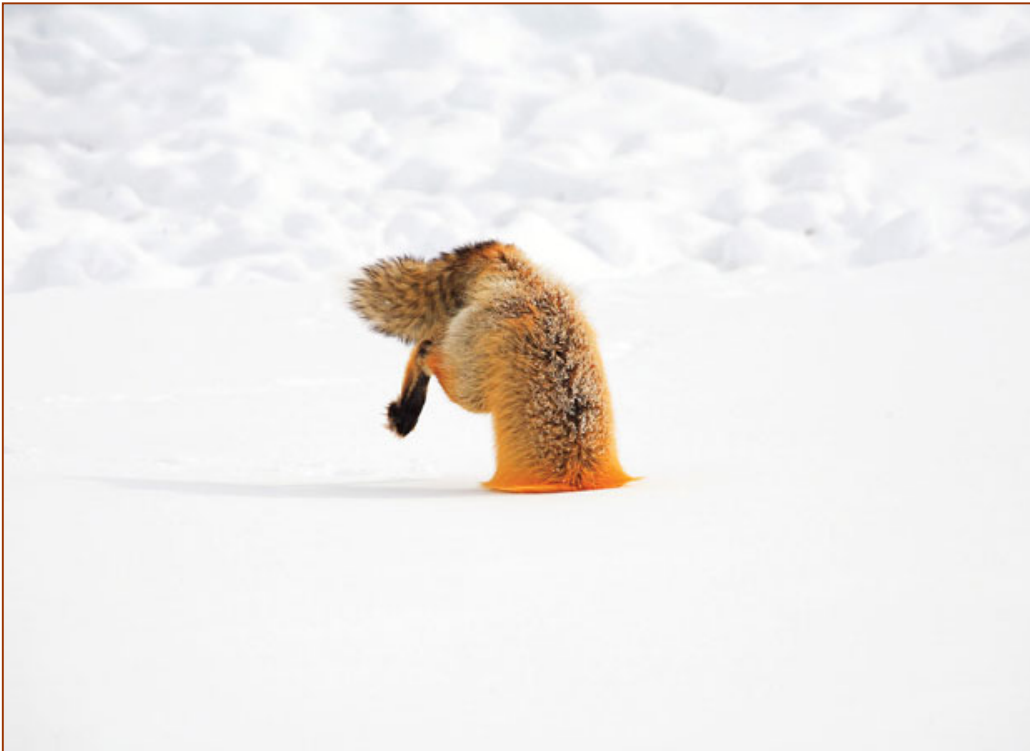
*Thank you.*



*Feeding body, feeding Soul*  
(02/20/2013)

Striving primarily to fill your own stomach  
will leave you with a cold Heart ...  
... and a frigid face.

After all,  
it is the *looking* for food ...  
... that IS your truest hunger.



## *The ego & “the enemy”* (02/15/2013)

When your ego hears a Master’s gentle admonitions to “Love your enemies” and “Forgive your trespassers” and “Be Kind when least inclined”, it will whisper whatever it has to in order to persuade you not to do so.

You see, the ego is not really concerned about your life — it is actually concerned about ITS OWN ... It does not really believe that you will die if you are Kind to an “evil person” ... Rather, it actually knows that, if you do so, you will come to experience the Truth that LOVE actually *works*. And it believes that once you remember that LOVE is *the* answer, it is deathly afraid that you will stop listening to its fearful advice, and that it will thereby perish.

And one of the best ways your ego has of keeping you afraid of such “radical Kindness” — one of the best ways it knows of to keep you far from real, unconditional LOVE, is to bring up extremely violent examples to disprove Love’s effectiveness ... After all, what chance does LOVE have against the Hitlers of our day? What chance does LOVE have against zealous terrorists? What chance does LOVE have against those “psychopaths” who break into our homes hell-bent on raping our partners and murdering our children?

Well, we could very well have a rational discussion about why LOVE does indeed work in such cases ... I could very well cite examples to “prove” that it does, and I could illuminate the fundamental psychological principles to explain why this is the case. AND YET this discussion is not necessary for 99.999% of us who will never encounter such extremely rare forms of “evil”.

No, these examples are so rare that they are actually nothing more than a very clever distraction sent to us all by our ego to keep us from identifying the real targets of our pure LOVE — to keep us from realizing just who the “enemies” are to whom we are to give our unconditional Kindness:

\*In essence, instead of worrying about Loving terrorists, choose to be Kind to the co-worker who is gossiping about you behind your back.

\*Instead of convincing yourself that Forgiving criminals is “irresponsible”, choose to be anonymously Kind to the person who annoys you the most.

\*Instead of supporting a philosophy that commands you to “love your country” by supporting attempts to murder all its enemies, choose to be openly Kind to those in your own neighborhood who have religious &/or political beliefs different from your own.



For THIS is what is meant when it is offered that we are to “Love our enemies” ... THIS is what is meant when we are asked to “Forgive our trespassers” ... THIS is what is meant when we are called to “Be Kind when least inclined”.

The enemies to whom we are to extend our Compassion are *not* life’s biggest demons or its cruelest dictators or its most warped criminals ... No, we fulfill the call to unconditional LOVE when we simply have the humility to get down on our knees, the compassion to look our “small but prickly” neighbors in their eyes, and then the courage to reach out to **LOVE THEM ANYWAY**.



*Bringing on “The Shift”*  
(02/17/2013)

There have been those who have hinted to me that my efforts will be in vain; that no matter how clearly or insistently I champion the cause of Peace & Harmony & Oneness, we as a species will never come to enliven the same.

Well, at least on the imminent term, I would have to agree.

Indeed, I readily admit that, even though more & more people are awakening to the Truth of “radical Kindness” as a concept, there are still far too few of us actually doing anything about it. And the proof of this pudding is easily seen in every newscast, every blockbuster film, every talk show and almost every newspaper article ... Indeed, it is even to be seen in most of our day-to-day conversations — still laced as they are with scathing critique, insidious gossip and heavy-handed negativity.

AND YET, despite it all, there is hope for us still. Something more than mere hope, actually — something, due primarily to the deficiencies of the English language, I choose to call *Belief* ... And this *Belief* is more than a mere speculation as to our species’ continued future — it is faithful assurance therein.

You see, for transcendent Change to occur in any culture, two happenstances must simultaneously come to be — first, a small but significant portion of the relevant population must display the courage to openly (if not brazenly) champion the cause of unconditional Love ... & second, these individuals must do so at a time in human history that is ripe for the rebirth of communal selflessness (what some call “Peace”, others “Harmony”, and still others “Love”).

I (along with more than a few others) am indeed fulfilling the former requirement, and yet it doesn’t feel like our current generation is quite ready to enliven the latter.

As a species, we humans tend to engage real Transformation only after the “shit hits the fan” — and only then after all other self-centered options prove inadequate to relieve our suffering.

Well, in our current global situation, the crap is indeed already starting to “explode around the room”, so to speak, and international collapses both economic & ecological are indeed knocking on our door. And yet, as long as folks continue to believe in “manifesting their own wealth” and/or “building up community” by walling off (or eliminating) their enemies, a transcendent shift cannot take place.

Of course, ***THERE WILL IN-DEED COME A DAY*** when our only remaining options will be either extinction or Kindness; when the only choice we have left is to either band completely together or completely perish.

And it is my fervent faith — a true HOPE, if you will — that my efforts in this generation (along with the selfless efforts of others) will have “paved the way” for the rEVOLutionaries of that blessed day;

... that our striving for all that is Good & Harmonious will not be in vain; that our species will in-deed transcend its innate animalian and re-birthe into finally embracing its ultimate Birthright: the privilege of Living as ONE.

Let it be so someday ...  
... and let that someday start today.



*Today is THE Day*  
(02/21/2013)

Only through the realization that our lives here on Earth are finite can we grasp the importance of living each & every one of life's priceless days with honor, integrity, and joyful service to our fellow beings.

Whether we will die tonight in our sleep or live to be 101, we are all literally running out of time.

Kindness is the only job truly worth Doing,  
... and today is the only day we truly have to Do it.

So ... got Kindness?  
(inspired by Dan Brown)



## *On defeating evil* (02/26/2013)

The following picture illustrates a Truth far greater than the superficial glance might indicate ... a Truth that can only be revealed when allowing yourself to See the following symbolism therein:

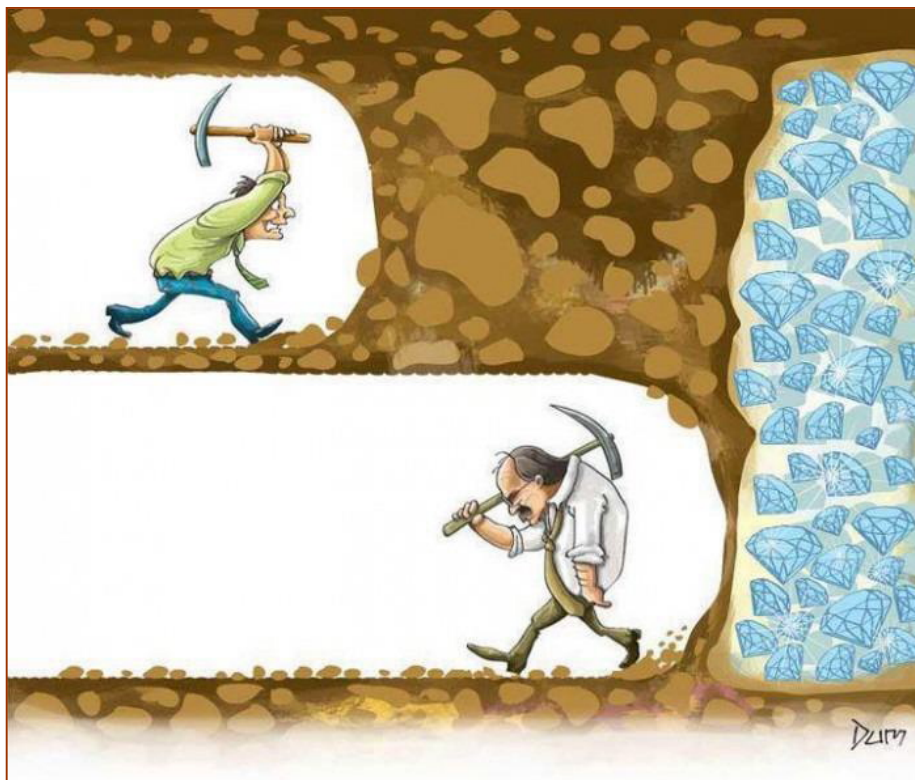
See the Diamonds as a Happiness far greater than you have ever known; indeed, as the very Bliss for which you have yearned since the day you were born ...

See the dirt and dust and stone and earth as the enemies and tragedies and injustices that are keeping you from knowing that Joy ... and,

See the pick with which the men are digging (or not) as LOVE — selfless & active & kind ...

as LOVE, that even when exhausted, gives anyway ...  
as LOVE, that even when attacked, forgives ...  
as LOVE, that even in times utterly hopeless,  
... reaches out to Care again.

Keep digging, my Friends ... For as soon as the treasure you seek no longer is important to you, will you feel a far greater Wealth rising up from within.



*Source of Kindness*  
(02/28/2013)

If you are searching  
for the source of real Kindness,  
you don't have to look very far ...  
Indeed, all you have to do  
... is look in the mirror.



*On letting GO*  
(03/01/2013)

We can either cling to our fears & desires — and be steadily dragged through the halls of pain & despair,



... OR we can, just for today, replace our anxiety with courage and our yearnings with Love.

In-deed, we can all rise above our hollow dreamings of ease & fun to revel instead in the pure Bliss of joining hands with a fellow traveler ... of reaching out to soothe another's sadness; ... of opening up to forgive another's anger; ... of going forth to become another's Peace.

Just as steadily — one small choice at a time — we can free ourSelves to soar again as we did at birth ... It is never too late, my Friends, to fly free on the winds of Love & Kindness ... just as we did in those glorious days when we were fresh & new.



Let go or be dragged.  
- Zen proverb

## *A return to Wholeness* (03/02/2013)

Health is not the conquering of illness, but rather the removal of the cause of all dis-ease (fear) ... Peace is not the conquering of our enemies, but rather the removal of the cause of all conflict (fear) ... Love is not the conquering of hatred, but rather the gentle dismissal of the anxieties that are the cause of all hatred.

Our Health is innate — We are all living in bodies that constantly heal themselves in a Universe that is steadily seeking harmony.

Our Peace is innate — We are all members of a species primarily bound to one another within a web of life into which we are inextricably interwoven.

Our Love is innate — We are all, at our deepest & most profound, caring beings who yearn to serve more than we lust for service.

Of course, each of us already comprehends these Truths fully — we have from our very beginning and we will until our very end. And in-deed, because we need not strive to understand Love or Peace or Health, it is completely unnecessary for us to struggle to bring them back to life ... No, for to know pure Love IS to know real Peace, just as to know real Peace IS to know the true Health of Wholeness ...

And to manifest these most halcyon of destinies — to renew them fully in these few but most glorious days, we must simply set our fear gently to the side ...

... and allow compassion to smoothly return into our moments of courageous Kindness.





*true Giving*  
(03/03/2013)

Real generosity does not discriminate ...  
It doesn't care to whom a gift is given,  
and it matters not what is done with it thereafter ...

It simply sees an opportunity to share,  
... and then does so.



*Meet me there*  
(03/04/2013)

What is it to Awaken to a life that is true to True Self? And what does it take to set that Self free? ... Our past has conclusively shown us that “bearing our Souls” by hacking away at the icy frost that covers both the wounds of our past & the fears of our ego simply will not achieve anything other than provide us with hearts too chilled to feel and feet too frozen to serve.



No, all that is required to walk out into the Light is to first see the brittle, rusty bars of “healthy boundaries”, “reasonable punishment” and “divine righteousness” that are holding us captive ... and then simply remember that no cage can ever be built by man or men that can fully smother either our innate desire to serve one another, or the inherent dignity that demands such Love’s brave transference.

No, my Friends, it matters not what is imprisoning you at this moment. Be it fear of government, fear of damnation or fear of rejection, your bars of anxiety are spaced far too far apart to contain the Light of your Soul.



Indeed, there is more than ample room to fly between them and onward into the Great Openness this very moment.

The meadow of courageous Love is truly a radiant kingdom ...

Won't you join me there?



## *Manifesting Wealth* (03/16/2013)

Wealth is not owning lots of things or having lots of money or celebrating lots of “good times” or even enjoying lots of good friends ...

No, my Friends, your true Wealth — your deepest Peace & your greatest Joy — will arrive effortlessly at your doorstep ... though only after your hopes & your desires have been allowed to fade into the distance.



*Doing the impossible*  
(03/22/2013)

So you think Loving your enemies is impossible?  
You think evil is immune to your acts of Goodness?  
Then consider this incredible photograph taken by Tara Miller ...

... who is almost completely blind.



Nothing is impossible, my Friends.

So let's get out there with great courage ...  
... and Be Kind When Least Inclined!

## *No more loneliness* (03/29/2013)

There are almost 7 billion human beings, over 100 billion animals, and over 5 trillion trees on our incredible planet today ... and remembering this fact means never again having to feel lonely. All it takes is a quick glance around to see a fellow living being; a being that will deeply appreciate the random act of Kindness that you then choose to give.



P.S. For those of you who are ready to truly Become ONE — ready to deeply reunify your own “Soul” with the fundamental Essence of the Cosmos, simply take that same glance and perform that same act of Kindness, only not for the first being you see or for the one that you find most sympathetic, but rather for the being nearby that inspires the greatest fear or loathing ... Instead of comforting a cute child, reach out to the intimidating stranger; ... instead of petting a cute dog, give a treat to a mangy one; ... instead of hugging a Redwood, say a gentle word or two to some poison ivy.

Peace to *ALL!*

## *Going all the Way* (03/30/2013)

Our species has come to another crossroads, with two paths leading towards two very different destinies: on one hand, the preemptive “self-defense” of the “wise” coward (see, the violence of the younger Yoda), while on the other, the unconditional forgiveness of the courageous heretic (see, the gentle brilliance of Jesus Christ in the Gospels).

Frankly, in this world that is currently teetering on the brink of collapses both ecological and economic, it is no longer enough to merely be “responsible” or “nice” or “reasonable” or “fair”.

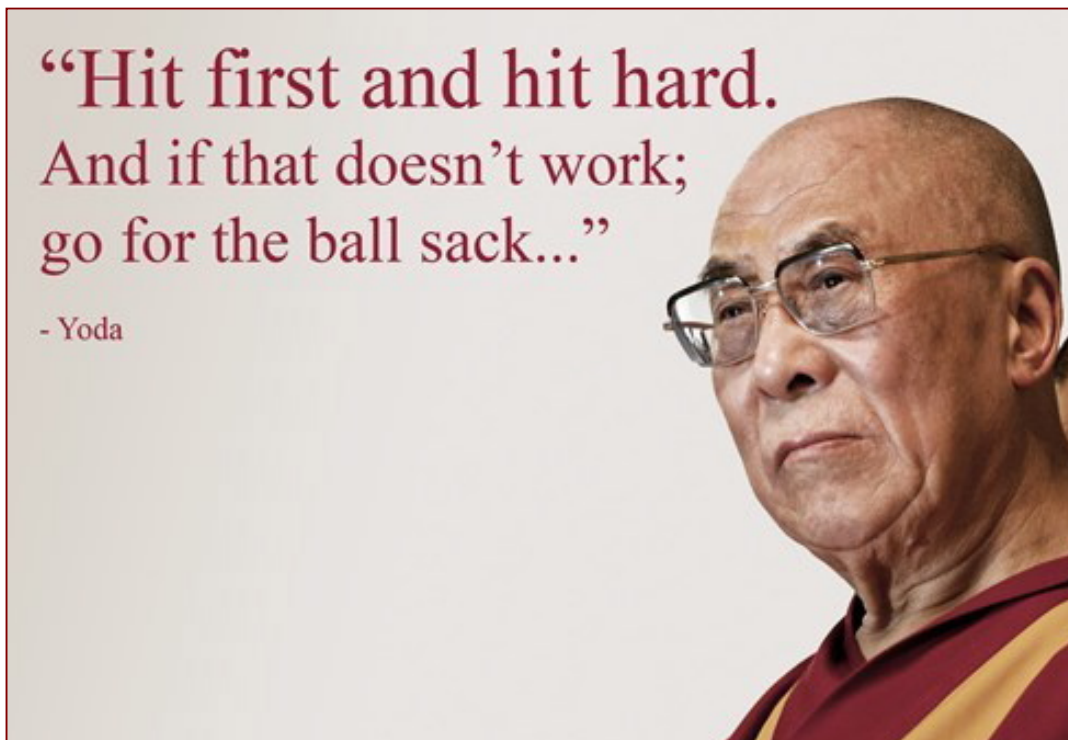
No, my Friends, the time has come for us to finally make a choice that actually means something — the time has come for us to finally choose between a life of fearfully investing in ourselves, & a life of boldly sacrificing for Humanity.

Looking at the picture below, it is obvious that the Dalai Lama has already made his decision ...

How about you?

LOVE is a verb — and LOVE is radical.

So ... got LOVE?



*Easy way to Bliss*  
(04/01/2013)

Well, I've got some really GOOD NEWS for everyone:

\*First, all you atheists & agnostics out there don't have to actively Care for others in order to have a Meaning-full life ... So just kick back — Watch the news to be “informed”, debate with your friends about the “nature of reality”, and have fun making fun of everyone else more “ignorant” or more “stupid” than you are.

\*Second, all you Buddhists (& New Age “spiritualists”) out there don't have to actively Serve your community in order to know “Enlightenment” (or find “Inner Peace”) ... So just kick back — Take some vows, meditate (or manifest) daily, and simply wait for Nirvana (or “the Great Shift”) to come to you someday.

\*And finally, all you Christians out there don't have to actively Love your enemies (or even your neighbors) in order to come to Salvation ... So just kick back — Go to church on Sundays, tithe some cash to your preachers, verbally profess your faith to all non-believers, and wait for Jesus to come to the rescue.

But wait ... APRIL FOOLS!  
(Gotcha!)

P.S. My atheist friends, Wisdom is LOVE, & LOVE is a verb.  
So ... got Wisdom?

My Buddhist & New Age friends, Enlightenment is LOVE, & LOVE is a verb.  
So ... got Enlightenment?

My Christian friends, Salvation is LOVE — and LOVE is a verb.  
So ... got Salvation?





*PEACE awaits*  
(04/04/2013)

Why are we so afraid? ... so afraid to swim in oceans open, ... so afraid to forgive those who have wronged us, ... so afraid to take 30 minutes each day to reach out to the downtrodden, ... so afraid to champion an animal's equal right to live, ... so afraid to stand up to unjust wars of governments corrupted, ... so afraid to choose & cherish a "bigger" & more Loving God.

I'll admit, there are more than a few fears confronting us, and that more than a few of those fears are reasonable ones to have ...

After all, there are sharks in the ocean that could very well eat us alive, ... and yet doesn't our angst already consume our days?

After all, those who have hurt us deserve to be abandoned, ... and yet in doing so don't we also abandon our Selves?

After all, the homeless are indeed quite "filthy", ... and yet doesn't seeing them this way make us reek of callousness?

After all, meat packers & butchers tell us that we need to eat animal flesh to be healthy, ... and yet don't those murders make our Souls deathly ill?

After all, warring governments tend to lock up brave protesters who stand tall for Peace, ... and yet isn't our cowardly silence already a prison?

After all, believing in the "wrong God" could get us sent straight to Hell, ... and yet isn't a life of judgment its own damnation?

I, too, have my fears, my Friends ... I, too, have an ego that encourages me to criticize those who are different, reject those who have hurt me, and condemn those who are "wrong". And I freely admit that reaching out to Care for the ones we most fear is a deeply terrifying proposition ... AND I also know the Truth that doing so anyway is the greatest of Journeys and the most Bliss-full of Ways.

It is the most narrow of paths, this Loving our enemies. It is a trek into the darkened wilderness, this being humble as a child ... AND YET, once we have the courage to tread its straight route anyway — past our judgments & through our fears — then what awaits us just over the horizon is the most brilliant of birthrights ...

What awaits us is PEACE  
... Happy trails!



*Living dangerously*  
(04/08/2013)

In this crazy world of “safe distance” & “reasonable caution” & “healthy boundaries”, an act as simple as making eye contact and smiling gently at another person can become a positively shocking, life-altering experience.

So be “radical” & “live dangerously” today ...

... Give a warm smile to strangers.



## *The most Important Lesson* (04/11/2013)

In-deed, some things can only be learned once ... Most poignantly, we only have one shot at waking up to actively Caring for our planet before we make it completely uninhabitable — and time is truly running out on this lesson.

So how about DOING SOMETHING to help?

You can bike to work ... You can recycle your trash (especially glass & plastic) ... You can use less paper ... You can conserve your water ... You can be Kind to animals (Stop treating them like commodities!) ... You can go solar ... You can turn off your lights (all of them) at night or when you aren't using them ... You can use more candles instead of light bulbs ... You can air dry your clothes ... You can wash clothes in warm or cold ... You can shower only 3-4 times per week and bathe only once a month... You can plant trees ... You can grow your own food ... You can buy local (and buy organic) ... And if you want to do more for the Earth than all the aforementioned combined, you can go vegan.

There are literally hundreds if not thousands of ways to put the welfare of the planet ahead of your own comfort ... and doing so is the only way we will ever pass this test. And believe me, this not a test we want to fail.

LOVE cares for the Earth, my Friends ...

So ... got LOVE?



## *Deepest Peace*

(04/12/13)

Deep-seated & lasting PEACE comes to each & every one of us in our moments of true Devotion — but not the mere “devotion” to a relationship or a job or a cause or a belief or an ideal. Rather, real PEACE comes to us when we are Devoted to the entirety of the Universe – when we are Devoted to the greatest Gift ever bestowed — when we are Devoted to everything living — when we are Devoted to life itself.

It is not a pilgrimage, this Devotion; not a journey towards “enlightenment” or a journey with “salvation” waiting at some destination eventual. Rather, it is simply choosing to actively set aside all the boundaries that divide you from the Universe around you ... It is – for one perfect moment – having the courage to open up to the joys & sorrows of those nearby, and then having the courage to immerse yourself in the same.

In this sense, devotion is a LOVE affair of the highest order. It is completely joining another ... It is the deepest intimacy possible between two beings — a LOVE so deep that their two hearts start pulsing to the same rhythm; begin swaying to the same celestial melody ... More than the mere “love” normally expressed between individuals, the LOVE of Devotion connects one person not solely with another, but rather with the whole of Existence.

Devotion dances in the waves of the ocean by cherishing clean water ... Devotion dances with the swaying trees by protecting the sanctity of Nature ... and Devotion dances with other beings by seeking to lessen their pain — with a gentle smile, with a kind word, with open arms.

The Heart soaked in Devotion responds reverently to the sweet fragrance of the flowers, sings joyfully to the lilting hymns of the birds, and laughs playfully with the raucous antics of all animals. It stands Thank-fully in the warmth of every sunbeam, and it sits Peace-fully under the stillness of every moon.

And Devotion is also the embrace of death – or at least the embracing of all things that are ready to die so that LOVE may live. Devotion is setting aside all that which is mortal within you – your fears, your lusts, your hopes, even your needs ... And Devotion is replacing those yearnings with one moment — always THIS moment — that is fully & completely dedicated to the well-being of others.

And once your life is so completely given over, then only the immortal remains — only the eternal remains — only the deathless remains.

This is what it means to be “born anew” ... And it is a rebirth that requires neither struggle or strife. It is in-deed natural & fluid, this awakening of one’s true Being. For the deathless cannot remain long separated from the Divine that surrounds them — the Divine from which it arose; the Divine which by its very nature is always deathless ... is always ongoing ... is always shifting ... is ever rebirthing itself.

The Universe, like this very moment – like the energy in every ray of sunshine and the consciousness within you & every other sentient being, knows no beginning ... and therefore knows no end.

And real Devotion – real Faith in what many call “God” – is simply living accordingly; simply cherishing each moment of your priceless life by doing whatever you can — be it a small gesture or the greatest of sacrifices — to bring Joy & Harmony to all those nearby.

This is what it means to “be saved” ...

This is what it means to “worship the Father” ...

This is what it means to “do God’s Will”...

... For this is what it means to LOVE.

(inspired by anonymous)



*Remembering to Dance*  
(05/13/2013)

*“In one sense, you may be just a kid, and yet you are a kid with enough years on her to know that every day is priceless.” ~ inspired by Victoria Moran*

Look around you ...  
... and See the Beauty.

Listen for the Music ...  
... and remember to Dance!



*Is it Right?*  
(06/27/2013)

When faced with any new challenge, Cowardice always steps forth first and asks the question, “Is it safe?”

And before we can even begin to evaluate this query, Expediency then raises its voice and asks, “Is it effective?”

And then, while we are mulling those over, Vanity sneaks up behind us and whispers the question, “And is it popular?”

We live in flagrant times, my Friends; times where the vile injustices of our government and the cold callousness of our culture and the brutal lies of our preachers are being brought to the light; times where we are being called — nay demanded — to respond to the evils that stand so defiantly before us.

And I wonder this morning: how will we respond?

Will we listen to the voices of our past — the cowardice that has kept us complacent in the face of travesty & corruption? ... the expediency that has kept us isolated from our neighbors? ... the vanity that has kept us cowering in the background; afraid to take a stand?

Maybe so ... Maybe you too will continue to ignore the Call to Action. Maybe you too will go back to watching your “boob-tube” or “having fun” or placidly praying for God to swoop down and fix things.

Fair enough...

And yet please be aware that the consequences of such continued cowardice will be the destruction of all that we Love, and ultimately the extinction of our species as well. Nothing short of life itself is at stake — both the quality of our lives today, and the life on our entire planet in the not-so-far future.

AND YET, how fortunate for us all that there is another choice within us; that there is another voice that speaks of courage in the face of fear and resistance in the face of evil ... How fortunate for us all that we have a conscience within us that asks not whether an act is safe or effective or popular, but rather asks one question and one question only ...

“Is it RIGHT?”

And by “Right” this voice doesn’t mean conservative, and it doesn’t mean prudent, and it doesn’t mean effective, and it doesn’t mean correct.

It means JUST ...

It means CARING ...

It means UNIFYING ...

It Means COMPASSIONATE ...

... & It means KIND.

So here we are; together facing humanity’s next great Time of Trial. In the past, as a species we have repeatedly made choices that have led us ever further into the darkness. We have cowered ... We have hated ... We have rebelled in anger ... We have justified our inaction in the delusions of “faith”, and rationalized our cowardice with the myths of hopelessness.

In essence, we have shrugged our shoulders and looked away while the world has continued to crumble around us.

We can repeat these choices again, of course, and yet they will bring no better fruit now than they brought us before. Every time these paths of weakness have been tread, they have failed us — they have failed us completely & they have failed us miserably.

No, my Friends, it is high-time we chose anew. It is high-time we stood together tall & strong ... It is high-time for us to REBEL.

It is time we rebel against hatred with Compassion.

It is time we rebel against war with Peace.

It is time we rebel against injustice with Forgiveness.

It is time we rebel against greed with Giving.

It is time we rebel against the leaders of our churches and our economies and our governments, not by protesting them or attacking them or overthrowing them, but rather by having the courage to IGNORE THEM — to go forth each day and rebuild our nations from their foundations up, by rebuilding our communities — and by rebuilding them OURSELVES.

In essence, we must choose to literally BECOME the change we want to see ... We need to be the change we want to see in our homes ... We need to be the change we want to see in our neighborhoods ... We need to be the change we want to see in our schools -- and in our workplaces -- and in our churches -- and on our streets.



And once we finally choose to walk **THIS** way, when we finally remember that it is **WE & WE ALONE** who determine how our societies will grow and thrive and be, ... then the time will finally have come when we begin to heed the long-ignored voice of our collective conscience.

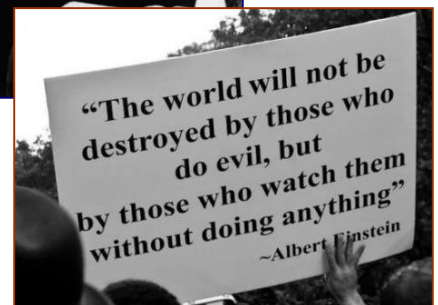
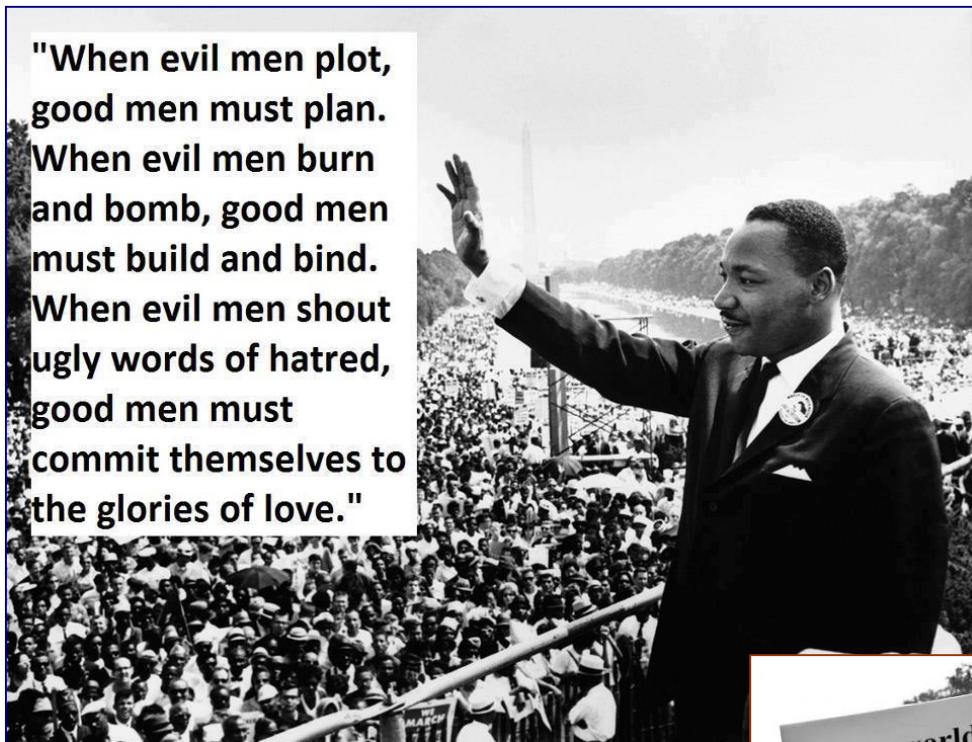
The time will finally have come when we begin to evolve from mere homosapiens to Human(e) Beings ...

The time will finally have come when we learn to Live as ONE ...

The time will finally have come for LOVE.

May today be the day when the chronicles of history document the arrival of such a time ... Amen

(~ inspired by Martin Luther King, Jr)



## *Becoming The Change* (06/30/2013)

*“The world stands at a turning point. We simply cannot go on as if our old ways can continue to sustain us. If we are to have a future, then we can no longer be dependent on products that result from exploitation, suffering and environmental devastation.” ~ inspired by Angel Flinn*

We all know that it's time to start changing the wasteful ways we are currently living, and yet the task seems daunting and many of us don't know where to start. In that vein, here are a few simple ways that you can start doing your small-yet-significant part to save our world; a few practical ways that you can start to BE the change we all need to See ...

**Tip #01** -- Replace, reduce, reuse &/or recycle all plastics (preferably in that order) ...

**Tip #02** -- Use your own cloth bags whenever you go grocery shopping ...

**Tip #03** -- SAVE WATER! Take short showers (or shower together with another), turn off the tap while brushing your teeth, hand wash your dishes (and don't leave the tap running while you do so), only water your lawn mornings or evenings (or replace your grass lawn with a maintenance-free groundcover), collect rainwater for your garden &/or houseplants, etc.

**Tip #04** -- Only buy produce that is local & organic ...

**Tip #05** -- Plant a food garden (and share with your neighbors) ...

**Tip #06** -- Bike to work ... or car-pool ... or use public transportation ...

**Tip #07** -- Avoid all fast foods ...

**Tip #08** -- Only wash clothes a full load at a time, and use a clothesline to dry your clothes when they are done ... and,

**Tip #09** -- GO VEGAN, which does more Good for the planet than all the previous eight tips *combined*.

In essence, it's not too late for us ... We need not sink into an existence ruled by pain & despair — we need not suffer the fate of so many other species that have already gone extinct. If we all do our part, **WE CAN** turn this ship around and one day arrive at the harbor of our salvation.

Life is our mightiest of possessions, my Friends. And preserving it is no longer a matter of a little mending & a little alteration – a little cleansing & a little purifying – a little painting & a little patching – a little whitewashing & a little varnishing – a little turning over a new leaf & a little putting on a new coat of “caring” and wishing things were different.

No, what is needed is the enlivening of something altogether new; the planting within us of a new nature, a new way of Being. We need to reawaken our innate core of selfless solidarity ... We need to reawaken our deepest mindset — the mindset of community, the mindset of courageous intimacy, the mindset of open Caring, the mindset of Love.

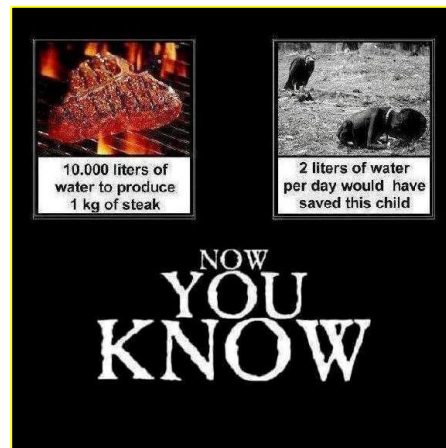
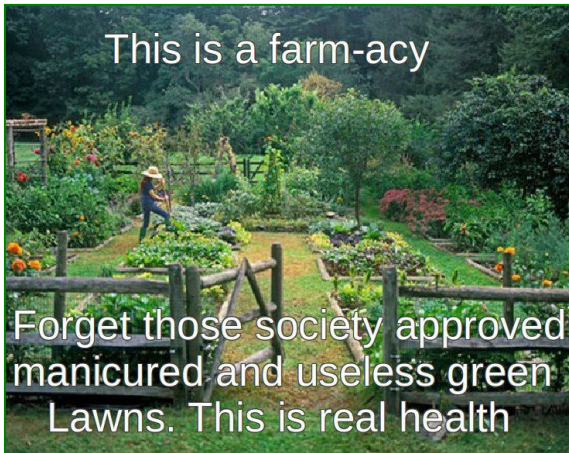
This alone, and nothing less than this, will meet the deeper needs of our Souls. Only this will save our species, and only this will bring us the Happiness & Contentment we seek.

In conclusion, we need not merely a new skin made of feeble wishes & hollow intentions ... We need awakened Hearts, and we need those awakened Hearts in ***ACTION***.

There is a core minority of folks already out there on the front lines fighting this most important of battles, and they desperately need our help.

Let's start helping them, and let's start doing so today ...

***Thank you.***  
(~ inspired by J.C. Ryle)



## *Fight for Justice* (07/15/2013)

We've heard a lot about Trayvon Martin recently — how he was an upstanding citizen, how he was a good student, how he was a good friend, how he was a good son ... how tragic and patently unjust it is for such a fine young man to be gunned down at such a young age. Well yesterday, George Zimmerman was acquitted of murdering Trayvon. And, since many feel as though their justice system failed to bring Mr. Zimmerman to “justice”, they have begun to attack him on their own. Fair enough ...

And yet, before you do so as well, please consider the following: George Zimmerman is also an upstanding member of his community. George Zimmerman (a multi-racial registered Democrat, no less) also feels shame & guilt when he makes mistakes. George Zimmerman, despite this tragic death to which he most certainly contributed, is also a good man.

So God bless Mr. Zimmerman ... There is no doubt that his Soul is suffering over this tragedy. The last thing he needs is for others to condemn him more than he is already condemning himself.

We all have so many stones to throw at those who have done wrong in our lives, and yet we forget so easily that so many stones are being reasonably aimed our way as well.

Criticism and condemnation have never made anyone a “better person”, my Friends, and they have never soothed the deeper wounds of any loss. Rather, all those stones do is encourage the one we are punishing to defend himself and perpetrate again in the future. And this is as true for George Zimmerman as it is for anyone else who feels attacked.

On the other hand, if we have the humility to get our judgment of his sin out of the way, George Zimmerman's path will be free to one day atone for whatever he truly did (for only he knows that Truth). Only then will he have an open door to reflect upon the mistake he made and be able to find a way to absolve himself of his tragic error.

And yet for him to be able to do so, we must first remove the stumbling block of our own condemnation from his path.

The punishing stones of rage and judgment, while logical & understandable, have never brought real Justice to life. Only the courage of a heart that forgives the doer of the deed (even while condemning the deed done) will bring us the change we long to see.

So as we go forth into our new day, let us all remember that every time the actions of another invoke an emotional response in us, it is a call for us to look into OUR own mirrors before showing the perpetrator theirs; to remove the beam from OUR own eye before trying to pull the splinter from the eye of that other.

As such, please join me in doing something that will actually help bring real Justice to this situation — please join me in sending George Zimmerman immense waves of Compassion & Forgiveness today.

The Soul of Mr. Zimmerman will thank you ...  
... and your own Soul will thank you as well.

Amen ... Let it be so.



## *Growing UP* (07/16/2013)

Just like everyone else, I too experience moments when I am tempted to judge or criticize; times when I yearn to condemn another's misdeeds or analyze their choices or advise their alternatives. And yet these days — more often than not — I catch myself doing so ... and then I pause for just one more second;

... and then I remember that I haven't the faintest clue as to what is going on in those folks minds in that moment, or what they went through last week, or how they were raised as children.

True, we are *all* conscious beings who more often than not definitely “know better”, and I certainly have no problem with continuing to identify the behaviors I see that are kind and those that are callous, and to discern which of my own choices are being made for others and which are being made for myself.

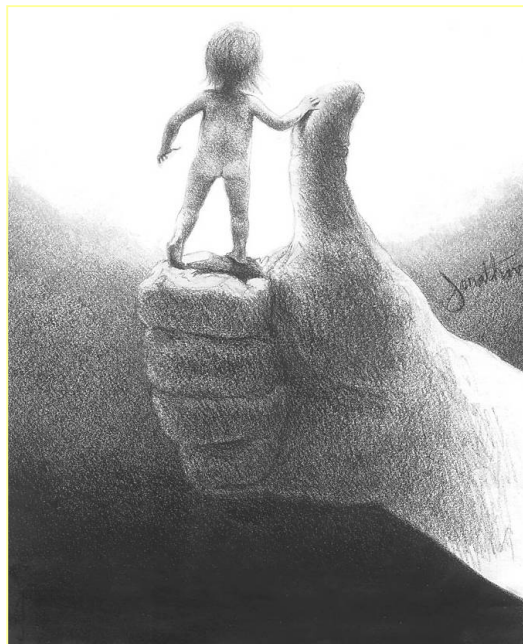
And yet these days there is a difference ...

These days, the difference is that I refuse to judge the people doing the selfish deeds (or the callous responses, or even the violent acts) as “bad”, just as I also refuse to judge myself as “less than” if I happen to slip and make similar mistakes.

The difference is, I choose to see people — myself as well as others — beyond their behaviors & past their choices.

The difference, I think, ...  
... is that I have finally grown UP.

**I don't know  
the actual  
meaning  
of maturity  
but for me,  
maturity is  
when a person  
hurts you and  
you try to  
understand  
their situation  
rather than  
hurting them  
back.**



## *The Truth about evil* (07/17/2013)

Despite our ego's misguided belief to the contrary, no one is or ever was born "evil" ... Even a young Adolf Hitler used to care for the needy & paint beautiful landscapes ... Even a younger George Zimmerman used to walk through his days full of Joy & Hope ... Even our own worst enemy used to smile and be Kind to strangers ... And even stormtroopers used to pet kittens.



I know, this Truth doesn't make any of these folks' subsequent "evil" deeds right or even acceptable ... It simply reminds us all that they, like we or anyone else we encounter, are not evil *themselves*. They might have missed the mark along the way – they might have even missed that mark quite badly, and yet just like ours, their lives' journeys began immersed in a golden glow of Love, and — no matter what they did or didn't do thereafter — the same golden Soul lives within them still.

## *Friends & enemies* (07/18/2013)

Enemies are those who have chosen to close their Hearts and see each other only with their thoughts — peering futilely through the Light-insensitive lenses of past wounds & present fears; vaguely sensing only the feeblest flickering shadows of each other's patent radiance; each convincing himself that the view is clear and that his judgments of the other are accurate; each believing that it is the haze through which she stares — not the image it distorts — that is the illusion.

My Friends, true Friends are not those who care for others who think like they do or those who treat them well. Friends are those who have chosen to set aside all the “evidence” and all the “logical reasons” that demand condemnation of the other or call for retribution against them. Friends are those who close their eyes to the pain & the “facts” & the “truth” ...

... and open their Hearts anyway.





*A solution to Awakening*  
(08/02/2013)

Step one for personal Liberation:

Become again as a child ...

Specifically, *this* child.



*“So, please, oh please, we beg, we pray,  
go throw your TV set away,  
and in its place you can install,  
a lovely bookcase on the wall.”*

*~ Roald Dahl*

## *Racism: a Problem ... and a Solution* (08/01/2013)

*“How do we stop racism? Stop talking about it. I’m going to stop calling you a white man, and I’m going to ask that you to stop calling me a black man.”*  
~ Morgan Freeman

People of color all over the world have been exploited for thousands of years, and they continue to be unfairly treated today ... There is a reason they are angry. It is a natural response to being oppressed ... AND venting that anger with violent attacks on “white folks” or angrily venting about “the white establishment” is just as racist and just as immoral. This racism might be “reversed” and it might be done to “obtain justice”, and yet racism it remains.

Similarly, I hear more and more white friends complaining about black-on-white violence as though it were something innate to people of color; as though these attacks are simply some latent, savage character trait that needs to be contained & controlled ... Don’t they see that this is the very response that brought on black anger in the first place? Don’t they see that condemning others’ rage and shackling their ill-chosen attempts to finally receive true justice & a valid equality will only ensure that said violence will continue? Don’t they see that racism cannot solve a problem that was caused by racism in the first place?

Have we really learned so little as a species?

Well, I happen to have more Faith in humanity than that. I happen to believe that we know better — I happen to believe that most of us have woken up to the Truth that only Love can conquer fear, that only Kindness can conquer anger; that only Forgiveness can quell unrest. And more importantly than that, I happen to believe we are ready to act accordingly.

Racism will continue — of this there can be little doubt. **And yet** the vast majority of us have awoken to a new day for our species; a day that has dawned with a sun that shines not on warring tribes and squabbling nations and races in conflict, but rather a light that is illuminating the FACT that we are **ALL** actually members of one huge Family.

The bigotries of condemnation, criticism, ridicule, punishment and incarceration have been tried for thousands of years by our primitive forefathers — and they have failed. They have failed us miserably and they have failed us completely – and this, every single time.





*And yet* I happen to have Faith that there are those of you out there who will join me in doing the only thing that will ever bring us further — the only response to race-violence that will ever heal the wounds they have torn open. What will work is the option we have yet to try en masse ... What will work is Compassion (the verb).

\*What *will* work is setting aside the bigoted beliefs we were taught by parents innocently ignorant, and choosing instead to see those of other races merely as darker or lighter versions of ourselves.

\*What *will* work is refusing to give in to our primitive desires to lash out at those who trespass against us — especially if their skin is of a different hue.

\*What *will* work is choosing to reach out to those of different color & different culture *before* violence erupts; to mend the Family-ties that were broken long ago; to remind ourselves and others that our only true enemy is the mindset that would label another as an “enemy” by the color of his skin or by the God that she worships, by the way he talks or by the clothes she wears.

The time for such uneducated barbarism has long since passed, my Friends. Please awaken to this Truth today, and then go forth with me to actively embrace those people in your own communities having races (or religions or cultures) other than your own.

Don't wait for the next act of violence to heal wounds that are already bleeding. Start the Healing today ...

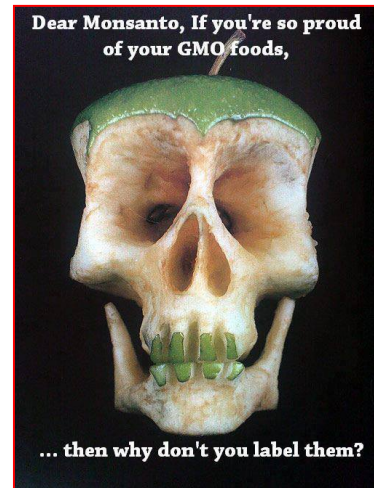
***Thank you.***

*“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate. And yet if they can be taught to hate, they can be reminded to Love; for Love comes much more naturally to the human heart than its opposite.” ~ Nelson Mandela*



# How to beat Monsanto (08/03/2013)

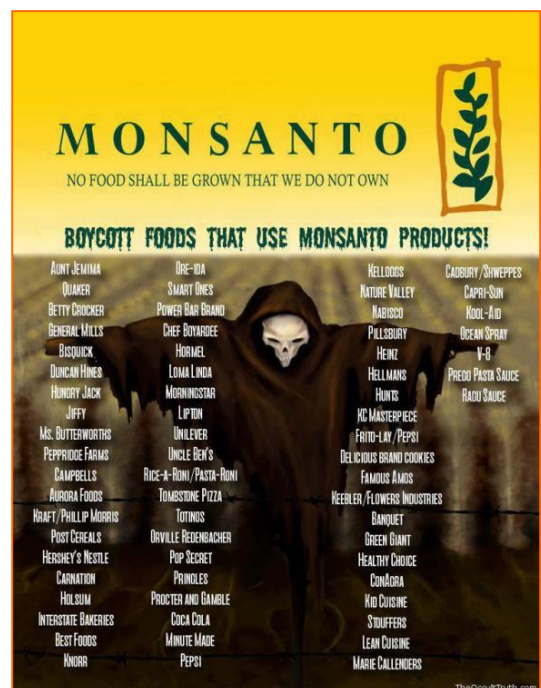
**Problem:** Monsanto and its corrupt corporate cousins have tainted our food supply with addictive carcinogens ...



Monsanto employee	Monsanto position	US Government position
Toby Moffett	Monsanto consultant	US Congressman (D)
Dennis DeConcini	Monsanto legal council	US Senator (D)
Margaret Miller	Chemical lab supervisor	Deputy Director of the FDA
Marcia Hale	Director Int'l Govt. Affairs	White House Senior Staff
Mikey Kantor	Member of Board	US Secretary of Commerce
Virginia Weldon	Vice Pres. Public Policy	White House CSA
Josh King	Director Int'l Govt. Affairs	White House Communications
David Beler	V.P. Govt. and Public Affairs	Al Gore Chief Policy Advisor
Carol Tucker-Foreman	Lobbyist for Monsanto	White House appointed Consumer Advocate
Linda Fisher	V.P. Govt. and Public Affairs	Deputy Admin of the EPA
Lidia Watrud	Manager, New Technologies	USDA, EPA
Michael Taylor	V.P. Public Policy	Deputy Commissioner, FDA
Hillary Clinton	Monsanto Council	First Lady, US Senator (D), Sec State
Roger Bleachy	Director, Monsanto	Director USDA NIFA
Islam Siddiqui	Monsanto Lobbyist	Agriculture Negotiator/Trade Rep.
Clarence Thomas	Monsanto Council	US Supreme Court Judge
Donald Rumsfeld	Board of Directors	US Secretary of Defense
Anne Veneman	Board of Directors	US Secretary of Agriculture

**Solution:** quit waiting for equally corrupt politicians to do anything about it ...

**Solution:** quit buying Monsanto-laced products from Monsanto-tainted companies ...



**VICTORY! VICTOIRE!**



*Solution:* plant a garden ...

*Solution:* share with your neighbors!!!!



## *Waking UP*

a.k.a. “Hacking Contentment”  
(08/06/2013)

In case you're interested, Enlightenment is pretty simple. To start living a life of profound Meaning & raw Bliss, simply put the following quote into practice — realizing, of course, that the word “everyone” therein includes all animals as well as all humans.

**Beginning today,  
treat everyone you meet  
as if they were going to  
be dead by midnight.  
Extend to them all the  
care, kindness, and  
understanding you can  
muster, and do it with  
no thought of any reward.  
Your life will never be  
the same again.**

**-Og Mandino**

I will admit that waking UP is scary ... and I will admit that it is indeed quite difficult to challenge the myths we have been taught and set aside the addictions that provide us with so much comfort ... AND YET the Awakened Life holds a Joy that is beyond compare; a oneness with your True Self and a reunion with your God that cannot be satisfied by any acts of dismissal, destruction or domination.

Open your eyes and  
open your Hearts, my Friends  
... A new life awaits you in  
this moment; a new life that is  
based on Compassion instead  
of callousness and Kindness  
instead of killing. LOVE is  
yours to have ... as soon as  
LOVE is yours that is given.

Amen ... Let it be so.

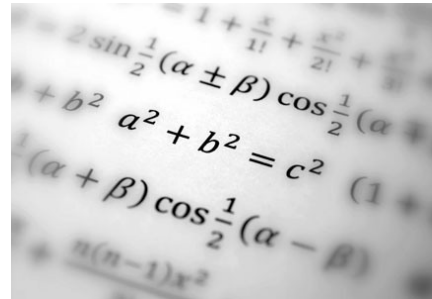


Research has proven that we don't need to kill to live on Earth.

deAA

## *Divinity in Math* (08/10/2013)

And the LORD was pleased with His creation, and so gave them all an innate, ever-unchanging mathematical understanding of the Truth of gentleness & respect; four fundamental equations upon which all understanding could be found & upon which all Peace must be built ...



Equation #01: faith & Faith

faith + certainty = doubt ...  
doubt + courage = Faith

Equation #02: humility & Humility

humility + righteousness = arrogance ...  
righteousness + acceptance = Humility

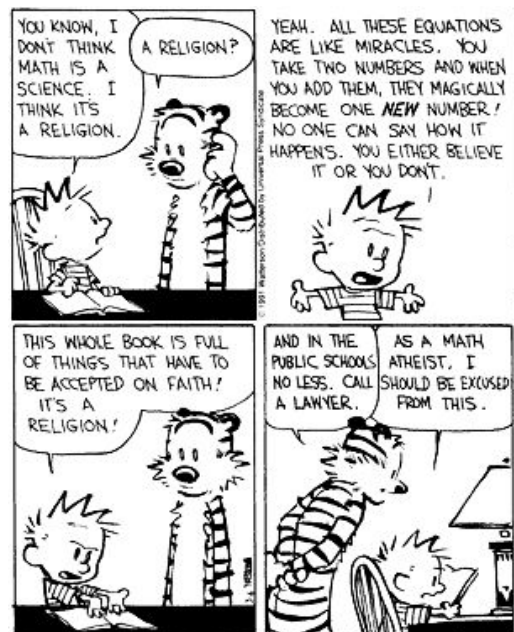
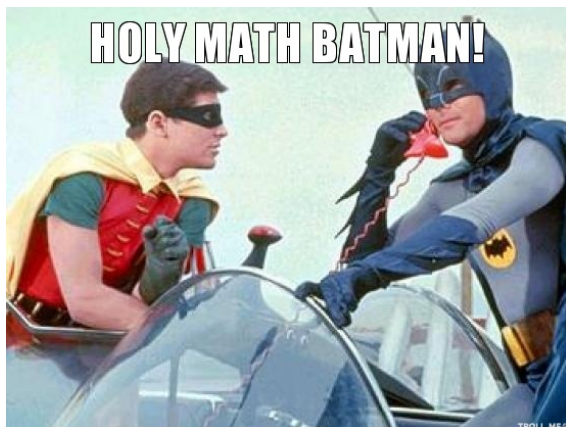
Equation #03: wrong & Right

being Right + judging others as “wrong” = being wrong ...  
being wrong + Caring anyway = being Right

Equation #04: salvation & Salvation

personal salvation + criticizing the “lost” = damnation ...  
personal damnation + Loving others anyway = Salvation

And the LORD looked upon His math,  
... and knew that it was Good.



## *Doing truly Great Things* (08/20/2013)

Not only do you not need permission to manifest Great Things, you don't even need to do anything "big" or "amazing" to do so ...

\*Refusing to watch television — and going outside to revel in Nature instead — is a Great Thing.

\*Refusing to buy GMO-laced foods — and growing your own fruits & vegetables (or buying them local & organic) & sharing them with your neighbors instead — is a Great Thing.

\*Refusing to get involved in the sham of politics — and investing your energy in beautifying & strengthening your Community instead — is a Great Thing.

\*Refusing to accept religious dogma that condemns the beliefs of others — and openly Caring for those of faiths different from your own — is a Great Thing.

\*Refusing to put animal cruelty on your plate — and going vegan instead — is a Great Thing.

We have not been put here to use up our planet's resources, dominate & exploit our planet's fellow inhabitants, or fight amongst ourselves for control of our planet ... We have — each & every one of us — instead been given the most brilliant of gifts; the chance to transcend our innate primitive selfishness ... and choose LOVE:

\*to choose to Love Nature (Go outside!) ...

\*to choose to Love our bodies (Eat sustainably!) ...

\*to choose to Love our communities (Work together!) ...

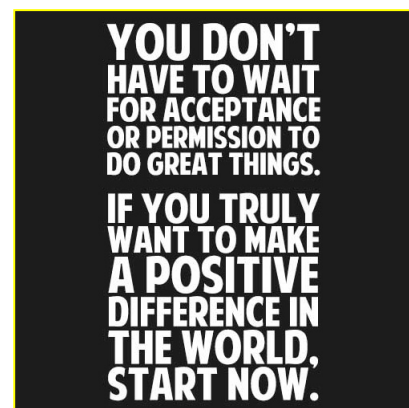
\*to choose to Love our neighbors (Be Kind to the different!) ... &

\*to choose to Love ALL our sentient cousins (Go vegan!).

While we all do indeed carry a large cache of excuses that conveniently justify our being "normal" or "only human", we can **all** also choose to live a life of Meaning & Power instead ... We can choose to live for others, as opposed to living for ourselves. We can choose to be stewards & caretakers of all things living, as opposed to being accomplices to destruction & death.

In essence, instead of choosing to be merely "good enough", we can ALL choose to be truly Great.

Let it be so ... and let it be so today.





## *The Road to Peace* (08/28/2013)

It took a long time for me to wake up to LOVE; to appreciate the simple, irrefutable fact that we are *all* multi-layered beings — each and every one of us weird yet wonderful; sometimes mean and sometimes majestic; often afraid and yet ever filled with courage ... It took a long time for me to focus on the wonderful and cherish the weird. It took a long time for me forgive the mean and honor the majestic. It took a long time for me to face my fears and leap with Kindness anyway.

And yet, for the most part, I've arrived at this very sort of life ... and it is such a Peace-filled place; such a Joy-filled way; such a Meaning-filled existence.

My old-self's inner "greedy dynamic" is still there, of course. There are still moments when I fulfill my own desires instead of striving to fulfill others theirs. There are still moments when I react to others with indignant explanation or emotional self-defense instead of simply being quiet and Caring. There are still moments when I get irritated & annoyed & upset instead of sending Compassion to my enemies. There are still moments when fear gets the better of me and I turn away from those in need instead of sacrificing my own comfort to serve them.

And this is all to be expected ... I am, after all, walking around in a fleshly "machine" programmed for selfishness — programmed at its most primitive level to care for itself first, and then primarily to ensure the survival of those others deemed friendly or comfortable thereafter.

AND YET, the more often I gently yet firmly challenge this subconscious, "reptilian" package of instincts (what some, including myself, like call "the ego"), the more often it takes a back seat and allows my Soul to drive.

\*Every time I choose to give when I have little, it becomes that much easier to See that I am already Wealthy ...

\*Every time I choose to smile in silence when tempted to rant or rage, it becomes that much easier to Feel that I am already at Peace ...

\*Every time I choose to send my enemy Compassion while being attacked, it becomes that much easier to Know that I am Strong ... and,

\*Every time I choose to face my fears & set aside my concerns in order to Care anyway, it becomes that much easier to Remember that I am LOVE.

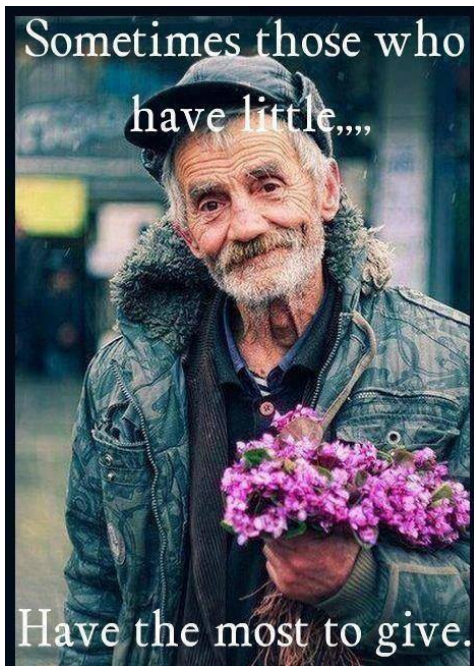
It is so exhausting to keep worrying about self and safety and success. It is so tiring to tear others down in “self-defense” and be torn down by them in return ... so exhausting, and so counterproductive ... so tiring, and so unnecessary.

Judging others is so easy, and yet we are *all* so much more than our judgments ... Selfishness is so ingrained, and yet we are *all* so much more than ourselves.

There is another way to BE, my Friends — there is another path to tread ... It is the Way of Kindness — the Path to Peace. It is by far the more difficult road, and to follow its trail means to boldly face fear & danger. And yet it is a Road that will carry you and all those who walk it with you to destinations more beautiful than any you might have seen, and more joyous than any you might have imagined.

The Road to Bliss awaits us all ...

Won't you walk it with me?  
(inspired by Shannon Fisher)



*“This is how it works. I Love the people in my life, and I do for others whatever they need me to do for them — again and again, as many times as is necessary. In some cases, the need is not a tangible one. Sometimes another person has simply forgotten who they truly are and how much they are truly Loved. So what I do for them is simply remind them who they are and show them how much I Love them. And this isn't any kind of burden for me at all, because I Love who they are very much, and every time I remind them of that Truth, I get to remember it with them.”*

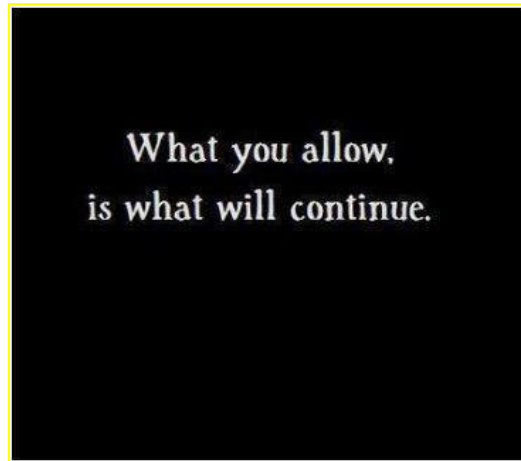
*~ inspired by James Lecesne*

## *Peace is The Way* (08/30/2013)

*“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind, I’d still be in prison.”*  
~ Nelson Mandela

The way to true Contentment is really not that complicated: Peace is the destination ... Kindness is the path ... and Forgiveness is the first step thereon.

Despite our differences of opinion & ideology, we humans — *all* of us — are literally members of ONE interconnected Family ...  
So isn’t about time we started acting like it?



Here’s a tip for all you “American patriots” out there: Syria is *not* the enemy. And by the way, neither is Al Qaeda -- nor the Taliban -- nor North Korea -- nor “radical Muslims” -- nor anarchists -- nor “bleeding heart liberals” -- nor immigrants -- nor homosexuals -- nor atheist “heathens” -- nor intellectuals -- nor communists -- nor reverse racists -- nor even those pesky “Arab terrorists”.



No my U.S. Friends, your *real* enemies is the political system (and the corporations that control it) that YOU have supported for the last four+ decades ... As such, the *real* enemy -- is your own patriotism.

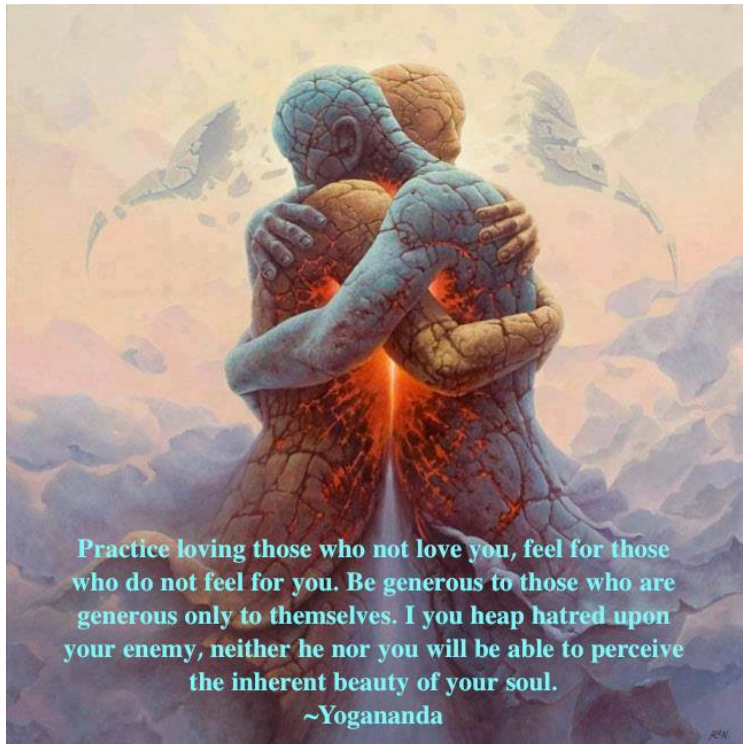


It is high time we reclaimed our Freedom, and it is high time we did so not by attacking our oppressors, but rather by exuding them compassion while we dismiss them from our lives.

It is high-time we looked our governments in the eye, extended them a heartfelt forgiveness for their corrupt criminality — and then started rebuilding our nations & our communities & our neighborhoods ourselves;

- ... nations founded in Justice instead of judgment,
- ... communities steeped in Virtue instead of violence,
- ... & neighborhoods filled with Caring instead of callousness.

Amen ... Let it be so.



Practice loving those who not love you, feel for those who do not feel for you. Be generous to those who are generous only to themselves. I you heap hatred upon your enemy, neither he nor you will be able to perceive the inherent beauty of your soul.

~Yogananda

## War is Nothing (08/31/2013)

*“Those who assert that evil means can lead to good ends are deceiving themselves.” ~ Martin Luther King Jr.*

Let's face it, the American government is at some point going to make the same mistake that it made in Iraq. It is going to make that mistake in Syria ... or in Iran ... or in North Korea ... or anywhere else where profit is waiting to be made from war. And we have to face another Truth as well: at least on the political level, there is little we can do to stop it.

And yet we are not completely helpless — there IS another method we can employ that can stop the madness; a method that has worked in the past and a method that will work today. It's called peaceful protest ... It's called civil disobedience ... It could even be called a rebellion — albeit one that is as gentle as it is firm & uncompromising.

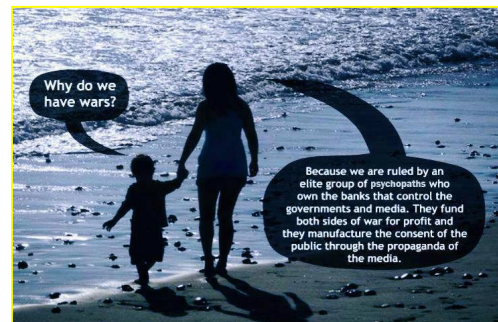
It is an empirical fact that when even a few of us wake up to the evil, political madness that is already knocking at our door and start actively (and peacefully) protesting against it, our “government” will eventually be forced to either change its policies — or perish fighting us.

WE have the power, my Friends, but we only have Power when we band together to stand for what is Right. And what is Right is known to us all – What is Right is Peace ... What is Right is Compassion ... What is Right is Generosity.



And war is **none** of these things ... War, indeed, is their very opposite. War is not Right — ever ... War is bloody and war is destructive and war is completely ineffective. In essence, war is pure evil. It always has been, and it always will be.

There is no animal in the world — we human animals included — that will repeatedly bite the hand that feeds it. It is a fundamental psychological & sociological Truth that Kindness breeds Kindness, and that violence only breeds more violence. If we were ever to have the humility & the courage to drop flowers & food on our enemies instead of munitions & missiles, thousands of innocent women & children would not have to die and dozens of beautiful countries would not have to be destroyed. All the “leaders” of the world are well aware of this fact, and yet these “leaders” need war to remain wealthy & powerful. And so they do whatever they can to keep you from remembering this fact — everything they can to keep you angry & afraid, and therefore weak & pliable.



Rest assured, it is not enough for you to merely be aware of this Truth and then sigh knowingly in disgust as the madness begins again ... It is not enough to complain about it, or listen to talk radio shows as they analyze it, or even teach your kids about its inherent wrongness.

No, for evil to succeed, it only needs good men & women to do nothing to stop it. In this sense, your complacency is just as evil as others' complicity. Indeed, your inaction is actually exactly what your "government" wants ... It wants you to feel hopeless. It wants you to feel powerless. It wants you to do nothing. It wants you to shrug your shoulders and look the other way.

And yet timid indifference is *not* the proper response to evil. Instead, when evil raises its ugly head, it is necessary for Good people to rise up and respond. When "leaders" perpetrate crimes against humanity and violate the sanctity of human solidarity, it is not for us to criticize them behind closed doors in a whisper — No! When evil raises its ugly head, it is time for Good men & women everywhere to leave their homes, raise their voices and courageously stand in evil's way.



My dear Friends, America was founded on the principles of Goodness & Freedom ... America was founded on the principle of Liberty & Justice for *ALL*. And let us not forget, America was founded by a massive act of civil disobedience. As such, it is now time for all Americans to remember these Truths ... and it is **now** the time for Americans to start acting accordingly.

The fact of the matter is: the United States "government" is preparing to instigate yet another unjust war ... and the fact of the matter is: it is up to YOU & yours to stop it.

Amen ... Let it be so.



*"He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it." ~ Martin Luther King Jr.*

## *Road to Peace* (09/03/2013)

Right now – in this very moment – we stand at a nexus where two roads diverge. But unlike the roads in Robert Frost’s famed poem, ours are not equal. The road we have long been traveling – the road that continues on straight ahead towards the horizon – is deceptively easy, a smooth superhighway on which we progress with great speed and make “great progress” ... and yet, at its end lies disaster, for at its end lies the extinction of our species.



The other fork of the road – the one still “less traveled by” – offers our last hope, our only real chance to blaze a trail to a new destination ...

\*It is a destination of Peace between all tribes & all nations, caused by a common, species-wide refusal to go to war.

\*It is a destination of forgiveness & tenderness amongst strangers & enemies & friends alike, brought about by a refusal to condemn or judge or dismiss the actions & opinions of others.

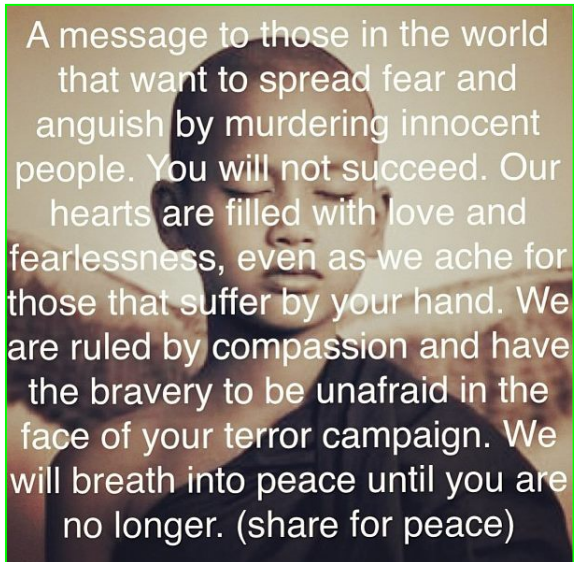
\*Ad it is a destination of mutual honor shared amongst *all* forms of sentient life, engendered & enlivened by a global mandate that we humans treat animals with Kindness & that we respect their innate rights to life & liberty & justice.



Simply stated, this alternative path is the only destination that will allow for the preservation of life on Earth.

I'm headed there today ...  
Won't you walk a ways with me?

(inspired by Rachel Carson)



A message to those in the world that want to spread fear and anguish by murdering innocent people. You will not succeed. Our hearts are filled with love and fearlessness, even as we ache for those that suffer by your hand. We are ruled by compassion and have the bravery to be unafraid in the face of your terror campaign. We will breath into peace until you are no longer. (share for peace)

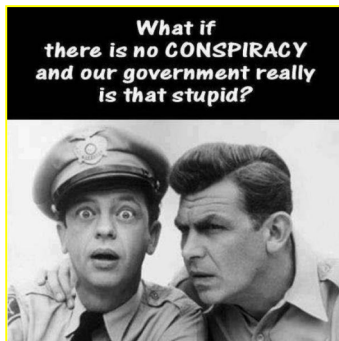


*go find yourself*

## *To truly Love your country* (09/05/2013)

Well, well, well — it looks like America’s “leaders” have finally agreed on something ... NOT on healthcare for the uninsured ill, mind you; and NOT on education for their inner-city youth, or on halting Monsanto’s continued assault on American food crops, or on making animal cruelty laws consistent & potent, or on extending equal rights to homosexuals & immigrants, or on how to deal with the ever-more-catastrophic shifts in our climate, or on measures to repair their cities’ crumbling infrastructures, or on finding a way to feed the 30 million Americans who cannot afford a decent meal, or on finding housing for America’s 630,000 homeless citizens, or on giving financial relief to the 42.2 million people currently living below that country’s poverty line.

Nope ... today, instead of agreeing on any of those truly important and worthy issues, the “leaders” of the United States of America found a way to make all of those problems more than a bit worse. For today, the “leaders” of America agreed to go to war.



How deliciously ironic it is that, some 42 years after a young naval lieutenant named John Kerry passionately pleaded with the Senate Foreign Relations Committee to stop the Vietnam War, an older & “wiser” (see, “corrupted”) John Kerry today sat at that same table — and passionately advocated military action against Syria.

“But don’t worry”, they say to all of us who reasonably believe that this limited military action will turn into something prolonged and despicable (as though even a short war initiated to fill the already overflowing pockets of America’s wealthiest is anything short of disgusting). “Don’t worry”, they say, “because this war will be limited to 60 days and it forbids combat troops on the ground.”

Right ... Sure ... Uh-huh ... That sounds awfully familiar. I’m not buying it, and neither should you. My Friends, this administration has shown you its true colors too long for you to be fooled like this again. And besides, even if it *does* turn out to be true, since when have any of our “limited military engagements” ever effectuated any of our goals without destroying their target countries, leaving those nations even more unstable than before, and killing tens of thousands (if not hundreds of thousands) of innocent civilians in the process?

That's right ... **Never!**

Even though 57 of America's 100 Senators have yet to make up their mind on this issue (what?!?!), I certainly have ... I have decided that war is wrong — especially this war. I have decided to see through the American government's charades, feints & deceptions to call out this act for what it is:

\*For a nation that promotes itself as the bringer of justice, it is hypocrisy of the grandest order ...

\*For a government that sells itself as righteous & caring towards the world's downtrodden, it is blasphemy ...

\*For a government that trumpets itself as the champion of freedom & democracy, it is now the harbinger of despotism & tyranny.

So please heed not the silky words of your smooth-tongued President and his cronies. Please listen not to the “military experts” who tell you what is “really happening” in Syria ... The Truth is — you are being lied to once again. For the brash cause of lining American defense contractors' pockets with cash and lining Obama's pockets with power, you are being played for fools.

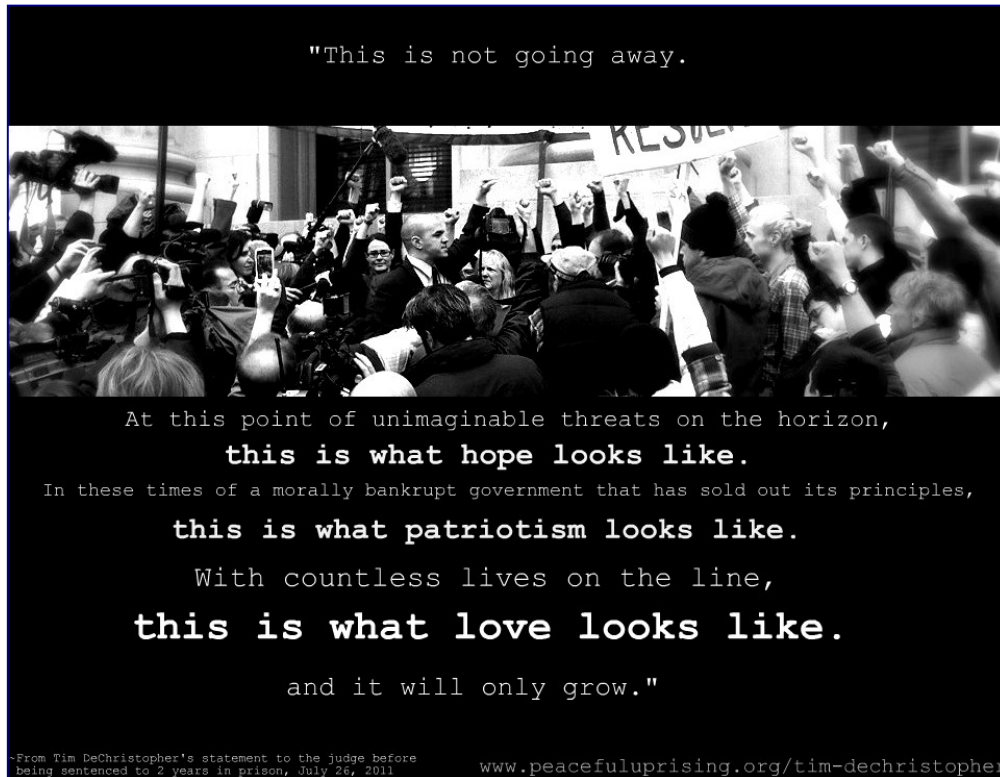
And yet you are NOT fools ... and you are NOT going to fall for it again. You see, I have faith in humanity's awakening, and I have faith that tyranny's time has passed. In the history of humanity, war has never succeeded ... War has always led to more war in the past, and war now will certainly lead to more war in the future. War simply is no longer a viable option, and therefore war **MUST BE OPPOSED!**

And yet how do we do so effectively? Peace-fully, of course ... Peace-fully – & courageously ...

Initially, we can resist this evil by being the change we wish to have seen. We must counteract the government's mandate of selfish taking by making our lives a clarion call of selfless giving — actively bonding with our neighbors; serving the downtrodden amongst us; forgiving our enemies; donating our time & money to charities; and being kind to strangers.

Secondly, to counter the government's oppression of American troops — forcing them to go to go into yet another unjust conflict to commit even more acts of terrible violence (often against the confused & more often against the innocent), we must reach out to all the military families in our communities. We must openly offer them & theirs a safe haven if they choose to courageously refuse to aid this wicked administration — if they have the courage to be true patriots as conscientious objectors to this unjust invasion.

And finally, we must have the courage to publicly come together and be a Presence for Peace. We need not shout, and yet we *MUST* become visible — We must become visible in front of every courthouse ... We must become visible in front of every military base ... We must become visible in front of every governmental bureau & capitol building all across the United State of America.



We need not yell in anger (which will only encourage the wicked to defend their misguided ways), and yet we *MUST* make our voices heard with our presence. The time of waiting for our “leaders” to lead us to Peace has long since past ... The time for us to *DEMAND PEACE* has arrived.

Amen ... Let it be so.  
(inspired by A Peaceful Planet)

*“If we are serious about Peace, then we must work for it as ardently, as seriously, as continuously, as carefully, and as bravely as we have ever prepared for war.” ~ Wendell Berry*



*Dear Syria ...*  
(09/06/2013)

War is on the news, my Friends ...

It's time to go *Make Peace*.

**Dear Syria,**  
**We've lost control of our government. The traitorous tyrants in Washington DC no longer represent the American people. We've worked diligently attempting to wake up this sleeping giant, but our people are brainwashed by fraudulent Western media. Until our military refuses orders, we cannot control the US war machine. This is not a letter of submission, but a warning from people who care about you. Get your families and loved ones out of major cities. Document the terrorist actions committed by Israel and the USA. We will continue to work toward peace. We are sorry for what our government is about to do to your home.**

---

**Sincerely,**  
**Awakened Americans**

*"If you don't like the news,  
go out and make some of your own."  
~ Wes Nisker*

## *The lurking Truth* (09/06/2013)

*“All your life you live so close to Truth that it becomes a permanent blur in the corner of your eye ... And then, when something nudges it into outline, it’s like being ambushed by a grotesque.” ~ Tim Roth (playing Guildenstern in the brilliant film remake of Tom Stoppard’s brilliant 1990 play, “Rosencrantz & Guildenstern are Dead”)*

Americans have known for years now that our government is up to little good. You have known it but have chosen to look the other way — by assuming that things would get better; by believing that a change in leadership or congressional majority (from Democrat to Republican, or Republican to Democrat) would solve your problems; by waiting for your “leaders” to show some real respect for your Constitution by showing some real mettle as men (and women).

And yet what have you gotten in return? Dishonesty, manipulation, lies and corruption ...

So what is this Truth that you have known from the start? What is this uncomfortable knowing that has been lurking on the edge of your awareness? What is this behemoth of a revelation that now rises before you, threatening to destroy the lives of hundreds of thousands of innocent men, women & children (along with the lives of thousands of American soldiers) in Syria & Iran? It is the following: It is that American politicians have their own private agendas behind starting a war in Syria — agendas that will in no way serve any of the interests of the American people, AND it is that the United States of America has absolutely no business whatsoever in engaging a military action of any kind in that region of the world — period.

\*“But what about the children being killed?”, you ask ...

**Answer:** If our government was truly concerned about the welfare of children, they would long ago have stepped in to help the children subjected to conflicts in other regions of the world — they would have demanded an end to the civil war in the Sudan, they would have halted the genocide in Rwanda, they would have reached out to protesters in Turkey and Egypt & Brazil. Even more poignantly, if the American government truly cared about the welfare of children, American children would all have homes and clothes and food and health-care and a good education.

\*“But what about fighting for democracy?”, you ask ...

**Answer:** If the American government was truly concerned about democracy, it would listen to the wishes of its own citizenry — with only 9% of Americans supporting an attack on Syria, and anti-war calls to Congress outnumbering pro-war calls by 500 to 1.

\*"But what about fighting the terrorists?", you ask ...

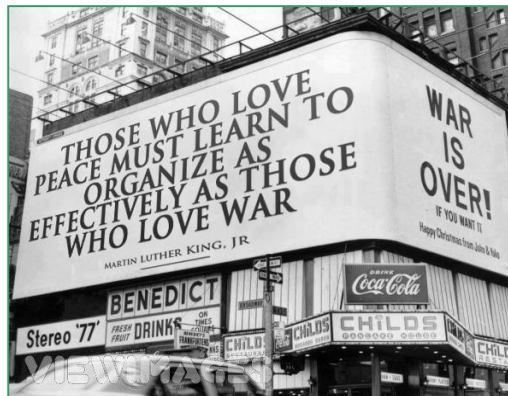
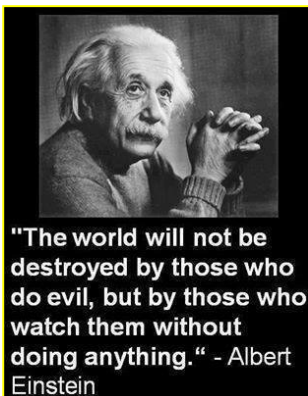
**Answer:** If the American government was truly concerned about terrorism, they would go about neutralizing them a completely different way. Every terrorist killed by an American soldier or an American drone actually creates three more terrorists that joyfully (and angrily) take his or her place. As understandable as the impulse is to "punish" our enemies, it is a completely counterproductive one — always has been, and always will be.

No, my Friends, your "leaders" have quite clearly lost their way, if not their Souls. I personally do not view any of them as "bad people", and yet they are clearly making bad policy. And it is also clear that they are not going to suddenly wake up to reason — they are not going to suddenly snap out of their bloodthirsty daze and apologize for their most recent blunders. No, if there is going to be any real Justice — if there is going to be any real Freedom — if there is going to be any real Peace, it is **YOU** who will have to be the maker thereof.

"Rosencrantz & Guildenstern are Dead", aside from being a very entertaining film, is also a fascinating commentary on fate & free will. Some of you out there might even subscribe to Tim Roth's character's belief that life is a predestined journey over which we have no real control. And maybe you are right in holding that belief ... AND YET, considering the fact that there is just as much evidence supporting the very real possibility that we do indeed have free will; that we do indeed live lives steeped in choice & empowerment & interconnected influence, wouldn't it be wise to err on the side of believing that you can make a difference — and then wouldn't it be wise to act accordingly?

Instead of witnessing the grave injustice of an attack on Syria and helplessly shrugging your shoulders while you watch online as the horrors of this latest crime against humanity unfold, wouldn't you rather stand up for Justice? Wouldn't you rather stand up for Freedom? Wouldn't you rather stand up for Morality? Wouldn't you rather stand up for Peace?

I believe that you would ...  
... and I believe that you will.



*War? ... No more!*  
(09/10/2013)

The time has come for every believer in Peace to make a stand, and we must do so even if we are not surrounded by a crowd of enthusiastic supporters. Yes, even if our resolve is ignored by our governments, and even if we are ridiculed by those around us — even if we stand cold & alone in our silent defiance ... we must boldly stand anyway. For every open act of protest has power, my Friends, and this is true whether we are marching loudly with thousands of like-minded Souls, or sitting alone in the street.

For every voice that speaks out with courage is indeed heard by those still too afraid to speak. And every peaceful deed of defiance is indeed seen by those still too afraid to act ... They hear and are briefly awakened; they see and are reminded to Care.

Yes, the time has come for each of us to demand that our governments once & for all cease their primitive & immoral acts of violence ... The time has come for us to make a stand for Peace.

The time has come for us to say “**No More**”.



We've been trained by the Media, TV shows and Movies to believe that people will regress into a violent, irrational and primal state if given half the chance. But in times of true crisis, history has shown that the great majority of people will support each other, even to their own detriment. We have allowed them to convince us to be afraid of each other, so that we'll let the powers that be take away our freedom in order to protect us from ourselves. But they forgot about the tenacity of the human spirit. People are waking up, throwing off their shackles and saying, *peacefully yet firmly*, and without backing down: "No more".



## *Standing for Freedom* (09/12/2013)

A dear Friend of mine yesterday posed the following question:

“When nature threatens an avalanche, man uses dynamite to preempt it ... When water threatens to flood, man uses force to divert it ... When a Tai Chi master is confronted, and cannot use the energy of his opponent to deflect him, he uses violence to defeat his enemy ... Is this not the same wisdom that can be applied to some foreign policy situations where aggression can be a responsible alternative?”

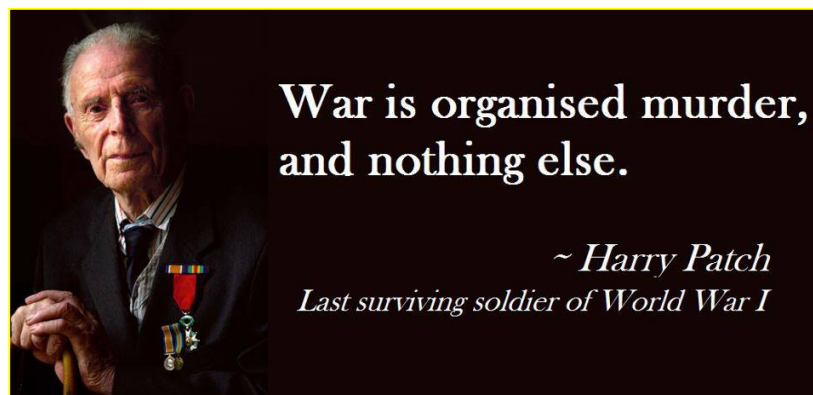
And I then offered the following response:

Unlike war, there are no sentient victims when dynamite is used on snow ... Unlike war, the only real consequence of attempting to alter a flood is getting very wet ... Unlike war, the Tai Chi master refuses to use violent means for peaceful ends – for as soon as he does otherwise, he is no longer a true Master.

It is true that we are a relatively young species, and yet the adolescence of humanity is no longer an excuse for our primitive behaviors & savage choices ... We have used military aggression to “fight for Peace” for over 10,000 years — and it has failed us every time ... We are old enough now to know better.

As such, it’s time we stopped making excuses for going to war, and started having the courage to stand for Peace instead.

So ... Who will stand with me?



*Cowards no more ...*  
(09/13/2013)

*“An eye for an eye will only make the whole world blind.” ~ Mahatma Gandhi*  
*“If everyone demanded peace instead of another television set, then there’d be peace ... War is over; if you want it to be.” ~ John Lennon*

It is a simple sociological Truth that Peace always works when we have the courage to implement it courageously. Simply put, we humans are herd animals, and as such we are programmed at our most primal level to reciprocate the acts of Kindness shown to us — programmed to “expand our herd”, so to speak. This is why “the hand that feeds” simply cannot (and will not) be repeatedly bitten by any “enemy” it happens to be feeding — and this is True no matter hungry or enraged or crazed our enemy’s mouth happens to be ... I admit, we don’t see this Truth played out very often — if only because so few of us are choosing to be courageous enough to try it — and yet a psychological reality it remains.

In this sense — and here’s the really Good News, we are NEVER too helpless or “too weak” to defend our lives or the lives of those we Love. We never need feel powerless or hopeless in the face of any difficulty or any danger. Because even in the darkest of hours and even when facing the mightiest of foes, each & every one of us always has an option that works every time ... namely, radical Kindness — Peace in the form of a verb.

It is not the easiest option to engage, of course. Indeed, it is often downright terrifying to do so. AND YET it always works — every time, in every way, on every enemy.

As such, using our apparent weakness as an excuse to avoid any difficult deed of courageous Kindness is nothing more than thinly veiled cowardice. We may adopt the propagandized catch-phrases that have been drilled into us from birth (“We must fight for what is rightfully ours” ... “One person just can’t make a difference” ... “The government won’t listen to us anyway” ... “Only force can win the day” ... “Evil only responds to violence”), and yet they will all ultimately fail in our future just as they have always ultimately failed in the past.

Violence in any form only means that our enemies will defend themselves and grow stronger ... that our freedom will be castrated by our own shears of aggression and left at the feet of our own slobbering government ... that our families will be even less safe than before ...

... And all that will remain will be our fear.

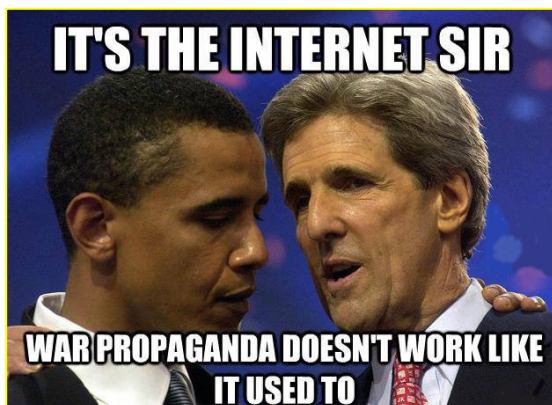
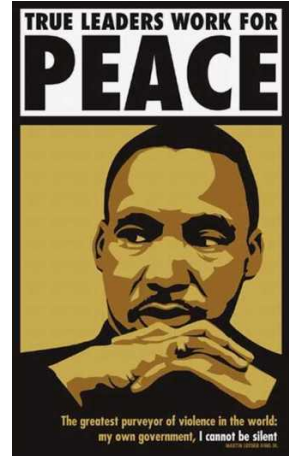
AND YET we need not be cowards any longer, my Friends ...

Be it facing an enemy in the workplace or facing an enemy overseas, there is NEVER a time for violence ... Be it facing an enemy at home or confronting an enemy abroad, there is ALWAYS an opportunity for true bravery – there is ALWAYS an opportunity to further Peace – there is ALWAYS the choice to be Kind.

Yes, despite what our politicians tell us and despite what we see on TV and despite what we have been taught by our parents & preachers, we are not “only human” — helplessly subject to the whims of our primitive egos and the lusts of our equally primitive “leaders”.

No, my dear Friends, we are HUMAN — each & every one of us ... And it is high-time we started acting like it.

*“Peace is the only battle worth waging.” ~ Albert Camus*

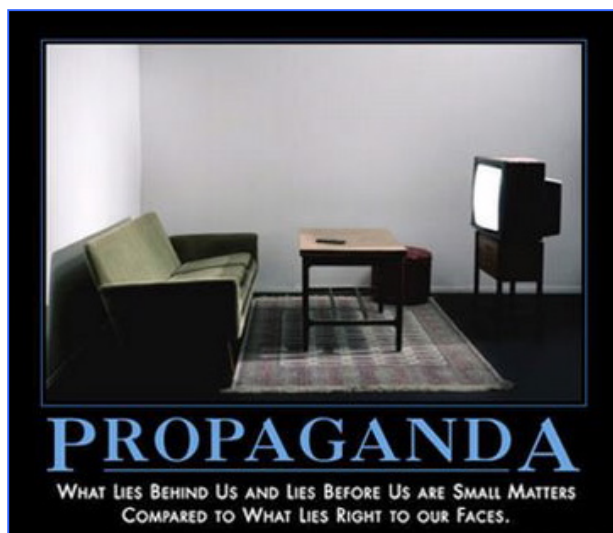


## *Freeing the Soul* (09/17/2013)

The first step on any path of Revolution — be it a revolution of society or a Revolution of Self — is to free the mind & Soul from that which cages them.

My Friends, television & mass media have imprisoned your mind & they have obscured your Soul ...

... and now is the time to *set your Self free!*



## *Obama's obfuscation* (09/19/2013)

Currently, roughly 23% of the world's population — more than 1.6 BILLION people — have no political rights related to how they are governed, and if they try to exercise their innate liberty as human beings, they face severe consequences, including harassment, imprisonment, torture and death.

The people of Syria do indeed belong to this group of oppressed global citizens, and yet so do the citizens of dozens of other countries. Obama recently advocated military action against the Syrian government for its supposed role in the recent chemical weapons catastrophe there — calling that attack a “moral outrage”, and despite 90% of the American people's rejection of his plan, he is still campaigning to rain terror down upon the Syrian president and his government in response to that wrong.

Fair enough ... And yet, aside from the fact that any military response against such immorality would not only be itself immoral but also fully counterproductive; and setting aside for the moment the fact that any military attack would destroy many more innocent lives than Assad ever has or ever could destroy, an important question remains — a question that, once answered, reveals the true diabolical motives underlying Obama's words. And that question is this: Mr. Obama, if you are sincerely determined to attack Syria to combat “evil” and right a wrong; if you are truly attacking Syria to mend a “moral outrage”, then why haven't you yet attacked Belarus ... or Burma ... or Chad ... or China ... or Cuba ... or Eritrea ... or Guinea ... or Laos ... or North Korea ... or Saudi Arabia ... or Somalia ... or Sudan ... or Turkmenistan ... or Uzbekistan ... or Tibet — countries where the human rights violations are just as vile if not worse than Syria's?

Why haven't you stopped supporting Israel, whose treatment of the Palestinians in Gaza borders on the repulsive (and includes a chemical weapons attack of its own that also killed children in January of 2009)? ... And why haven't you pulled the plug on Monsanto, whose cancer-causing war on the American public's food supply is still being subsidized by your own government to this very day?

We, the people of the world, see through your blatant hypocrisy, Mr. Obama ... We stand almost united against your now-transparent cruel & selfish motives ... We will be manipulated no more ... We reject your call to war, and now stand instead for Peace & Brotherhood.

Amen ... Let it be so.



*A small taste of Truth*  
(09/20/2013)

My Friends, I'd like to offer you a small gift; a gift of TRUTH ...

Are you ready for it?

OK ... But first — to let it gain a foothold in your life, you are going to have to fully open your heart & mind ...

So please take a moment right now and open them.

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Actually, they are going to have to be opened a bit wider than that ... There is no need to be afraid; you can always reject my gift if you don't like it ... I won't take it personally if you do so.

So let's try again ... Sit back and be at peace. Prepare yourself to learn something new – something useful – something wonderful – something powerful.

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Alright, here it comes ... Is your mind still open? Is your Heart still free?

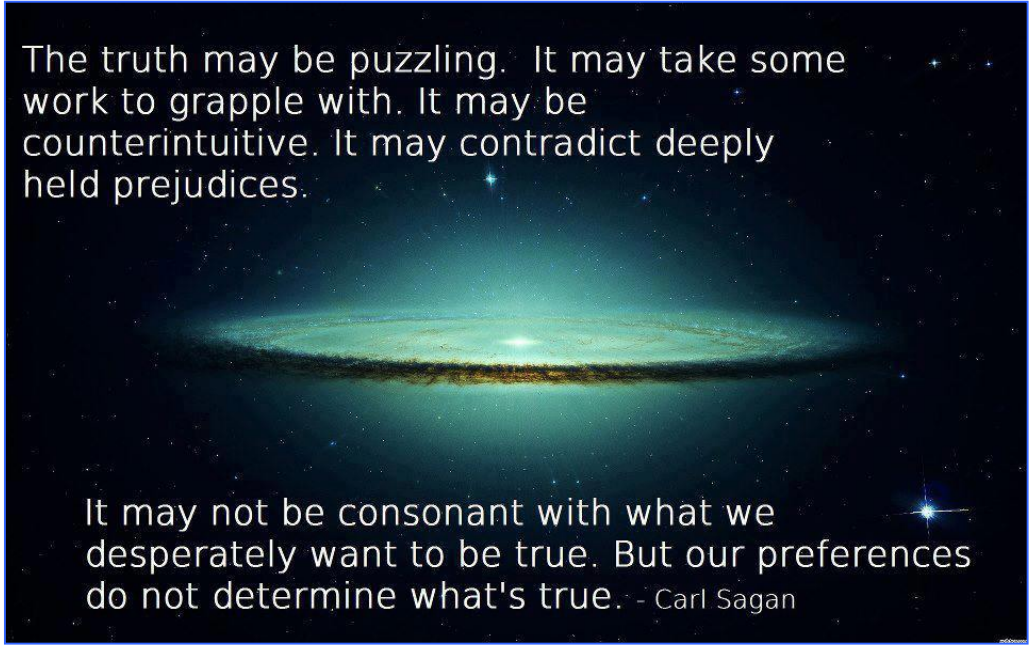
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Excellent!

Thank you for being patient. Now here's your TRUTH ...

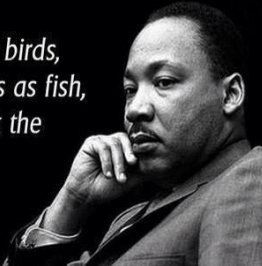
*BEING KIND TO YOUR ENEMIES ALWAYS WORKS!*

(Now all that remains is for you to go forth and have the guts to experience it for yourself ... enJOY!)




*When we look at modern man, we have to face the fact that modern man suffers from a kind of poverty of the spirit, which stands in glaring contrast with a scientific and technological abundance.*

*We've learned to fly the air as birds, we've learned to swim the seas as fish, yet we haven't learned to walk the Earth as brothers and sisters.*



- Martin Luther King Jr

**"KNOWING IS NOT ENOUGH, YOU MUST APPLY;  
WILLING IS NOT ENOUGH, YOU MUST DO."**



Bruce Lee



*A gift of PEACE*  
(09/24/2013)

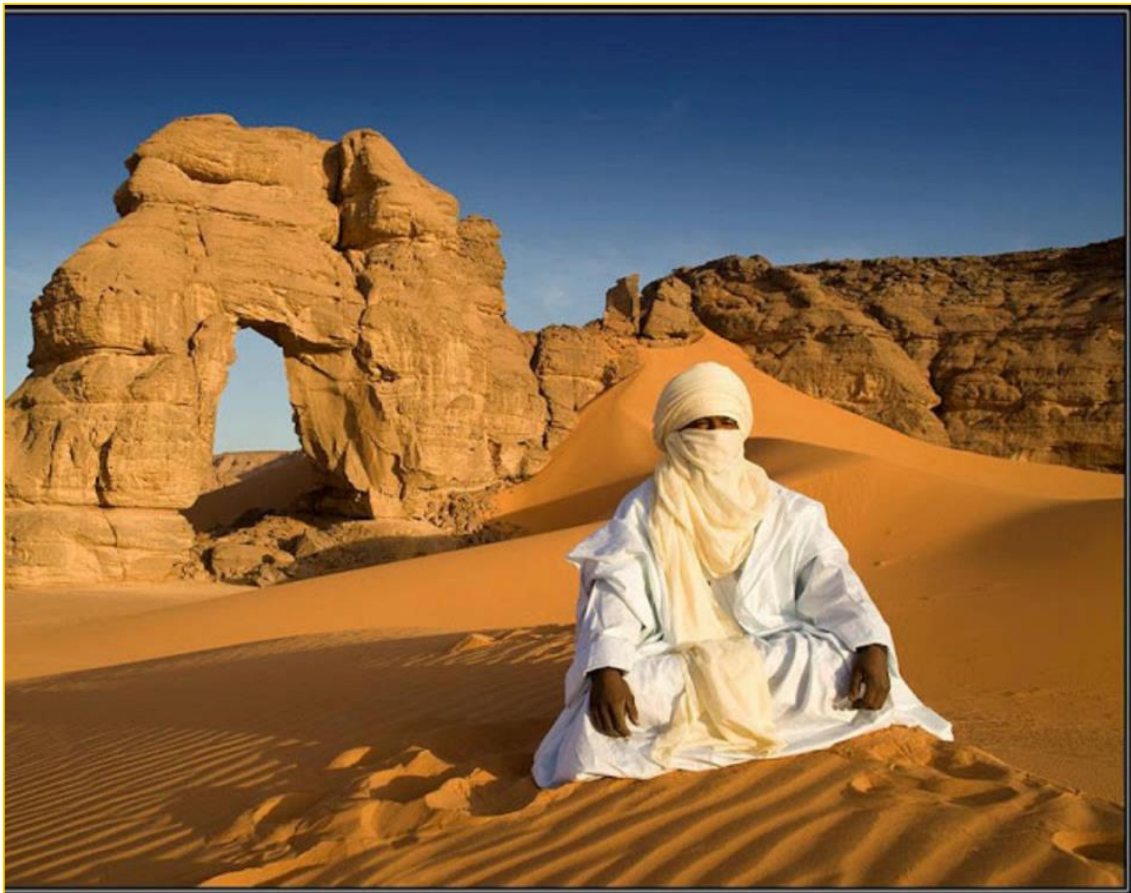
No matter what is whirling around you; no matter the fear that rises from within; no matter the darkness that clouds you — no matter the anger that blinds or the sadness that fatigues or the desire that leads you astray ... there is always a Home within you; always a place of Peace in which you can pause and remember your True Self.

That place is LOVE ... and that LOVE is a verb.

So today, as you walk immersed in this life full of chaos and enemies and distractions, may you pause long enough to recognize the ways in which you are lost ... and may you then choose to find your way Home.

May you dwell in solace there, may you remember the Kind Being you truly Are, and may you revel in that Knowing ... and then may you stride boldly forth into your life to bring that Peace to others.

Amen ... Let it be so.





## *To tessellate ...*

(09/26/13)

Here's the Wonder-Word of the day: *tessellate* (verb) – “where two or more entities join so fluidly that there are no gaps or spaces between them; to fit together perfectly.”

When speaking of two human beings, a pure tessellation only occurs within any act of selfless Kindness – any act of joyful self-sacrifice; a giving that allows both the giver of LOVE and the receiver thereof to experience one eternal instant of the innate & omnipresent Oneness of the quantum Universe.

And the more difficult that act of Kindness is to give, the more purely we tessellate with the object of our LOVE while we give it, and the more purely we experience a quantum Oneness immediately thereafter ... and the more potently we experience raw Bliss reverberating throughout our entire life as a result.

So ... shall we tessellate?



*Self in the other*  
(09/27/2013)

Once we awaken to the raw Truth that every criticism of others is actually a recognition of our own failures past or present, then we will also awaken to the raw Truth that everyone we see is, quite literally, a part of ourselves; that everyone we know and everyone we meet – be they brother, or sister, or friend, or enemy; mysterious stranger or comrade well-known – is, no matter what they do or don't do – for us or for others, very well worthy of a Kindness warm & a Kindness deep-seated & a Kindness without condition.

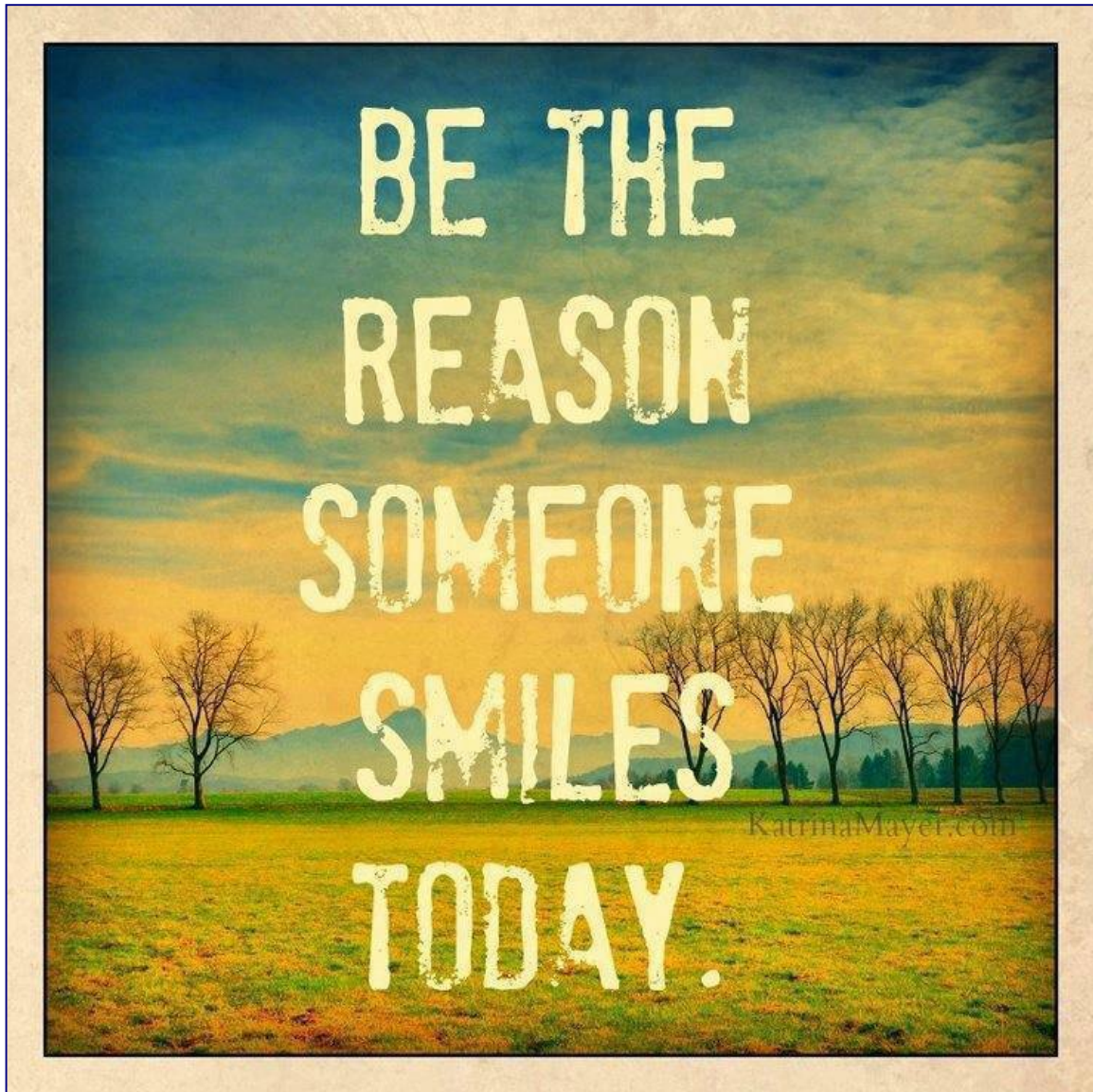
And, once we remember this Truth, we will have no choice but to act accordingly ... And it is in these moments that we will finally begin to fulfill our Destiny ... It is in these moments that we will finally begin to light up our world.

Amen ... Let it be so.  
(inspired by Harry Palmer)



*Attaining Enlightenment*  
(09/30/2013)

When it gets right down to it, attaining Enlightenment is actually pretty simple ...



*on Death & dying*  
(09/30/2013)

Death is a funny thing, really ... It is always looming over us; arrogantly believing that it will ultimately “win the game” when our time runs out; when our essence of warmth is claimed by its icy hands; when our internal spark is removed from our bodies and both who we are and who we have been fade into the darkness.

AND YET, I am here to remind each and every one of you that – depending on the choices you happen to make from here on out – death is NOT the inevitable victor of your life.

Yes, our bodies will indeed one day pass – and yes, there will be things we wish we could have seen but did not; things we wish we would have begun but did not; people we wish we could hold one more time but cannot; acts of Kindness & reconciliation we wish we could share but cannot. Fair enough, Death ... “Round 1” might very well one day go to you.

AND yet the “Game” of our lives in their entirety are not defined by what we have not seen or what we have not done or what we have not known ... Rather, It is defined in the reverberations that we leave behind; the vibrations over which Death has no say; the echoes over which Death has no influence.

What happens after our physical passing is and will ever remain a mystery to the living, AND the immense Power of the choices we have made (and those choices we still have yet to make) is beyond wonderment or query.

We are conscious Beings, each and every one of us – and we have all been given the Power to emanate our essence Power-fully ... We have all been given the Power to “live on” after we pass on, and as such we have all been given the Power to beat Death. And LOVE is this Power – not the hot & steamy “in love” that is felt in times of passion & yearning, and not the warm & fuzzy “love” that comes from soaking up times of comfort & friendship. No, the moments of our lives that will last forever are those when we have the courage to truly, deeply, selflessly LOVE – the moments when we have the courage to reach out to strangers, the moments when we have the nobility to forgive our enemies; the moments when we have the resolve to serve without reward; the moments when we have the humility to sacrifice willingly for another.

These are the choices that will stand the test of eternity ... These are the emanations that will ripple outward to the edges of the Universe, before cascading back upon our progeny ... These are the deeds over which Death has no sway.

No one knows when Death will come calling ... For some of us, it will be in forty years, for others, it will come softly tapping today. Of course, in the end it just doesn't matter when that final moment ultimately arrives, for what matters is that when it does, we can pause and know that we have lived in a manner that has made us ready to Depart ... What matters is that we have sent our Souls ahead of us into the Infinite to pave the Way of Peace ... What matters is that we have lived lives of deep & courageous LOVE.

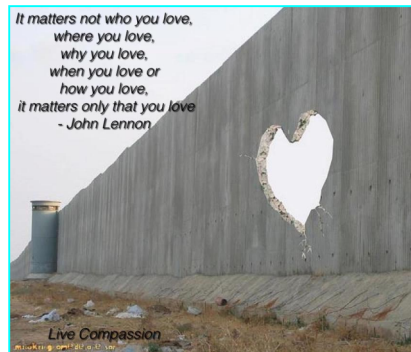
My Friends, it's never too late to start living forever.

So ... got Eternity?

*“Be all that Heaven gave you,  
and act as though you have received nothing.”  
~ Chuang Tsu*

*“The process is irrelevant ...  
It is the moment that matters.”  
~ Pastor Dan Lewis*

*“The trouble is ...  
... you think you have time.”  
~ Buddha*



Live each day  
like it's your last  
one day, you'll get it right

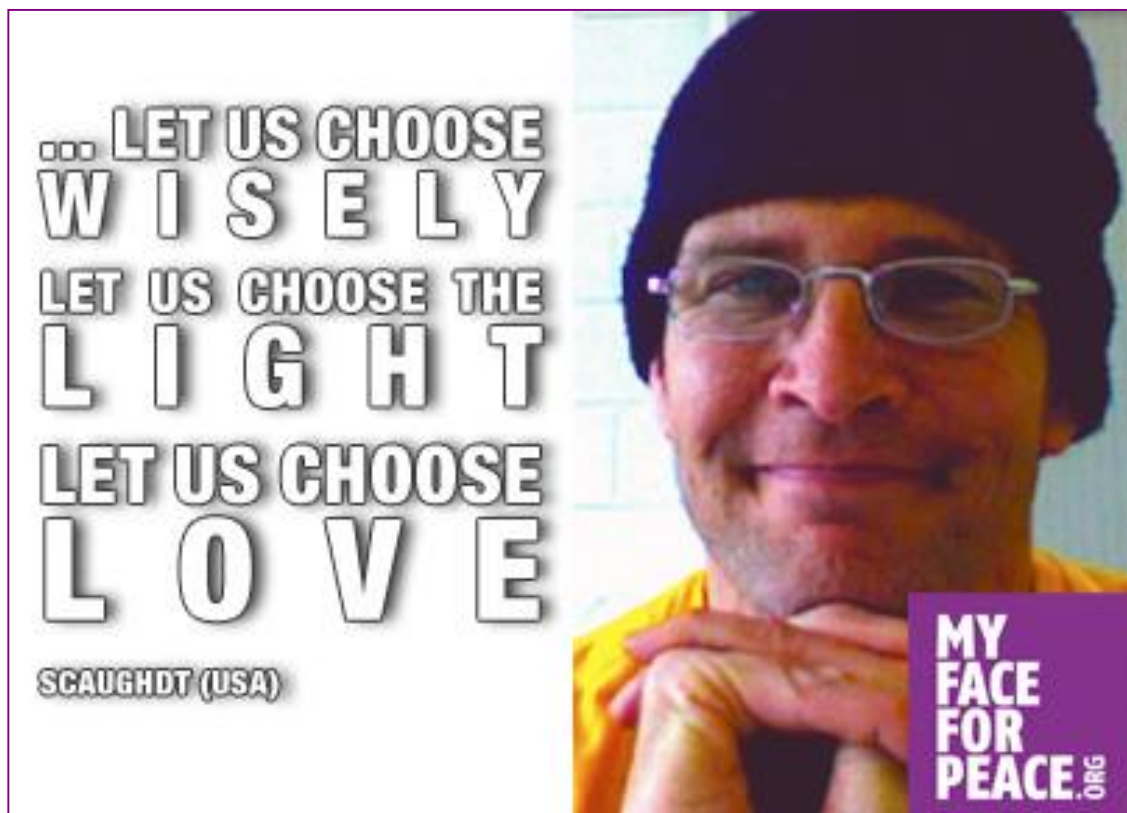
*At the Crossroads*  
(10/01/2013)

We as a species have come to our penultimate Crossroads; the time of final generation when we must choose whether we will stand apart in division & darkness or stand together in Love & Light — whether we will drown in the morass of fear & fickleness, or stride boldly forth along the clear path of gentleness and grace ...

Let us choose wisely.

Let us choose the Light ...

Let us choose LOVE!



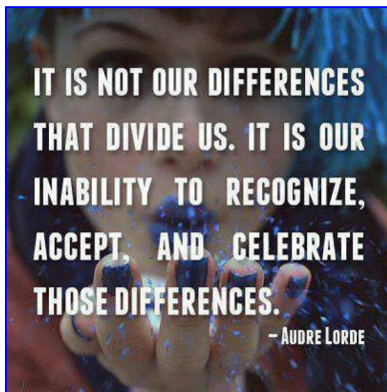
*It's not our differences*  
(11/09/2013)

As long as you choose to rail against all those you deem to be “ignorant” or “evil”, you will never be able to be a Power-full Force for all that is Wise & Good.

Please consider this Truth with humility...

... And then please enact it with Courage.

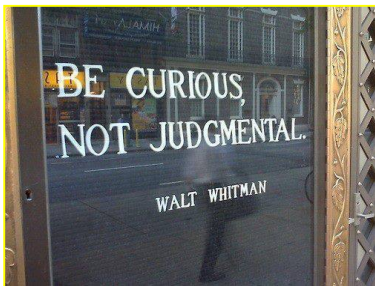
*Thank you.*



*A far better Film*  
(11/11/2013)

*“No matter how slow the film, the Spirit always stands still long enough for the photographer It has chosen.” ~ Minor White*

The only thing keeping you from Seeing the Soulmate residing within your every enemy ... is YOU.





## *You are Somebody* (11/13/2013)

*“Becoming aware of the intense suffering of billions of animals and of our own participation in that suffering can bring up painful emotions: sorrow and grief for the animals; anger at the injustice and deception of the system; despair at the enormity of the problem; fear that trusted authorities and institutions are, in fact, untrustworthy; and guilt for having contributed to the problem.”*

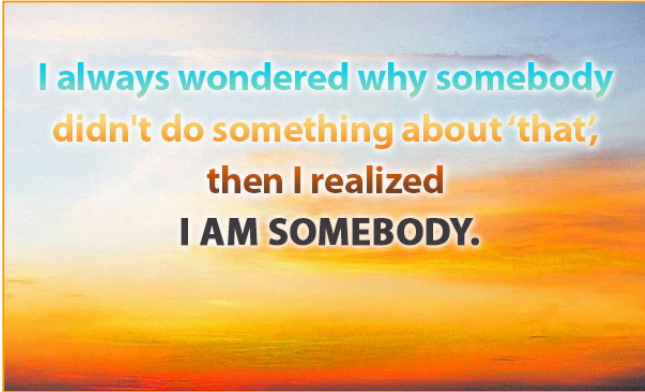
*~ Melanie Joy*

I admit that it is more than a bit uncomfortable to bear witness to the suffering that our daily choices encourage ... I admit that it is so much easier to simply look away in indifference and pretend that the cruelty we endorse really isn't that bad — that the animals in zoos & circuses & aquariums don't really suffer that much in their prisons — that our eating meat &/or ingesting dairy products &/or wearing fur or leather don't contribute *that* much to the world's overall pain & suffering.

And I admit that the problem is indeed more than formidable; that it does indeed seem as though we can't do anything to make a difference ... So why bother at all, right?

NOT SO! ... You might not be able to cure the cultural cancer that is animal cruelty by yourself, and yet **you can do your part** to support an incredibly important social movement that is steadily gaining headway all over the world — the movement calling for us to stop seeing animals as mere things, and to start seeing them for what they truly are: awake & caring & conscious beings.

Let's face it, if our species is going to make it — if we are going to finally take our next evolutionary step towards becoming the Caring Stewards of the Earth that we have been called to be; indeed, if we are going to avoid our own extinction (which the meat & dairy & fish & fur industries are pushing us towards with each passing moment), then a lot more of us are going to have to **START BEING THE CHANGE** we want to see.



**I always wondered why somebody  
didn't do something about 'that',  
then I realized  
I AM SOMEBODY.**

So, for those of you interested in joining the fight to save Humanity — both our legacy for future generations as well as our lives in this one, here are three easy yet Power-full ways to become such a Power-full Person:

1) **Support “Direct Action Everywhere”** ... In my personal experience, 99.9% of humanity is against animal cruelty. As such, all that is standing between our species and our awakening is awareness — something DXE does a fantastic job of furthering ... After all, we won’t ever have Peace with each other until we can be Peace-full with all other sentient beings.

( [www.directactioneverywhere.com](http://www.directactioneverywhere.com) )



2) **Become an A.L.F. activist** ... For over thirty years, this organization has been walking its talk like few others, and their website is loaded with first-rate information on the many ways we can each engage to take a more active part in the ongoing war against animal cruelty. So if you would like to add instant Meaning & Purpose to your lives — and thereby experience an instant increase in your overall sense of Well-Being & Contentment, consider joining the growing ranks of the Animal Liberation Front ... After all, we won’t ever be truly Free ourselves until we can Free all other sentient beings.

(<http://www.animalliberationfront.com/>)



3) **GO VEGAN!** ... Not only by doing so will you save dozens of sentient lives every month, you will also be doing your potent part to preserve our dwindling global fresh water supply, to preserve our dwindling rainforests, and to preserve the dwindling life in our oceans ... After all, we won't ever know real Respect for each other until we can show real Respect for all other sentient beings.

[\(http://www.vegankit.com/\)](http://www.vegankit.com/)



It is so very True, my Friends: There is no way to Justice – Justice is The Way ... And please remember: JUSTICE (like Love) IS A VERB!

*Thank you.*

**"Suffering is suffering. It is always ugly. It is always unwelcome. It always needs to be stopped. There are no exceptions. A person with the capacity but not the inclination to cease suffering is morally incomplete."** - Mirko Bagaric



## *Remembering Love Light* (11/16/2013)

Once you choose to look past our mutual failings ... Once you choose to see the shining Light that ever remains resting gently within the Heart of every person you have ever met and every person you will ever meet again ... Once you have the humility to succumb to the radiant wonderment that is the essence of every friend, every enemy & every stranger, then & only then will you fall in LOVE with Humanity anew — then & only then will your life be full again ... as it was in your infancy; as it still is within your Soul.

Embrace the gentle genius in all others, my Friends.

See the same genius within your Self,  
... and then go forth to act accordingly.



*Letting LOVE reign*  
(11/17/2013)

*“When I am throwing every fiber of my Self into serving an enemy, or to someone who is unable to give back ... Love is reigning over me. When I submit to the blows dealt by life or another and choose to not fight back, I am not weak. I am allowing Love to reign over me. When I stand up for the downtrodden, the weak, and voiceless ... Love is reigning over me. When I’m lying in the rain with open arms allowing nature to unleash on me, Love is reigning over me. Within each of us, there lies a choice to submit in a way that represents compassion, strength, and peace. It is a submission that is not tapping out to fear and anger, but standing tall with gratitude and choosing to Love anyway. God, please allow Love to continue to reign over me. ” ~ Vanessa Curley*

Amen ... Let it be so.



## *A Pilgrim for PEACE* (11/22/2013)

Over the last nine+ years of my life, after telling folks what I have chosen to do, the most common question asked of me has been “So, what is a Peace Pilgrim anyway?” ... And for those of you interested in knowing the same, the answer I give today is probably not what many would expect — even for those of you who have known me for quite some time ...

\*For some folks, who happen to be aware of the “original” Peace Pilgrim, they think that a Peace Pilgrim is someone who has given away all of their material possessions and who has chosen to live “Home-Free”; walking the world while spreading a message of Love & Peace ...

\*For others — including many of my “friends”, being a Peace Pilgrim means going through some strange (and relatively unproductive) “life phase”; having cut all ties with “the real world” in the hopes of living some unrealizable utopian dream ...

\*For others — including many of my close friends & a few of my relatives, being a Peace Pilgrim looks like playing around every day on Facebook ...

\*For more than a few folks involved with the government (or the military, or “big business”), a Peace Pilgrim looks like some sort of revolutionary anarchist ...

And I must admit, when I think about it all objectively, there is indeed a hint of Truth to each of those beliefs:

\*I *have* given away almost all of my material possessions, and I *do* give away over 90% of every paycheck a few days after receiving them ...

\*And I *do* believe that all human beings can awaken to a **much** better way of living with each other; a much better way of cherishing their planet and a much better way of interacting with all their sentient animal cousins ...

\*And I *do* choose to relay as much of my personal Truth as possible, to as many people as possible, in as many ways as possible — and this *does* include posting quite a few quips & musings on Facebook ...

\*And I *do* believe that the time to rely on governmental assistance for the solving of our societal problems has long since past — that we are simply not going to find political solutions to problems that politics & our politicians created in the first place, and this *does* make me somewhat of an anarchist.

Of course, there is also *so much more* to being a Peace Pilgrim than all of that; so much more that is just accessible to each & every one of you as it is to me ...

Yes, I do wish that I were regularly speaking to larger crowds about the practical effectiveness of “radical Kindness” — about how powerful & effective it is to reach out with gentleness & compassion to those “least deserving” of the same. And yet that has not been happening much of late. No matter how wonderful it would be for me to spread my message of “radical Kindness” with more & more people, this is a river that seems useless to push.

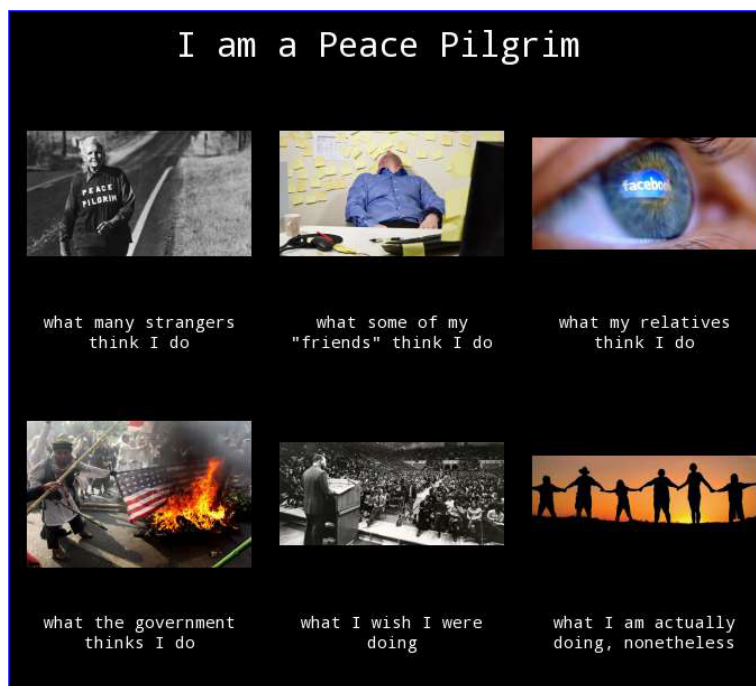
... And this is perfectly OK with me.

You see, just like the rest of you, I can only do what I am given to do; I can only extend my own personal Kindness in the situations & the interactions that I am given each day. And what I am here to remind all of you is the Truth that ... ***THIS IS MORE THAN ENOUGH!***

Because every time I choose to extend Kindness to a co-worker who is gossiping negatively about me, I engender Peace in my workplace ... And every time I choose to be Caring towards a partner or a child or a parent or a sibling when he or she is treating me poorly, I engender Peace in my family ... And every time I choose to respond with gentleness to an enemy who is attacking me in public, I engender Peace in my community.

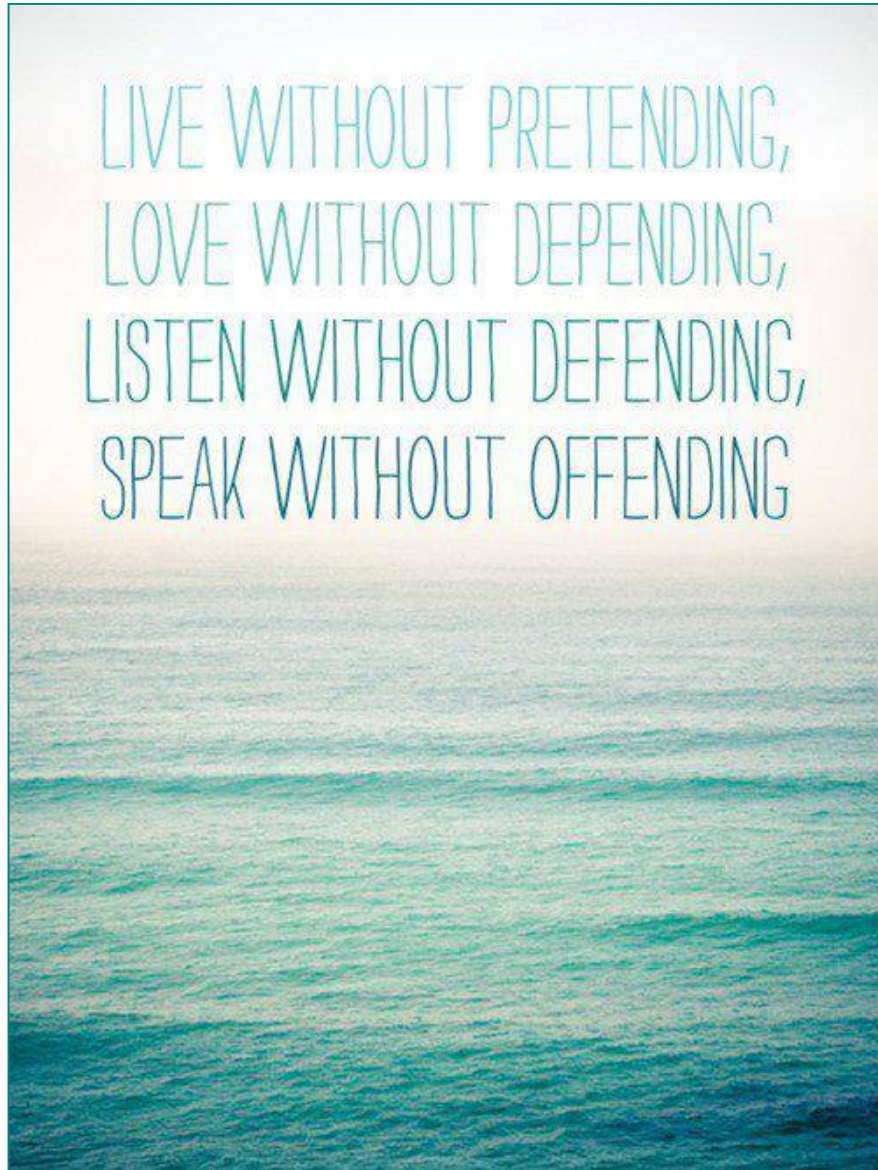
And it is ***this*** profound Peace brought into my own small circle of Life that ripples out into my greater World ... It is ***this*** profound Peace enlivened in my current township that ultimately sends clear echoes of Peace out into the greater corners of our Universe ... It is ***this*** profound Peace that makes my life Meaningful and most brilliant.

Yes, it is this very Peace that makes me a Peace Pilgrim ... and it is this very Peace that could make you a Peace Pilgrim as well.



*Being The Change*  
(11/25/2013)

You know, it really is pretty simple;  
this whole “Being the Change we want to See” thing ...



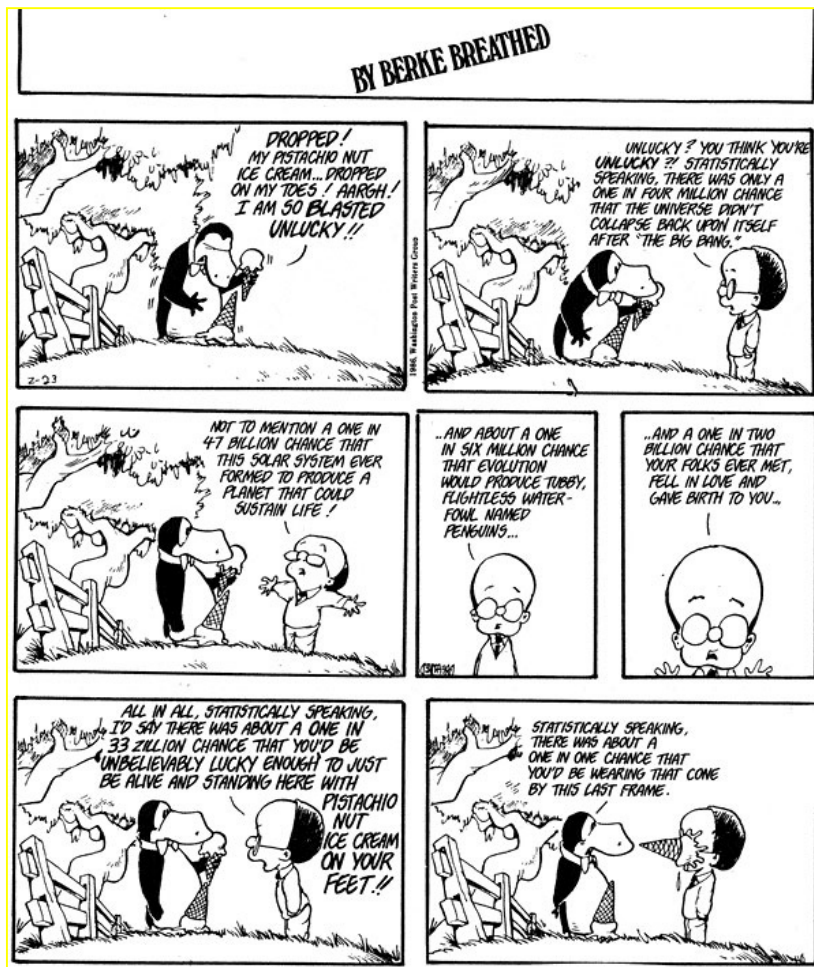


## Better than "better" (12/08/2013)

Right at the start I will grant you that there are indeed always a dozen or so things in every person's life that could always be "a lot better" ... Maybe you have too much stress at work and are longing for more ease or calm. Maybe you are ill or injured and are longing for more health or wholeness. Maybe you are struggling to make ends meet and are longing for more money or financial security. And maybe you are feeling hurt or alone and are longing for more companionship and love ... And I also realize that regardless of what is "missing" in your life, the last thing you want to hear is someone else telling you to be grateful for what you DO have – to "quit your whining" and "be thankful anyway".

So I'm not going to do that ...

No, I'm not going to talk about the blessings that have already been showered over each & every one of you. I am not going to talk about the Beauty of Nature that surrounds you in each & every moment of your lives (including this one) ... I'm not going to mention the friendships and the successes and the moments of joy & laughter that have regularly graced your life up to this very moment ... And I'm not going to remind you that you are *ALIVE* – that you are conscious being living on a planet literally teeming with life.



Nope. I'm not going to discuss those miracles at all. I'm not going to tell you to be grateful for what you do have ... Rather, I'm here to tell you that you should choose to be grateful for what you don't.

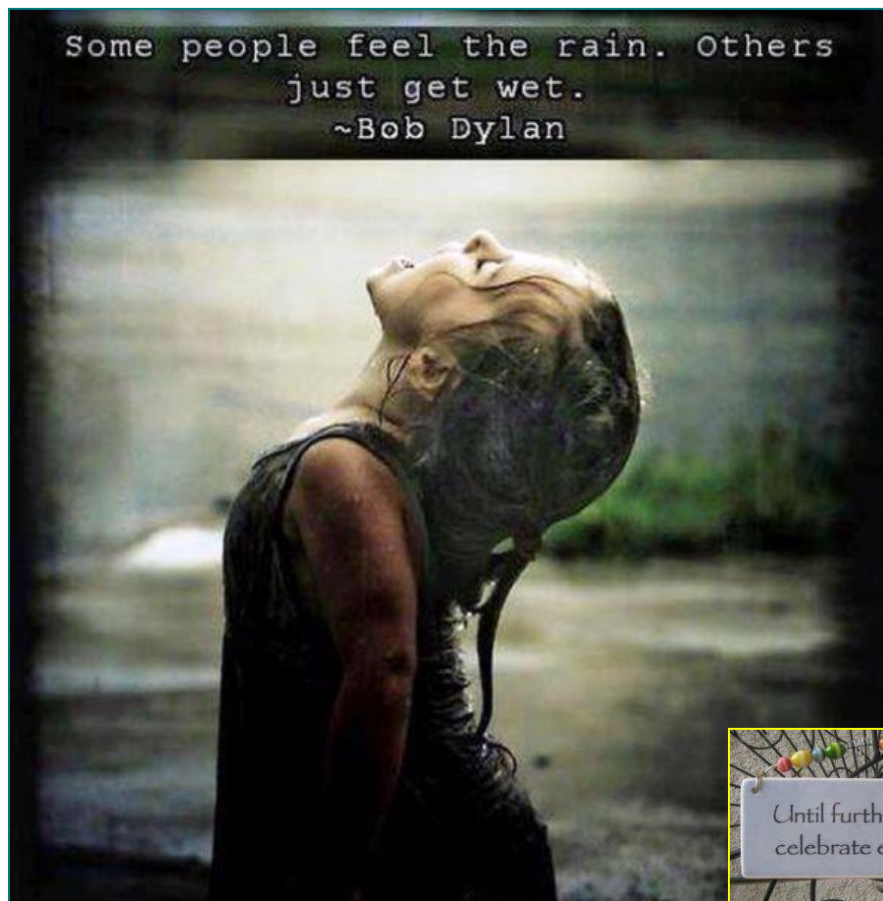
You see, even though your times of pain & lack are understandably distressing, and even though it is more than reasonable for you to long for things to "get better" when the are "bad", the fact remains that these moments are the times of your greatest emPowerment – that you can use your times of lack to reap your greatest Wealth; that you can use your times of discord to feel your greatest Peace; that you can use your times of loneliness to know your greatest Love.

For it is nothing when we give much while having much ... and it is everything to give even a little when we have but little.

It is nothing when we are nice to those who are treating us well ... and it is everything to choose to be Kind to those who aren't.

It is nothing when we reach out to strangers in times of fun & fellowship ... and it is everything to touch other lives with gentleness in the moments we feel lost & alone.

Amen ... Let it be so.





*"Happiness in life is not a matter of holding good cards,  
but rather of playing our hand well when our cards are poor."  
~ inspired by Robert Louis Stevenson*

*The Simple Path ...*  
(03/15/2014)

The simple path to a Joy-full, Peace-full, Meaning-full Life:

- \*Read 10 times more than you watch TV ...
- \*Speak with others 10 times more than you read ...
- \*Listen to others 10 times more than you speak ...
- \*Feel the lives of others 10 times more than you listen ...
- \*and Love those others 10 times more than you feel.

(Remembering all the while, of course, that Love is a verb.)

Amen ... Let it be so.



*Another Fond Fare-well ...*  
(04/16/2014)

I'm going to be taking a little trip for the next few weeks, and will then be taking a short break from writing for several weeks (if not months) thereafter. As such, you might not be hearing from me for awhile, and I want to make sure you all know how much I LOVE you before I head out ... So thank you all for being a part of my life. I am extremely appreciative for all of you who have supported me & my Work, and I am just as thankful for all of you who have challenged me and the ideals I have chosen to share & represent.

With that having been said, I also offer the following small parting Gift: ... a reminder of your own mortality ... "But what kind of gift is that?!?!?! How morbid!", you might say, and yet it is actually not morbid at all ...

It is actually the greatest Gift I have to give.

For if we choose to regularly pause each day and remember that the next few hours might indeed be our last, then life takes on a refreshed & profound sense of Brilliance & Meaning. For it is in those moments that we remember that we are here not to accumulate or earn or succeed or even "have fun" – for it is in those moments that we remember that we are to serve & care & be Kind to all the downtrodden

... to all the animals who are imprisoned, & yearning to be free;  
... to all those homeless who are alone, & yearning for a gentle touch;  
... to all our enemies who are hurt, & yearning for forgiveness unconditional.

Today could very well be our last day together, my Friends.  
... So let's get out there and make it a Great One!!!

Much PEACE to  
you & yours – allWays,

*Scaughdt*





*“And I will take one from a thousand  
and two from ten thousand,  
and they shall Become a single One.”  
~ Jesus (Gospel of Thomas 23)*