

Practical Tips for Peaceful Living

(Volume VI ... Oct 2017 – Jan 2018)



*... a collection of brief commentaries
on the meaning of real Peace, and
on 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



“One of the great tragedies of life is that men seldom bridge the gulf between practice and profession, between doing and saying. A persistent schizophrenia leaves so many of us tragically divided against ourselves. On the one hand, we proudly profess certain sublime and noble principles, but on the other hand, we sadly practice the very antithesis of these principles. How often are our lives characterized by a high blood pressure of creeds and an anemia of deeds! We talk eloquently about our commitment to the principles of Christianity, and yet our lives are saturated with the practices of paganism. We proclaim our devotion to democracy, but we sadly practice the very opposite of the democratic creed. We talk passionately about peace, and at the same time we assiduously prepare for war. We make our fervent pleas for the high road of justice, and then we tread unflinchingly the low road of injustice. This strange dichotomy, this agonizing gulf between the ought and the is, represents the tragic theme of man's earthly pilgrimage.” ~ Martin Luther King Jr.

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 twelve+ 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 very real Reality in our everyday lives (as opposed to a mere theory, a mere hope, or a mere fantasy).

This is the sixth volume of my Blog’s written collection of those 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.

Amen ... Let it be so.

Scaughdt
(January 2018)



*“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*

“Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of Love. And then, for a second time in the history of the world, we humans will have discovered fire.”
~ Pierre Teilhard de Chardin

*“Better than a thousand hollow words
is the one word that brings Peace.”*
~ G. Buddha

The Purpose of Living ...
(10/01/2017)



"The purpose of life is not merely to be happy. It is to be useful. It is to be honorable. It is to be compassionate, It is to have it make some positive difference for others that you have lived at all." ~ via Ralph Waldo Emerson

To BE in Love ...
(10/02/2017)

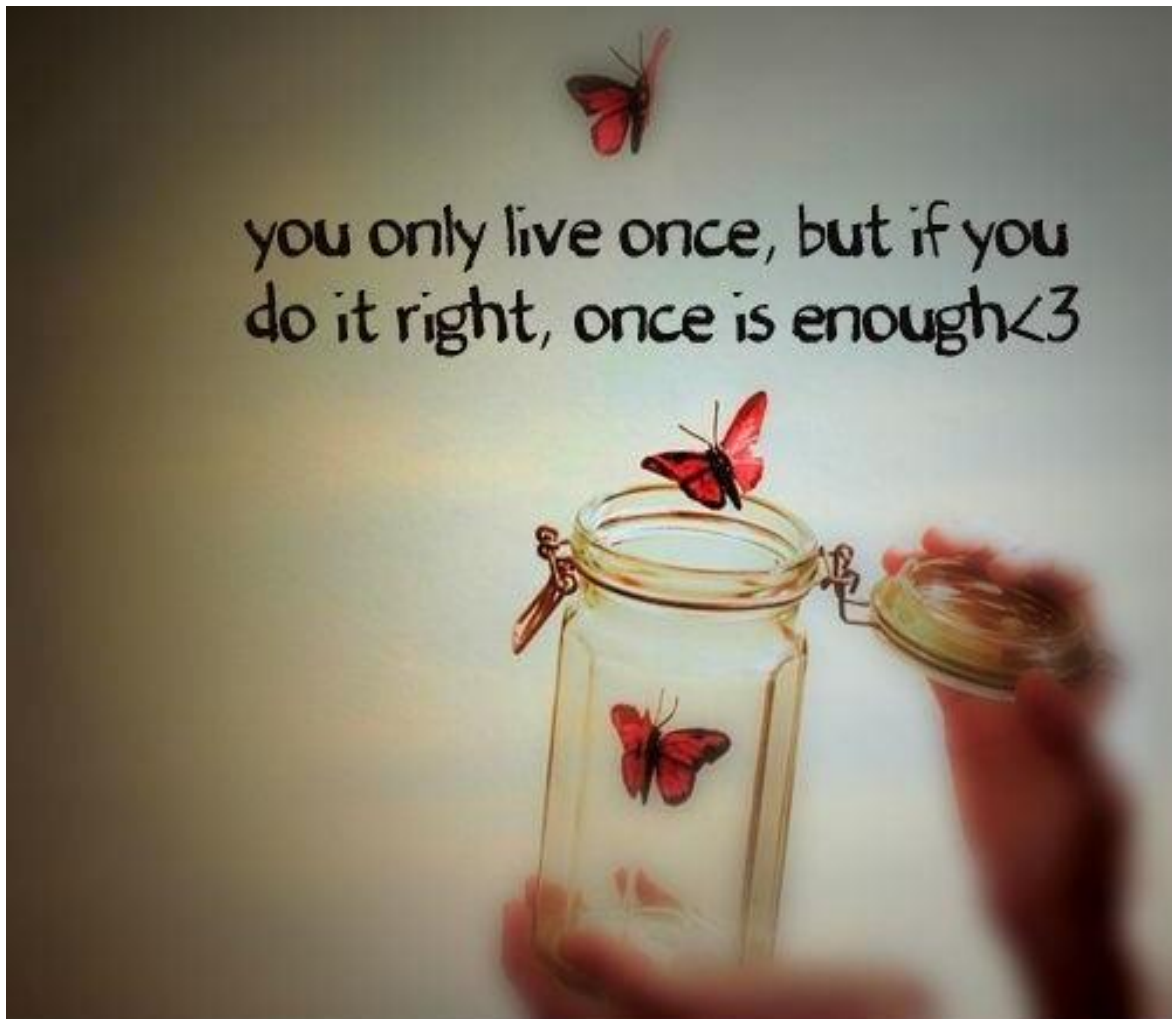
"Wherever you are, and whatever you do, BE IN LOVE."



Rumi...

"We humans tend to divide our external world into that which we consider to be good or bad or neutral; that which seems to be valuable or worthless or neither. Of course, most of the time these discriminations are fully without merit and essentially worthless. For example, our almost constant way of categorizing people as being friends or enemies or strangers -- mostly depending on how they make us feel -- is often patently incorrect and always an impenetrable obstacle to us enlivening the true & selfless Love that ever resides within us." ~ via Geshe Gyatso

Doing it Right ...
(10/03/2017)



"Be bold enough to live life on your terms ... Go against the grain, refuse to conform. Take the road less traveled instead of the well-beaten path. Laugh in the face of adversity, and leap before you look. Dance as though EVERYBODY is watching, and dance to the beat of your own band. And no matter what happens and no matter what they say, stubbornly refuse to fit in ... Life isn't meant to be lived perfectly; it is meant to be LIVED -- boldly, wildly, beautifully, uncertainly, imperfectly, lovingly LIVED." ~ via Mandy Hale

Authentically Amorous ...
(10/04/2017)



To know real PEACE ...
(10/05/2017)



"Peace is not something you merely pray or hope or wish for. Peace is something you make. It is something you deeply are; it is something you courageously do; it is something you wholeheartedly give away." ~ via Robert Fulghum

Taking no compromise ...
(10/06/2017)



“Let it take no compromise to give people their inalienable rights. Let it take no money to respect all individuals. Let it take no political deals to allow people their full freedom. Let it take no surveys to remove all forms of abuse & renounce all forms of repression.” ~ via Harvey Milk

A most deadly Dichotomy ...
(10/07/2017)



"Christians are increasingly divided over the issue of the acceptance and inclusion of gay persons into the church. The debate itself is usually framed as essentially pitting the Bible, on one hand, against compassion and social justice on the other. Our Christian hearts, runs the argument, compel us to grant full moral and legal equality to gay and lesbian people; our Christian faith, comes the rebuttal, compels us to cleave, above all, to the Word of God. Compassion for others is the fundamental cornerstone of Christian ethics; the Bible is the bedrock of the Christian faith. What Christian can possibly choose between the two? The answer is that no Christian is called upon to make that choice. The text of the Bible on one hand, and full equality for gay and lesbian people on the other, is *a false dichotomy*. God would never ask or expect Christians to ever choose between their compassion and their faith. Reconciling the Bible with unqualified acceptance and equality for LGBT people does not necessitate discounting, recasting, or deconstructing the Bible in any way, shape, or form. All it takes is having the humility (and the basic decency) to read the passages of the Bible wherein homosexuality is mentioned with the same care that we would any other passage of its texts." ~ via John Shore

A most abhorrent Abomination ...
(10/08/2017)



Before you get all "high and mighty" about Leviticus calling homosexual sex an "*abomination*", please realize that Proverbs 6:16-19 also attaches that very same label to all those who judge others, to all who lie &/or deceive, to all non-vegans, to most politicians, to all those who gossip, and to the majority of all current preachers & religious leaders ...

Shoring up the Truth ...
(10/09/2017)



"Homosexuality is briefly mentioned in only a dozen or so of the Bible's 31,173 verses, and the fact that homosexuality is so rarely mentioned should be an indication to us of the lack of importance ascribed it by the authors of the Bible ... Indeed, without an explicit directive from God to exclude and condemn homosexuals, the Christian community's treatment of gay persons is in clear violation of what Jesus and the New Testament writers pointedly identified as one-half of God's most important commandment: namely, to unconditionally LOVE one's neighbor ... Heterosexual Christians are being unfair and hypocritical by using certain passages for applying absolute standards of morality (and an absolute penalty) to the homosexual 'sins' that they themselves are never tempted to commit, while at the same time accepting for themselves a standard of relative morality (and applying no real penalty) for committing similarly significant transgressions ... The gay community has cried out for justice from Christians, who have a biblically mandated obligation to be just. Because the suffering imposed on gay persons by Christians is so severe, the directive from God to marginalize and ostracize gay people would have to be clear and explicit in the Bible. Ans since there is absolutely no such directive, the continued Christian mistreatment of gay and lesbian people is morally indefensible, and must immediately cease." ~ via John Shore

A call to Intellectual Honesty ...
(10/10/2017)



"If you're going to attempt to use the text of the New Testament to support your homophobia, you should at least be intellectually honest about the ambiguities and contextual issues that plague such an endeavor. Indeed, if you are in the business of disenfranchising a sizable portion of the population not only from the rights and privileges of all other citizens, but also from the Kingdom of God itself, you should have a hell of a lot more to go on than faulty philology and limp linguistics." ~ via Don Burrows

A quite simple Request ...
(10/11/2017)



"My request today is simple ... Find somebody, anybody, that's different than you -- somebody that has made you feel ill-will or even hateful; somebody whose life decisions have made you uncomfortable; somebody who practices a different religion than you do; somebody who has been lost to addiction; somebody with a criminal past; somebody who is 'below' you; somebody who lives a lifestyle you deem to be 'wird' or 'alternative' or 'sinful' -- somebody that you, until now, would always avoid, always look down on, always condemn, even always be disgusted by. Now reach your arm out and put it around them. Now tell them they're all right. Tell them they have a friend. Tell them you love them ... Because if you or I wanna make a real change in this world, that's where we're gonna be able to do it. That's where we'll have to start" ~ via Dan Pearce

Calling UP the Love of Christ ...
(10/12/2017)



***The Love of Christ
knows no gender.***

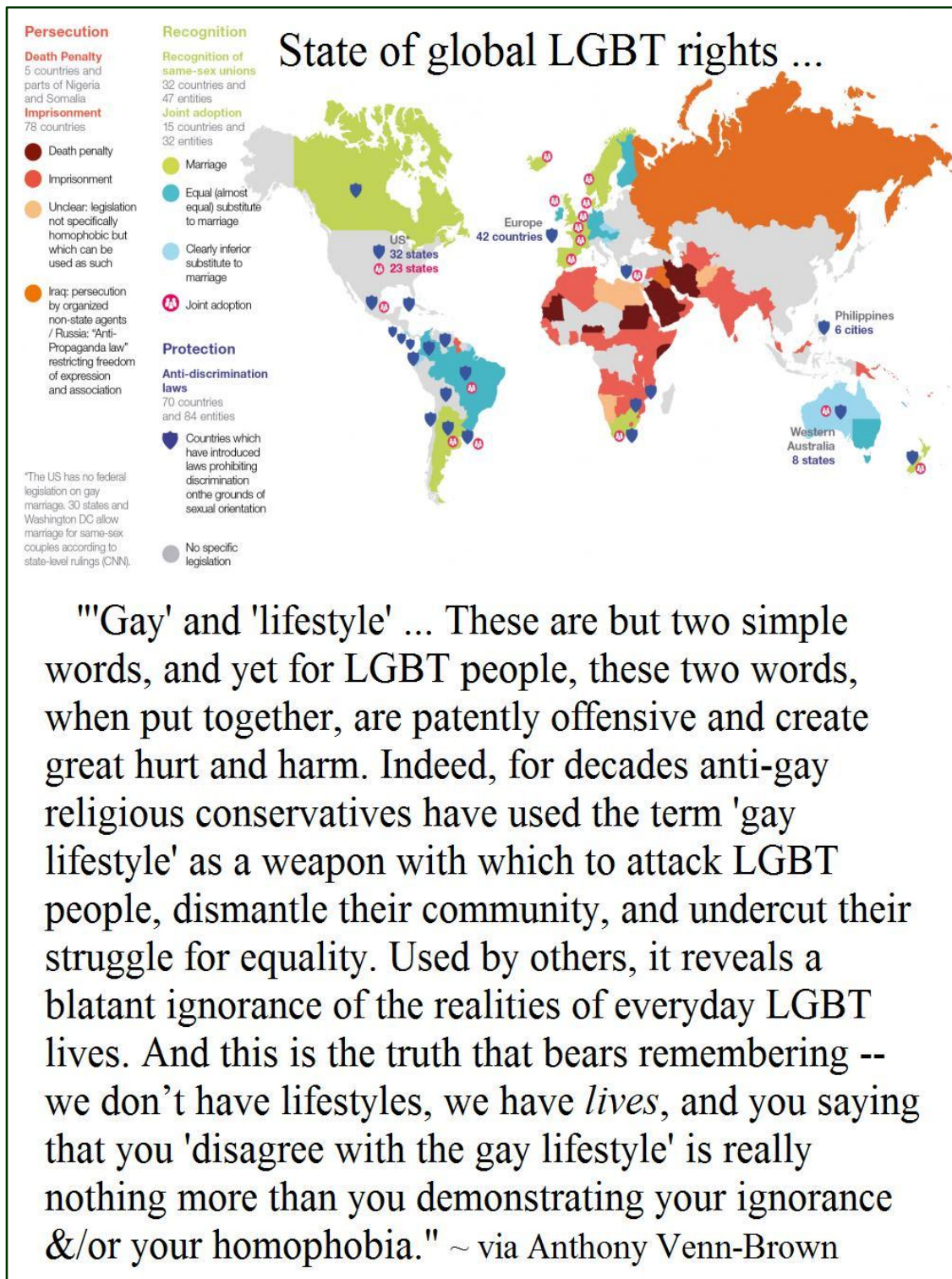
We are only One ...
(10/13/2017)



*“Love has no gender --
Compassion has no religion --
Character has no race.”*

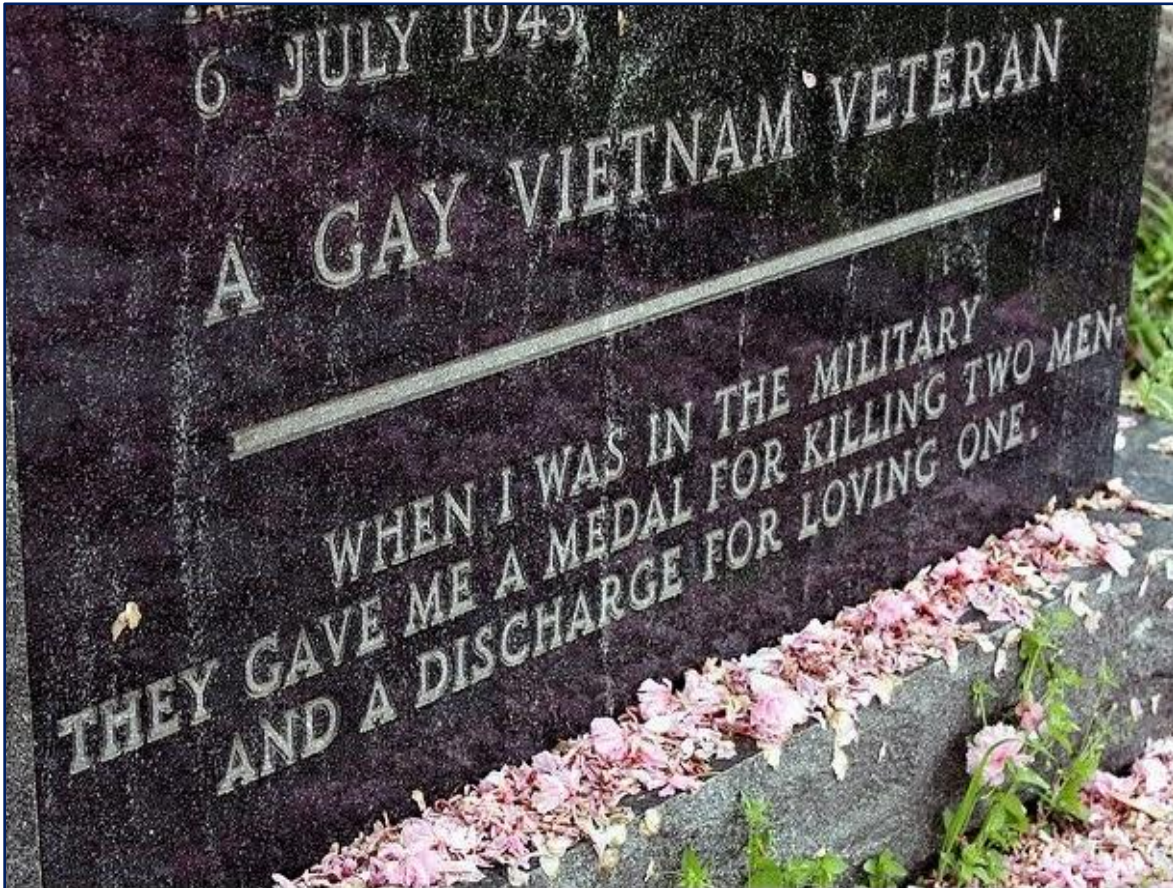
~ Abhijit Naskar

The mythical "Gay Lifestyle" ...
(10/14/2017)



"'Gay' and 'lifestyle' ... These are but two simple words, and yet for LGBT people, these two words, when put together, are patently offensive and create great hurt and harm. Indeed, for decades anti-gay religious conservatives have used the term 'gay lifestyle' as a weapon with which to attack LGBT people, dismantle their community, and undercut their struggle for equality. Used by others, it reveals a blatant ignorance of the realities of everyday LGBT lives. And this is the truth that bears remembering -- we don't have lifestyles, we have *lives*, and you saying that you 'disagree with the gay lifestyle' is really nothing more than you demonstrating your ignorance &/or your homophobia." ~ via Anthony Venn-Brown

cozy with death; weird with Love ...
(10/15/2017)



"Why is it that we are still more comfortable as a culture seeing two men holding guns than two men holding hands?"

~ via Ernest Gaines & Leonard Matlovich

Love is LOVE ...
(10/16/2017)



The nature of Nature ...
(10/17/2017)



*"No one is born hating another person because of the color of their skin, or the history of their culture, or the nature of their religion, or the source of their success. People learn that hatred, and if they can learn to hate, then they can also be taught to **Love**. For while fear and hatred come more naturally to the more primitive portions of the human brain, **Love** comes far more naturally to the human Heart."*

~ via Nelson Mandela

Time to take it personally ...

(10/18/2017)

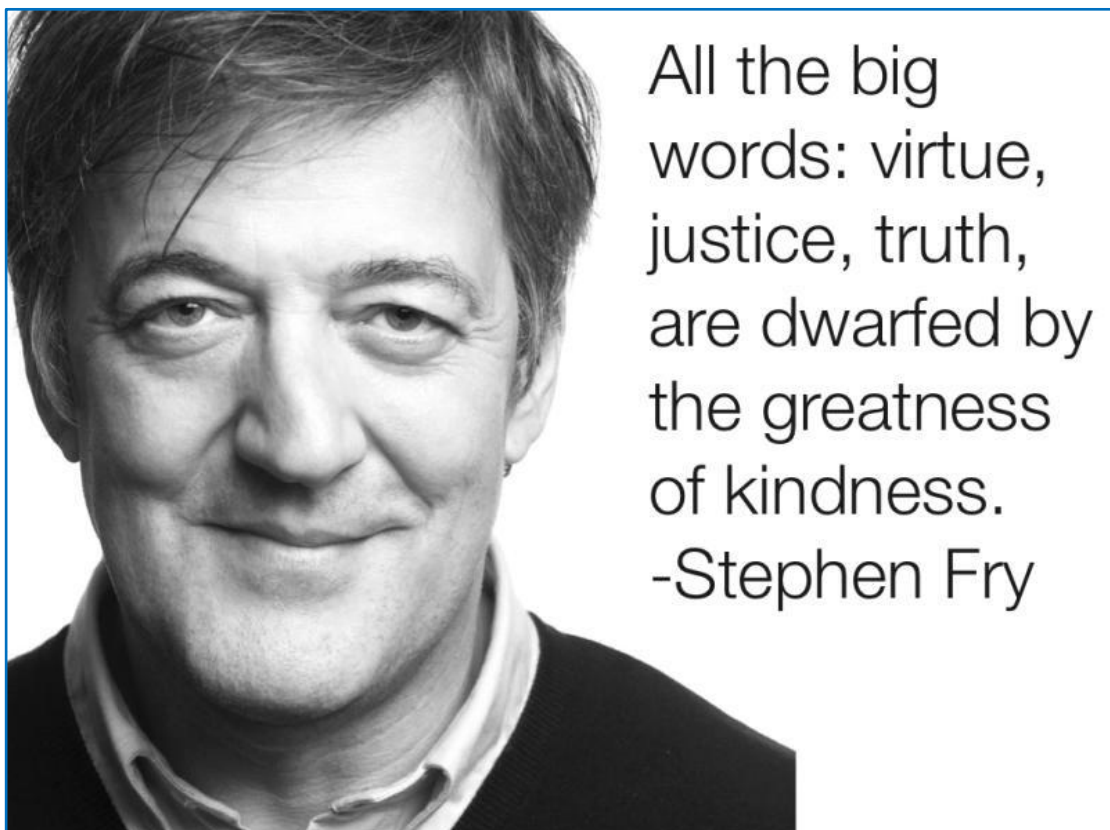
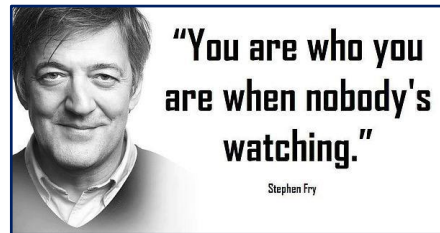


"The times today are too dangerous for the young and the smart to be not bothered. Know the truth. Remember, "We can deny the truth. But, we can't avoid it." We have been there; we have all been there. Ask a female friend who is fighting for a better pay scale, ask the father of an immigrant who is nervous about the future of his daughter, ask a gay friend who is fighting for the right to marry, ask an African-American friend who wants her younger brother to be unafraid and proud, ask a homeless worker in Bangladesh whose house just got swept by rising sea levels, ask a young child in Beijing who breathes an air polluted by fossil fuels, ask a child labor in India who works ten hours and twelve hours to get two square meals a day. And, when you ask, you will know. You will know why we need to take it personally." ~ Sharad Sagar

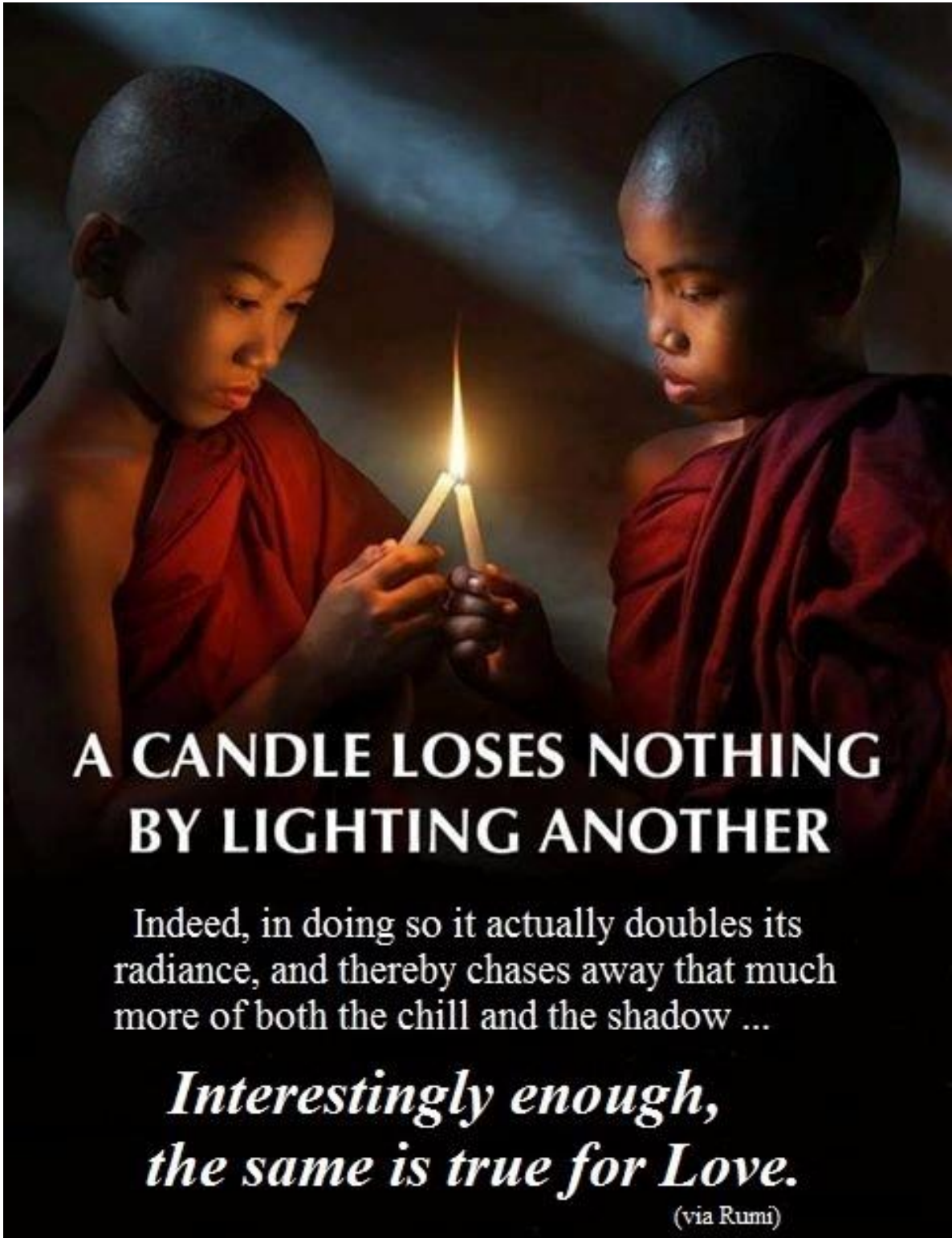
The Guardians of Language ...
(10/19/2017)

Oh, how I adore the intricacies & bemusements of language (especially the delightful absurdities & brilliant abundances of my own); how I do truly love the foreplay & the interplay and the play-by-play of words -- the way in which we humans can string together an otherwise garbled mass of sounds -- guttural moans & subtle screeches & staccato syllables -- to somehow convey our thoughts or our desires or our fears or our hopes to another ... How utterly amazing this capability is to me, and what a great gift we have been given therein! And yet in this day and age of texting & tweeting -- in these times of distance & diminishment where our “intimacy” consists primarily of gazing often somberly into the smallest of video screens, I have found myself mourning the loss of language.

Though by my own account no wordsmith by any means, I find myself deploring the wayward direction our species is headed -- especially regarding the ways we now “communicate” with one another. And whereto, I often wonder? Towards a most perilous cliff where, once plummeted over, we will solely speak to one another with silent clicks on a keyboard? -- or where eye-contact becomes a jail-able offense? -- or where actually speaking to one another is considered a sign of insanity? Such thoughts do not plague me often, and yet tax me on occasion they do still ... And then along comes someone like Stephen Fry -- a devout & veritable “Guardian of the Language”; so much so that merely listening to him becomes an act of reverence -- a glorious renewal in my faith that the Beauty that is the English language indeed will never fully die.



The same is true for LOVE ...
(10/20/2017)



**A CANDLE LOSES NOTHING
BY LIGHTING ANOTHER**

Indeed, in doing so it actually doubles its radiance, and thereby chases away that much more of both the chill and the shadow ...

*Interestingly enough,
the same is true for Love.*

(via Rumi)

meant to Sparkle & Shine ...
(10/21/2017)



"We are like stained-glass windows ... Of course we sparkle and shine when the sun is out and all is well, and yet our true beauty is only revealed in those moments when the darkness descends and our generosity & kindness shine from within." ~ via Elisabeth Kubler-Ross

on Life's rougher days ...
(10/22/2017)

"On particularly
rough days when I'm
sure I can't possibly
endure, I like to
remind myself that
my track record for
getting through bad
days so far is
100% . . . and that's
pretty good." -Author
Unknown

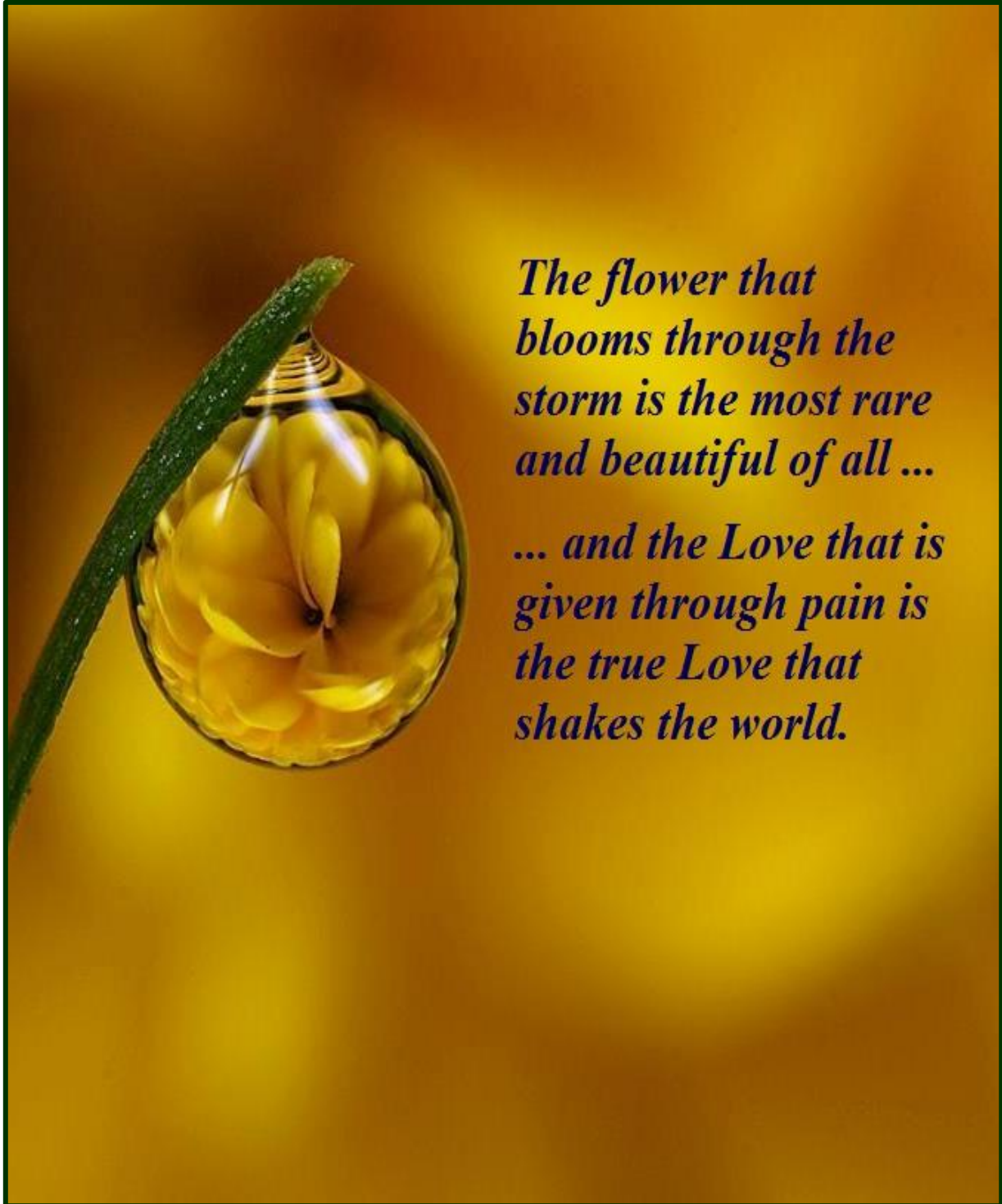
When life's rougher times find you -- and rest assured that they most certainly will -- it can be helpful to remember that pain is merely your weakness escaping, and that every failure is but a fleeting conservation of your innate Greatness.

our greatest Privilege ...
(10/23/2017)



"One of the most simple facts of your life is that if you have any resources whatsoever -- if you are in any way capable, sane, alert &/or upright -- then you have been blessed with the privilege of defending life's underdogs &/or uplifting life's downtrodden." ~ via John Shore

Loving through the Storm ...
(10/24/2017)



*The flower that
blooms through the
storm is the most rare
and beautiful of all ...
... and the Love that is
given through pain is
the true Love that
shakes the world.*

*No matter what; no matter When ...
(10/25/2017)*



*When saddened,
serve others ...*

*When joyous,
share with them.*

How to count your Blessings ...
(10/26/2017)



"Count your blessings to find that which you seek, and then throw your loving Soul boldly through every portal thereafter. Turn your sorrows into another's treasured gold, and even when you are alone in the wilderness, remember to Love loudly. For no matter where your path might lead, what is sown is always begotten." ~ anonymous

How to enliven Forever ...
(10/27/2017)



"What we do for ourselves dies with us. What we do for others and the world remains and is immortal." ~ Albert Pine

If you would truly BE ...
(10/28/2017)

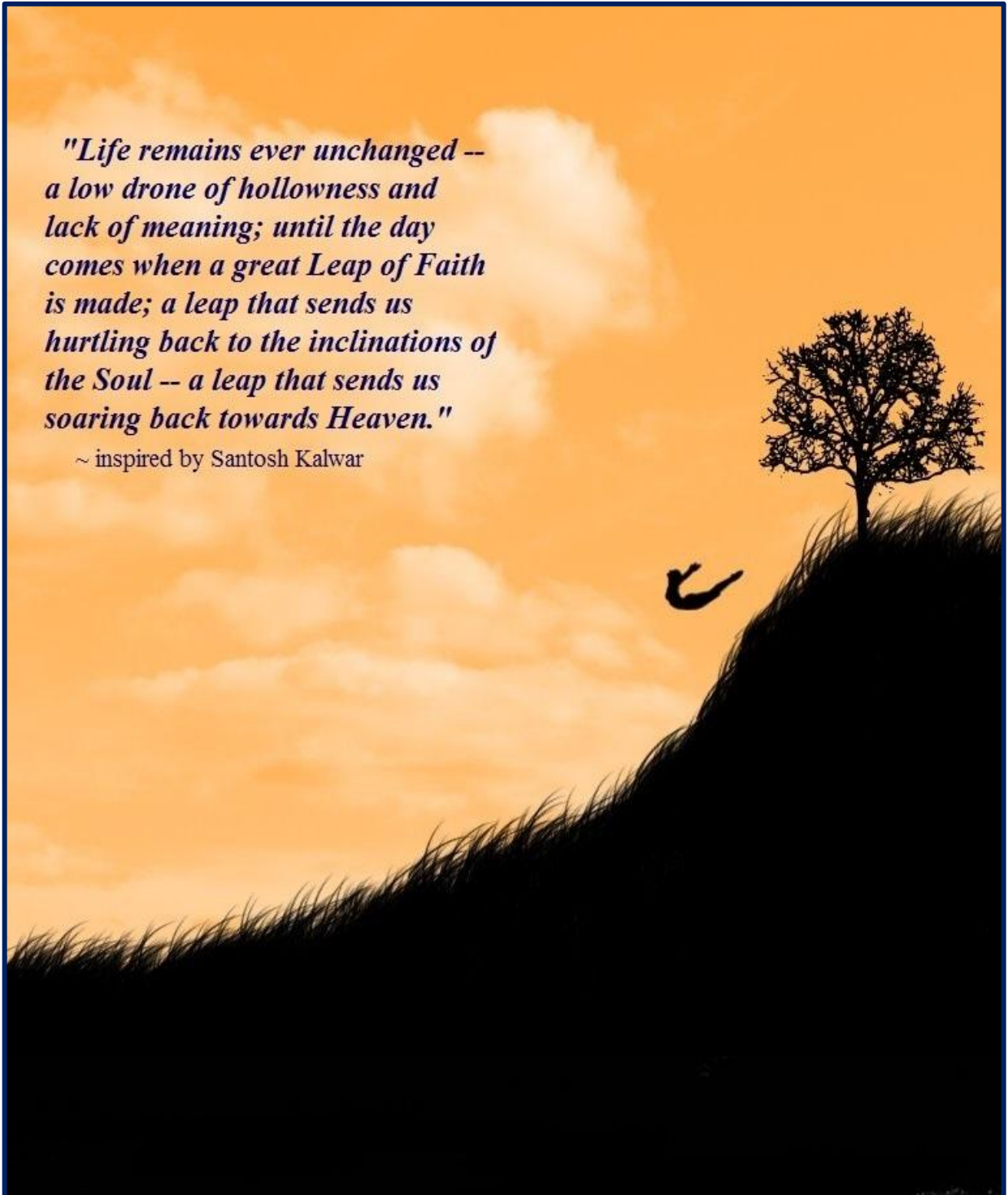


"Nor happiness, nor fame, nor pleasure, nor might, nor skill in verse or arms or arts, can shepherd those herds whom tyranny makes timid ... History is but the shadow of their shame. For what worth are great numbers knit by mere force or custom? ... If man a man would be, he must first master the empire of himself, and in it must reign supreme; establishing his throne on vanquished temptations, quelling the selfish anarchies of his own hopes and fears." ~ inspired by Percy Bysshe Shelley

until that very Day ...
(10/29/2017)

*"Life remains ever unchanged --
a low drone of hollowness and
lack of meaning; until the day
comes when a great Leap of Faith
is made; a leap that sends us
hurtling back to the inclinations of
the Soul -- a leap that sends us
soaring back towards Heaven."*

~ inspired by Santosh Kalwar



Bringing forth your SELF ...
(10/30/2017)

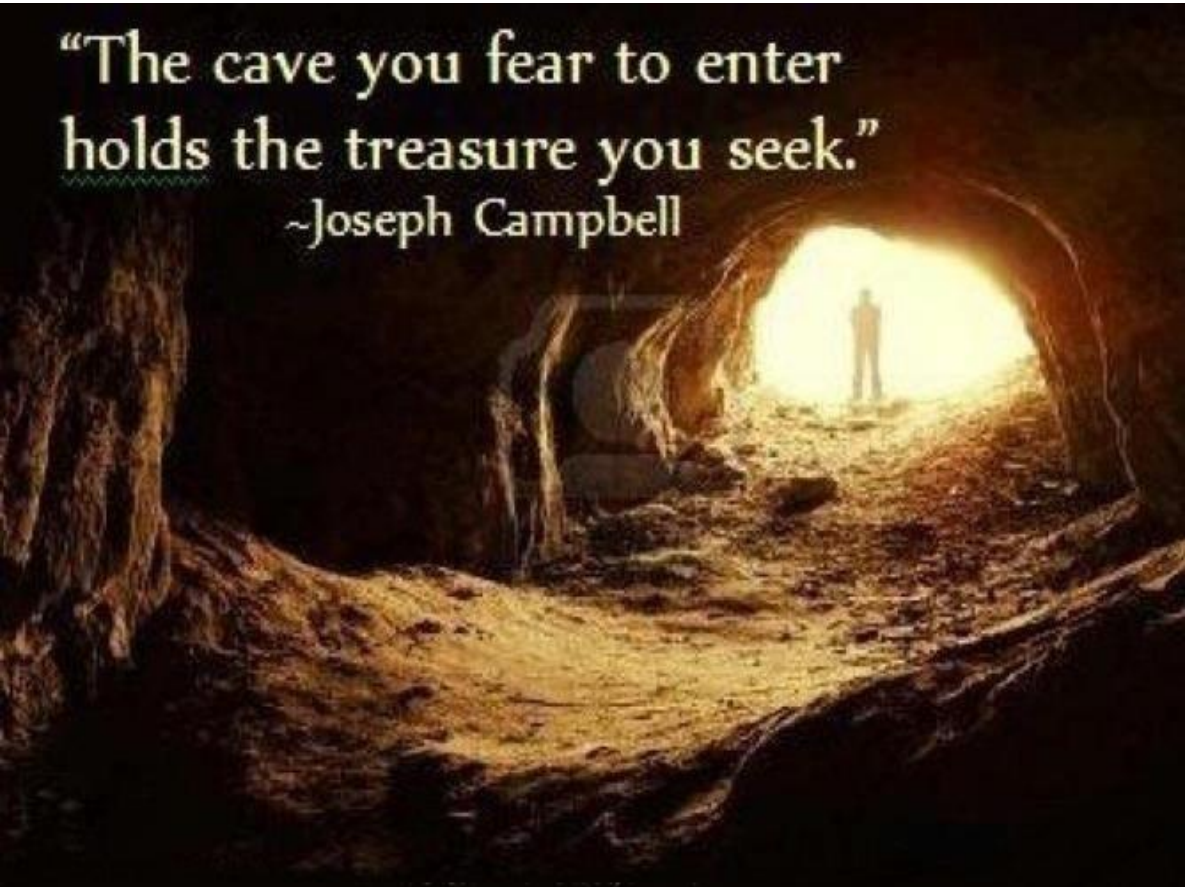


"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you ... And that thing that is within you, that all-powerful & all-important thing, is Love." ~ via Jesus Christ

by far our greatest Treasure ...
(10/31/2017)

**"The cave you fear to enter
holds the treasure you seek."**

~Joseph Campbell



"The beginning of LOVE is to let others be perfectly themselves -- without criticism or judgment -- and to avoid striving to fit their beliefs, traits, or values into our own, and the end of LOVE is to continue Caring for others even while being harmed or rejected thereby ... In this way, we come to real LOVE not by surrounding ourselves with 'the right people', but rather by Seeing other people rightly -- and then acting accordingly." ~ inspired by Thomas Merton

Open to the clearest Dawn ...
(11/01/2017)



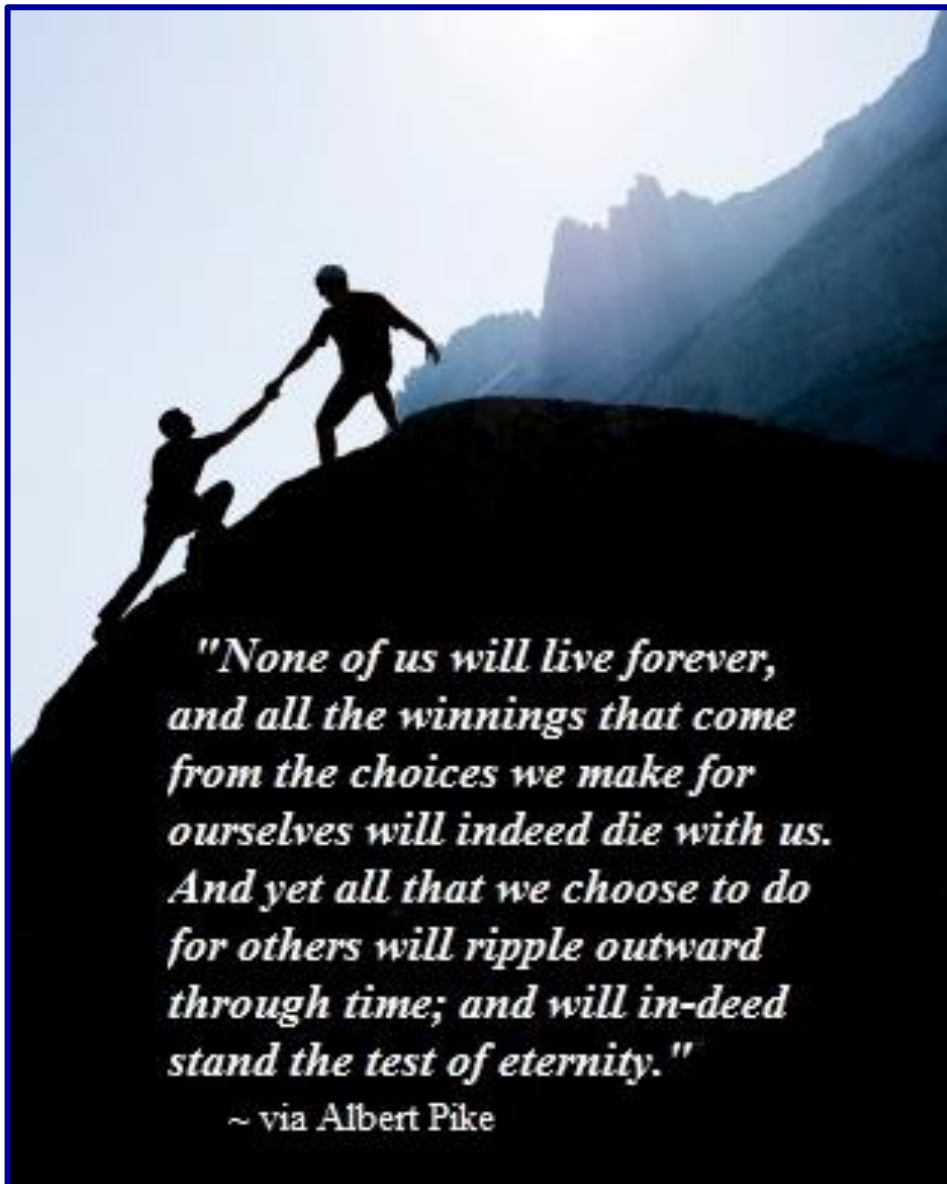
"When real Love awakens in your life in the darkest night of your Heart, it is like the clearest dawn breaking within you. Where before there was anonymity, now there is intimacy; where before there was fear, now there is courage; where before there was awkwardness, now there is a rhythm of grace; where before you used to be jagged, now you are elegant and in harmony with your Soul. When real Love awakens in your life, it is like a rebirth, a new beginning" ~ via John O'Donohue

to reflect The Divine ...
(11/02/2017)



"Our most pressing concern is not our future but our present, not the Universe above us but our Soul within. We must be just, we must be compassionate, we must be kind. We must deeply engage ourselves with the business of the world, because through that and that alone our Soul is purified ... It is crucial that our noble thought and our brave deeds become conjoined. Such a holy attempt must be made, and its ultimate outcome is irrelevant ... True, such selfless action is a pale material reflection of the Divine, and yet a reflection thereof it remains, nonetheless. Define your good goal and exert courage to fulfill it via virtuous action. Your success or failure is ever secondary." ~ via Iaian Pears

to Live ever onward ...
(11/03/2017)



“Our pride and our power, our vitality and our vanity all fall cold and silent when the body falls cold and silent. And yet all our rediscoveries of Truth & Love & Beauty form lasting legacies; ripples of Greatness that are built upon for generations and generations and generations to come.” ~ inspired by Criss Jami

re-Membering the Storm ...
(11/04/2017)



Fate smiled and whispered to the Noble Warrior, "You cannot withstand the coming Storm."

And the Warrior smiled as well and whispered back, "You do not understand one simple fact ...

I AM that Storm!"

Tearing down all Walls ...
(11/05/2017)



***"As long as we build walls around our cities,
we make the desperate and the aggressive that
much more resolute in their efforts to breach
those barriers and bring them tumbling down
... As long as we build walls around our
Hearts, we make the selfish and the fearful
that much more motivated in their efforts to
break our Soul's resolve and turn us into
enemies."*** ~ inspired by Bangambiki Habyarimana

Kindness begetting Kindness ...
(11/06/2017)



"There are three things in human life that are important: the first is to be kind; the second is to Be Kind; and the third is to BE KIND." ~ via Henry James

The illusion of Time ...
(11/07/2017)



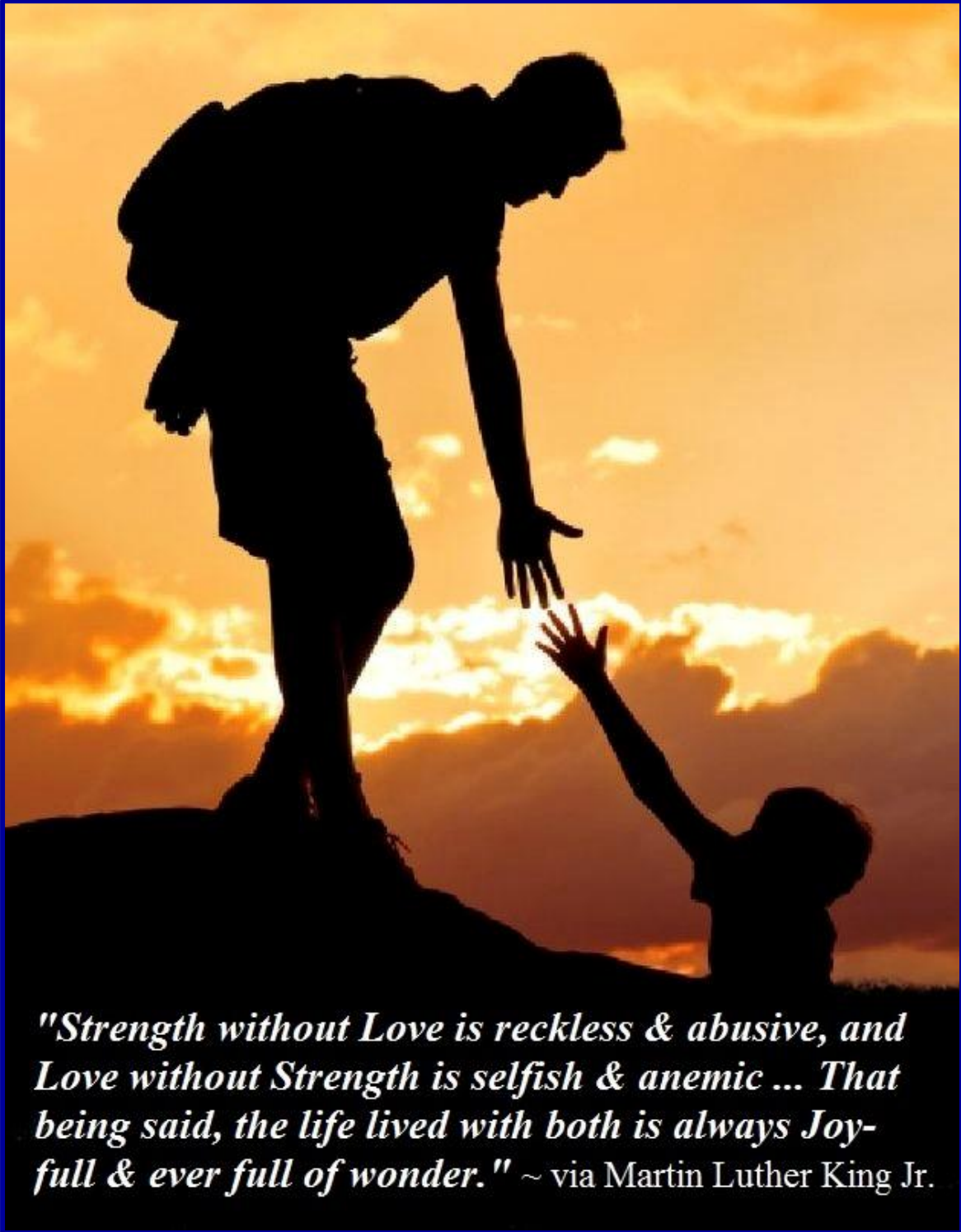
"We are living in a culture completely hypnotized by the illusion of time, in which the present moment is felt as nothing but a razor-thin sliver between an all-powerfully causative past and an absorbingly important future. As such, we have lost the present. Our consciousness is almost completely preoccupied with either memory or expectation. We do not realize that there never was, is, or will be any other experience than *this* present experience. We are out of touch with reality, and confuse the world as talked about, described, believed, and measured with the world in which we actually live." ~ via Alan Watts

To find what has been lost ...
(11/08/2017)



The best way to find your Soul is to lose yourself in service to others ... The best way to find your Way is to set forth solely to Love all nearby -- to have no set itinerary & no planned destination; to shun all established waymarkers, and immerse fully in whomever crosses your path.

a tale of Strength & LOVE ...
(11/09/2017)



"Strength without Love is reckless & abusive, and Love without Strength is selfish & anemic ... That being said, the life lived with both is always Joyful & ever full of wonder." ~ via Martin Luther King Jr.

on being truly Generous ...
(11/10/2017)



“True generosity consists precisely in fighting to destroy the causes which nourish false charity. False charity constrains the fearful and the subdued – considered life’s “rejects” and “bums” and “failures” – to extending their hands in trembling need. As such, true generosity lies not in placing a pittance therein of finances or sustenance, but rather in striving to make it so that these hands – whether of individuals or entire peoples – need be extended less and less in supplication; that more and more they can become the hands which themselves give and work and serve, and thereby transform the world.” ~ via Paulo Freire

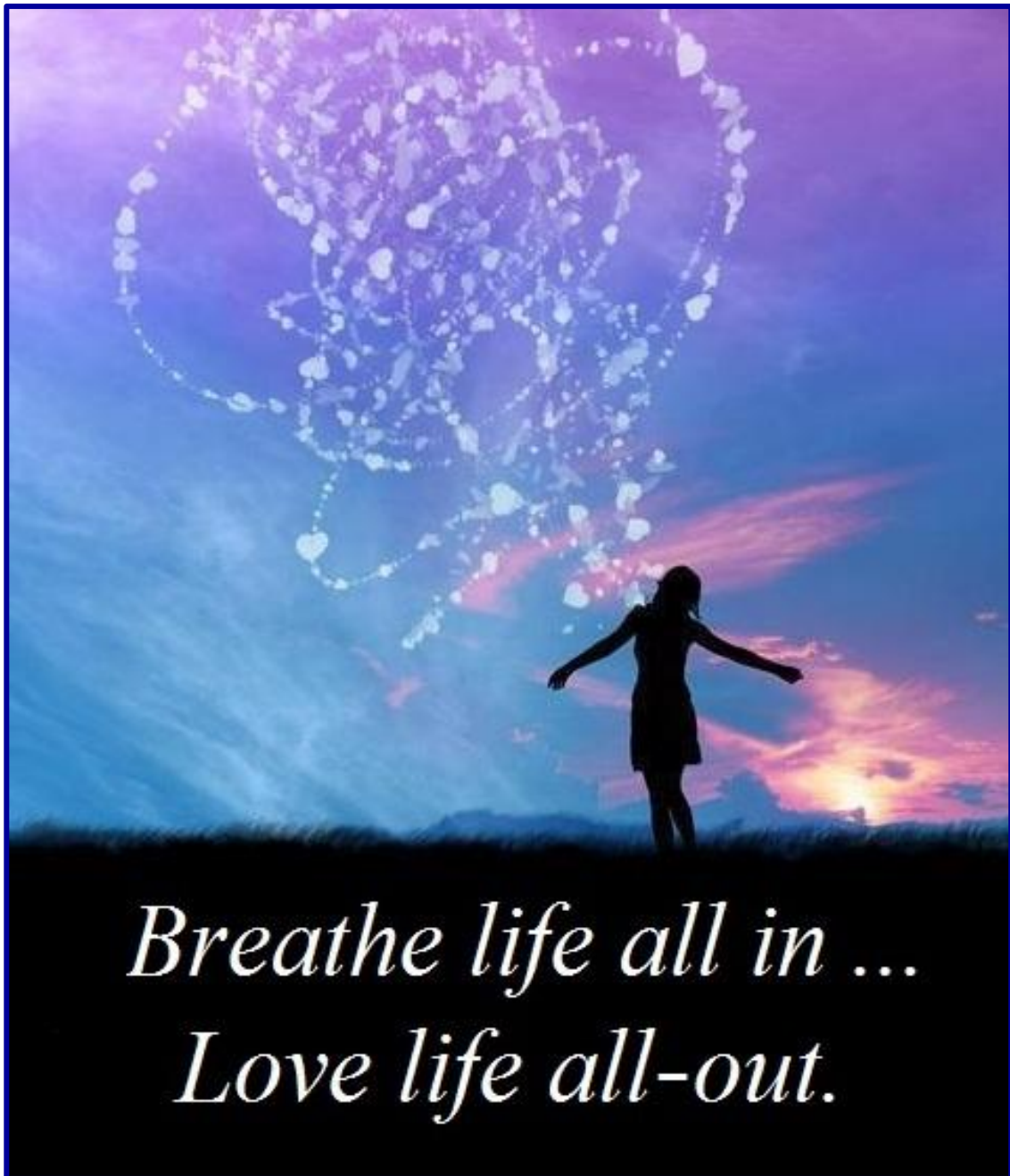
a pure & radical Joy ...
(11/11/2017)



***Radical JOY via radical
Kindness -- when normal
"happiness" just won't do.***

“When you do things solely for others, you do those things from your Soul. And when you do things from your Soul, you feel a river moving through you – a deep connection with your Source and your Enlivener – a Love that knows neither bounds nor limits – a Joy that knows no end.” ~ via Rumi

Loving all out ...
(11/12/2017)



Breathe life all in ...
Love life all-out.

“The only way Love can truly exist is if it's unconditional. The truth is this: LOVE is not determined at all by the one being Loved, but rather solely by the one choosing to do the Loving.” ~ via Stephen Kendrick

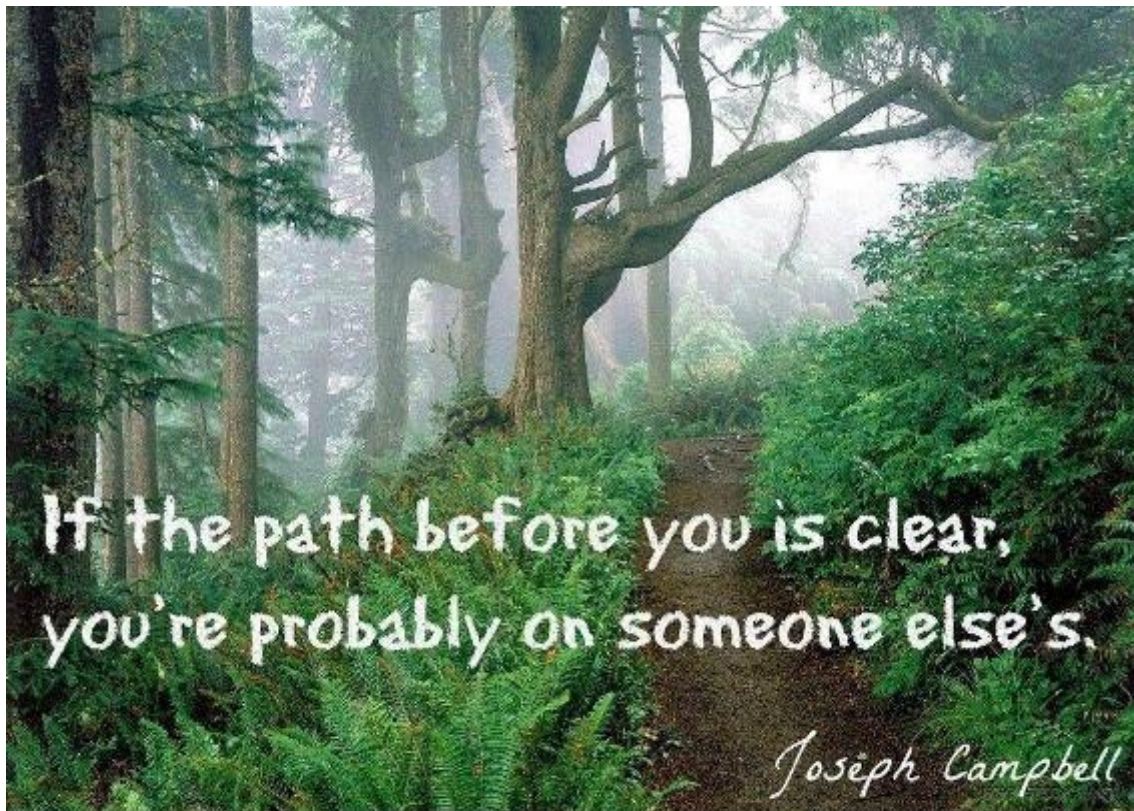
The great flow of Change ...
(11/13/2017)



The flow of change is as smooth as it is relentless. The seasons change -- The air changes -- The temperature of the shower changes -- The symphony of sound that always surrounds us changes -- Our bearings through life change -- Our moods within those bearings change -- Our feelings for life & others change ... Indeed, though it is often difficult to see (and while we often choose to deny it), change is the very foundation of everything in existence. And yet within this gentle whirlwind of metamorphosis and shift, there is always one Truth that remains constant, and that Truth is this one: In every moment of our lives, regardless of what is happening to us or around us, we always have the capability of choosing how to respond to the same. Even when destitute, we always have the ability to choose to be generous. Even when ridiculed or attacked, we always have the ability to choose to be kind. Even when hated or afraid, we always have the ability to choose Love.

“We can’t just have the world entering us and remain balanced. Indeed, balance only comes when we choose to enter the world.” ~ via A.A. Attanasio

blazing your own New Trail ...
(11/14/2017)



“So many people live within unhappy circumstances and yet will not take the initiative to change their situation, all because they are conditioned to gravitate towards the faux-security of the familiar and the well-known and the ‘normal’; all of which appear to grant peace of mind, and yet in reality all of which do nothing more than strangle the Spirit with vapidly hollow promises of a ‘secure future.’ Indeed, the true core of any person’s Spirit is his passion for adventure – is her choice to manifest courage in the face of fear or uncertainty – is the ability to face-down the wishes of the herd and blaze one’s own trail anyway. In truth, real & lasting Joy comes only from encounters with new experiences, and there is no greater challenge to be known – and thus no greater Happiness to be had – than to live a life with an endlessly shifting horizon; where each new day contains a fresh focus and a new Sun.” ~ inspired by Christopher McCandless

filling UP your moments ...
(11/15/2017)



"Old relationships steadily fade, and new ones repeatedly appear. It is just like the days of our lives, where old days repeatedly pass, and new ones steadily arrive. The important thing, then, is not to 'cherish' our days and 'honor' our relationships by clinging to what they once were. Rather, the important thing is to make our lives meaningful, by filling our current moments with gratitude & wonder, and filling our current relationships with kindness & Love." ~ inspired by the Dalai Lama

making Love BE ...
(11/16/2017)



***"Do not chase love, choose love.
Do not need love, transfer love.
Do not fear love, embrace love.
Do not seek love, become love."
~ Creig Crippen***

Our one & only Family ...
(11/17/2017)

How we often think it is

How it really is

One planet. One home.
by William J. Rehg

“Beneath our armor of skin and bone and muscle and mind, the rest of our colors are remarkably the same ... Being fully Human on this planet requires being willing to take a full step away from our individual heritage and personal comfort zones and then to notice -- to truly and deeply and purely notice -- our world and *all* the people in it. It does not mean noticing *your* world; It means noticing *the* world. It means being calmly conscious of the fact that you -- and your friends, and your gender, and your race, and your religion, and your country -- are *not* the center of the Universe. It is the recognition that our Earth is made up of highly diverse people with remarkably similar needs -- remarkably similar fears, remarkably similar desires, remarkably similar responsibilities, and remarkably similar hopes & dreams ... Indeed, to be fully Human on this planet requires the willingness to openly & humbly & intimately connect with *all* the people you encounter each day -- indeed, with *all* fellow sentient beings all over the world; to fully realize the patent Truth that the choices you make each day affect them *all* quite directly, just as the choices they make directly affect you ... In truth, being fully Human means being fully awake. It means noticing that *all* the residents of the entire world are your Family, and it is thereafter having the decency to act accordingly.”

~ inspired by Aberjhani & Holly Sprink

to SEE the Humanity in others ...
(11/18/2017)



"When we see others as the enemy, we lean towards becoming what we hate. When we oppress others, we end up oppressing ourselves. All of our humanity is dependent upon recognizing, and then embracing, the humanity in others." ~ via Desmond Tutu

the Power in persistent Grace ...
(11/19/2017)



"The river ultimately cuts through rock because of its gentle persistence, never its raw power ... The same is true of kindness and the defeat of one's enemies." ~ inspired by Jim Watkins

what LOVE says ...
(11/20/2017)



***Hope says "Life might" and
Faith says "God could," and
yet Love looks them both in
the Eye and says "I will."***

Accept your past without regret ... Handle your present
without hesitation ... Face your future without fear.

the Universe in motion ...
(11/21/2017)



"Your task is not to seek Love, but merely to seek -- and then find, and then remove -- all the barriers within yourself that you have built against it ... You were born with wings of forgiveness and charity, so why do you still crawl through life on legs of fear and distrust? ... Stop living so small and feeble. You are the Universe in ecstatic motion, so remember to act accordingly." ~ via Rumi

walking *The Way* anyway ...
(11/22/2017)



*"The good you do today might be forgotten tomorrow.
... Do good anyway.*

*Honesty and openness make you vulnerable to the mean-spirited.
... Be honest and open anyway.*

*People like the underdogs and yet worship the top dogs.
... Fight for the underdogs anyway.*

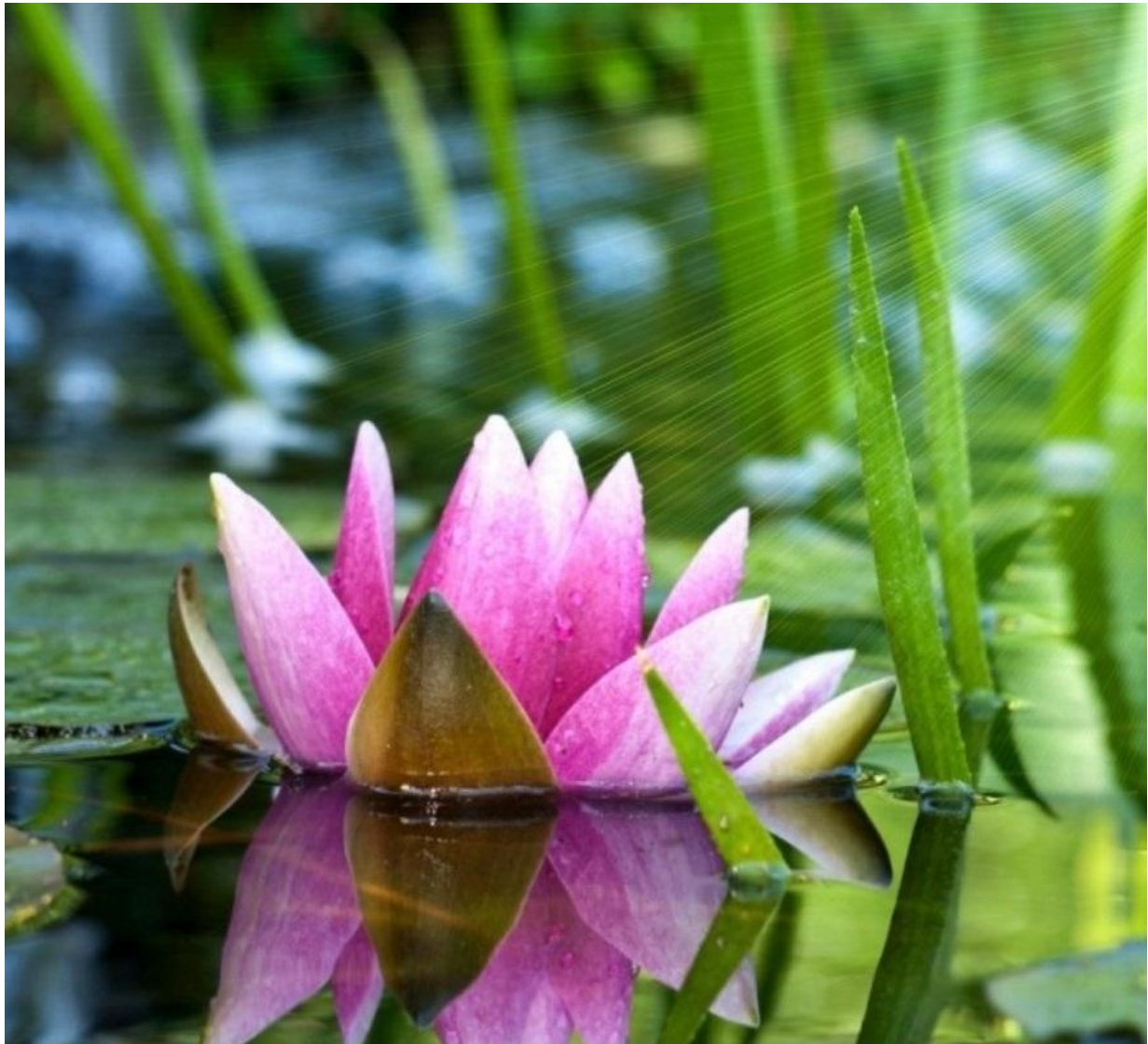
*What you spend years building up might be destroyed overnight.
... Build up anyway.*

*People who need your help might attack you if you help them.
... Help people anyway*

*The Kindness you show might be overlooked or ostracized.
... Be Kind anyway.*

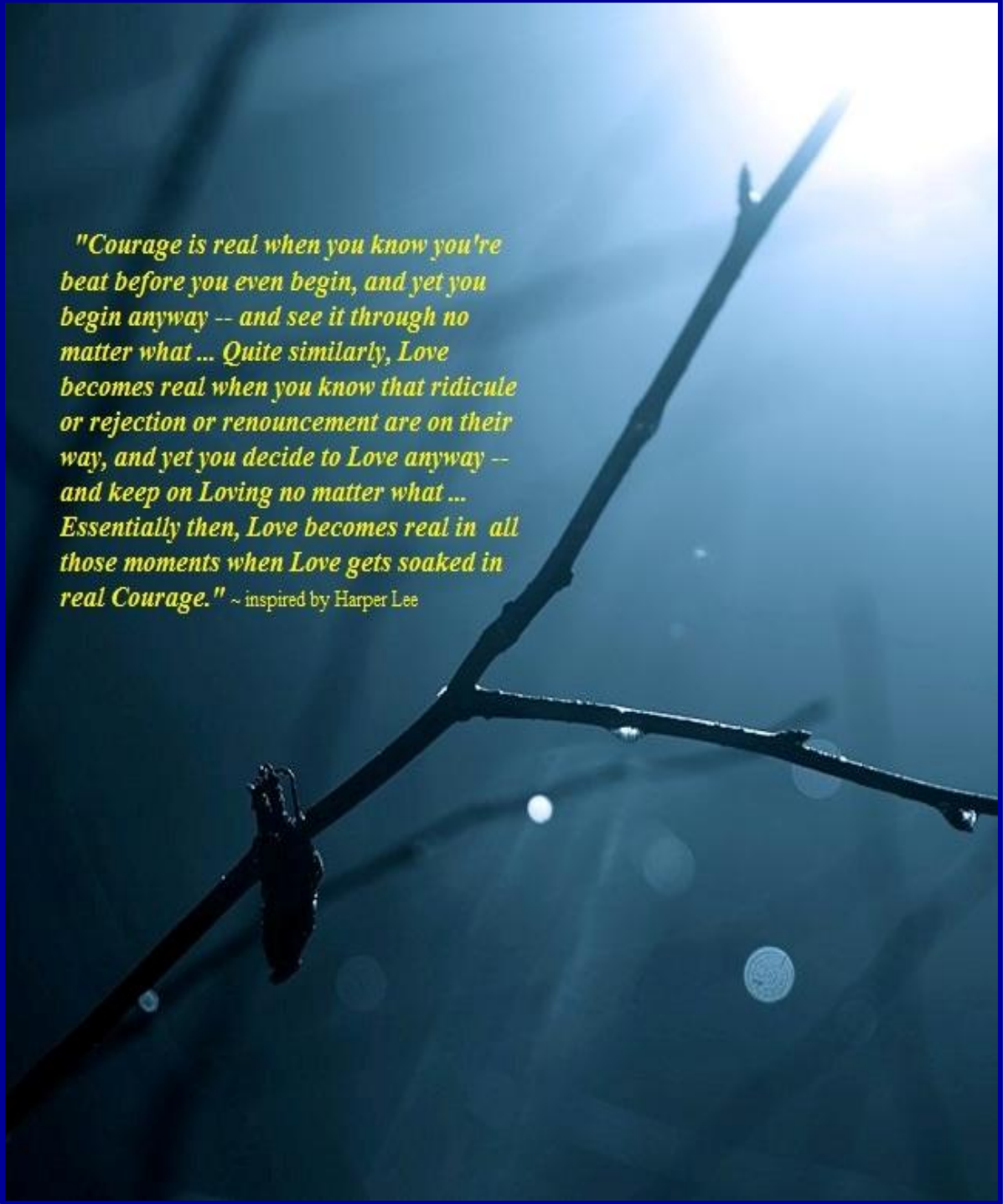
*The LOVE you give might be rejected or ridiculed.
... Give your LOVE anyway." ~ via Kent M. Keith*

to Believe and Understand ...
(11/23/2017)



"Because one believes in the innate (albeit often hidden) Goodness of others, one doesn't try to convince them of right or wrong ... Because one is content with (and indeed deeply grateful for) one's own Path of selfless giving & emboldened compassion, one doesn't seek others' approval thereof ... Because one understands that Love always ultimately prevails, one continues to Love others anyway -- especially in those moments when one feels least able to do so; and especially for those who appear to be 'least deserving' of the same." ~ via Lao Tsu

real Courage, real LOVE ...
(11/24/2017)



"Courage is real when you know you're beat before you even begin, and yet you begin anyway -- and see it through no matter what ... Quite similarly, Love becomes real when you know that ridicule or rejection or renouncement are on their way, and yet you decide to Love anyway -- and keep on Loving no matter what ... Essentially then, Love becomes real in all those moments when Love gets soaked in real Courage." ~ inspired by Harper Lee

offending offensiveness ...
(11/25/2017)

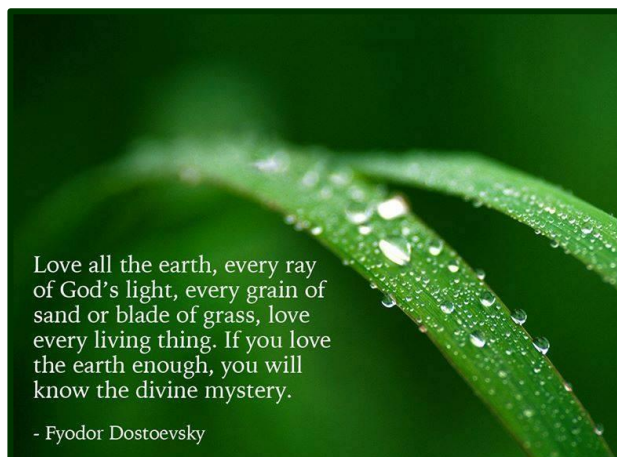
Stop getting offended by
Facebook posts, rude jokes,
pieces of art, or other people's
displays of affection ...

It's high time for you to start
to be deeply offended by war,
animal cruelty, poverty, greed,
political corruption, religious
zealotry, injustice & bigotry.

LOVE, always Right ...
(11/26/2017)



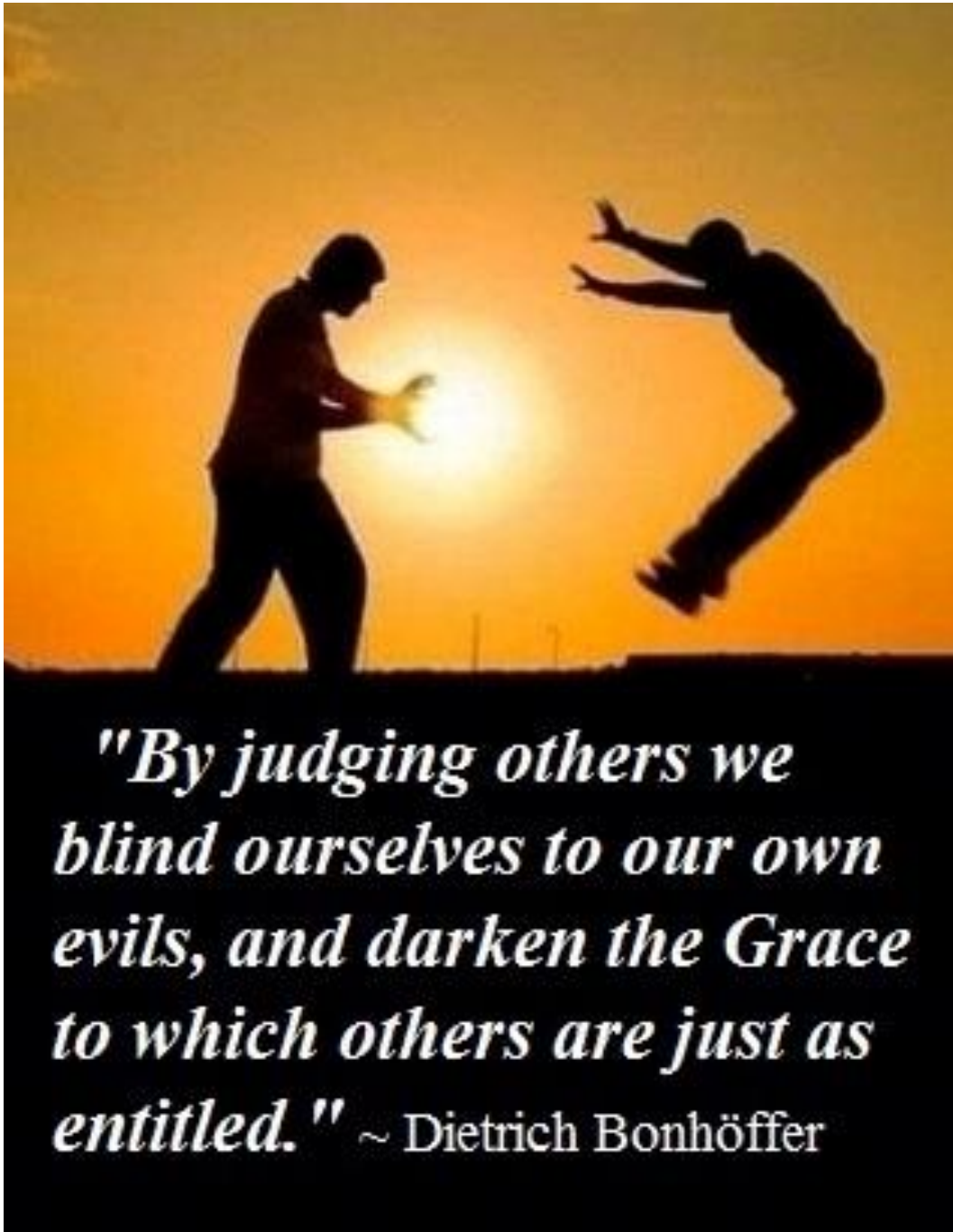
*Even in those times when you're wrong,
choosing to be Kind is always Right.*



Love all the earth, every ray
of God's light, every grain of
sand or blade of grass, love
every living thing. If you love
the earth enough, you will
know the divine mystery.

- Fyodor Dostoevsky

the judging blindness ...
(11/27/2017)



“We should not evaluate ourselves or others by our peaks of excellence; but rather by the incredible distance we have all traveled from the point where we all started.” ~ via Henry W. Beecher

pitying Pity ...
(11/28/2017)



Pity and Compassion are night and day ... While pity merely feels sorry for others' suffering, Compassion rises up and does something about it.

The two types of Goodness ...
(11/29/2017)



"There are essentially two types of goodness in human interactions: the friendliness driven by the ego, and the Kindness driven by the Soul. The ego's friendliness is helpful, considerate, thoughtful, and supportive -- and yet is exuded from a place of duty or obligation or veiled desire for reciprocation. The Soul's Kindness is also helpful, considerate, thoughtful, and supportive -- and yet comes from a very different place altogether. Its is ever given freely, and desires only to enhance the Peace & Joy of the other. The former wants to be loved, appreciated, complimented &/or revered for its friendliness. The latter is nothing more or less than an act of selfless service, one whose rewards rest in the Kindness of its giving, not what might come as a result thereafter. The former looks like goodness, and yet is subconsciously (and correctly) perceived to be a subtle form of manipulation. The latter also looks like goodness, and yet is *felt* as such as well ... It is impossible to ever know with any certainty which of the two we are receiving, of course, and yet it is always possible to know exactly which of the two we are giving ... Choose to give the latter; choose to **give Kindness.**" ~ inspired by Alice

on LOVE and real Power ...
(11/30/2017)



"He's behind me again, isn't he?"

"There is no difficulty that enough Love will not conquer; no disease that enough Love will not heal; no door that enough Love will not open ... It makes no difference how deeply seated may be the trouble; how hopeless the outlook; how muddled the tangle; how great the mistake -- a sufficient realization of Love will resolve it all. Indeed, if only you would choose to Love enough, you would instantly become the happiest, most powerful being in the world." ~ via Emmet Fox

How to LOVE all Friends ...
(12/01/2017)



"One of the greatest things about the 'Winnie the Pooh' stories is that even though he's clinically depressed and always down-in-the-dumps, Eeyore is still treated with unconditional Kindness. He still gets invited to join in lots of adventures and explorations and shenanigans with his friends, and they never expect him to pretend to be happy or grateful or jubilant when he does so. They never leave him behind and they never ask him to change. They just Love him anyway; exactly as he is ... Maybe we should all do likewise with all the bummed out, 'annoying' people in our own lives." ~ unknown

All we truly need ...
(12/02/2017)



"We're taught that we need certain things to know happiness -- coffee shops and sunsets and road trips; coffee and pastries; bank accounts and favorite songs. And yet none of these things (or anything else like them) can mean anything without letting other people into our lives; special people -- cherished people ... And the funny thing is, those other people won't mean anything to us either, unless we have the wherewithal to reach out to them and be good to them; unless we have the humility & the courage to be loving and special ourselves -- a living breathing caring invitation for them to believe in good and better things." ~ inspired by Jamie Tworkowski

what the Soul still knows ...
(12/03/2017)



One of the most powerful art pieces from Burning Man: A sculpture of two adults after a disagreement, sitting with their backs to each other. Yet, the inner child in both of them simply wants to connect. Age has many beautiful gifts but one we could live without is the pride and resentment we hold onto when we have conflicts with others. The forgiving, free spirit of children is our true nature. Remember this ...

what World Peace requires ...
(12/04/2017)



Kids immersed in books & social service
minus Kids immersed in their phones & the Web
Potential for *World Peace*



No one has yet fully realized the wealth of sympathy,
kindness and generosity hidden in the soul of a child.
The effort of every true education should be
to unlock that treasure - Emma Goldman

Live Compassion

being Bold yet Gentle ...
(12/05/2017)



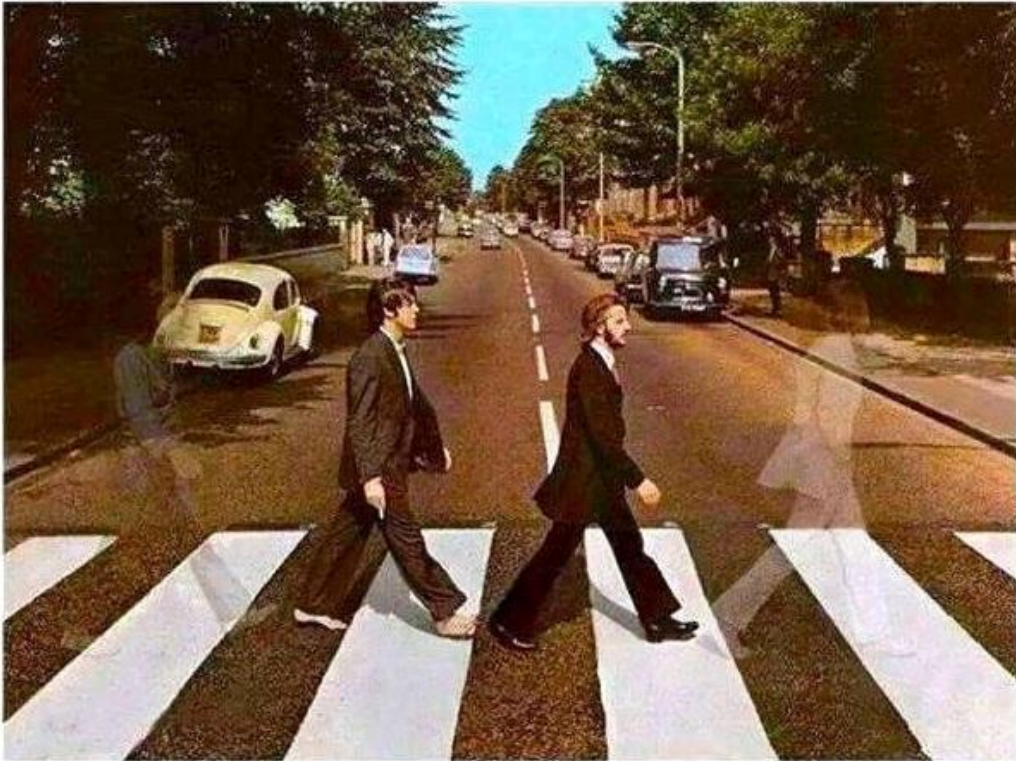
"Once we choose to truly open our Hearts, then anyone -- even the people who harm us or annoy us or drive us crazy (especially those people) -- becomes not only our teacher, but the empowerer of our Love ... Love is primarily the art of persisting in being bold yet gentle ... Choose that persistence." ~ via P. Chodron & Albert Ellis

the only secret worth Keeping ...
(12/06/2017)



The secret to a Meaning-full Life:
eat half, walk double, laugh triple,
and *Love without limit.*

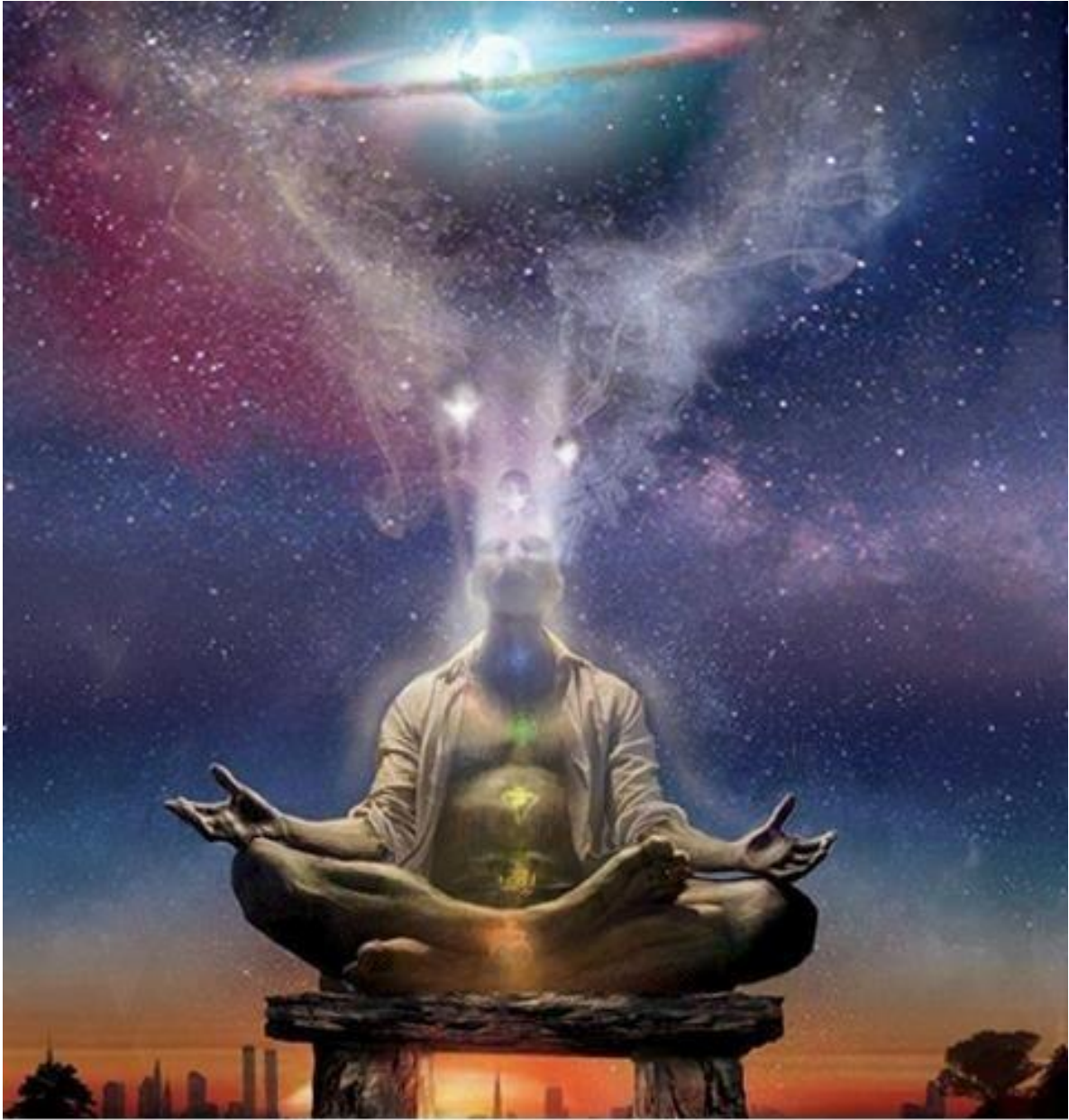
Seeing strangers as Friends ...
(12/07/2017)



*"Life is very short, and there's no time
for fussing and fighting my friends."*

"People wonder why I give so many compliments to strangers. I'm not being fake when I do so, and I'm not trying to get people to like me. So why do I do it? Why do I pass people on the street and say 'Wow, your hair is lovely' or 'My goodness, you have a beautiful smile'? Well, I do it for the simple reason that life is often hard and the world can sometimes be a pretty shitty place ... Everyone I meet regularly feels bored or mistreated or depressed or frustrated, and that means that everyone I meet could probably use a nice dose of random Kindness." ~ via Jordan Weatherhead

Seeing your Way to Freedom ...
(12/08/2017)



Meditation allows you to clearly see the nature of your prison cell, and yet only bold acts of gentleness can scale that prison's walls and allow you to break free.

Choosing the Right Path ...
(12/09/2017)



"Two paths diverged in a wood, and I ultimately took the one less traveled by. For I took the path that was led by Love -- the path that took real courage to take. And in the end, that one choice has made all the difference." ~ inspired by Robert Frost

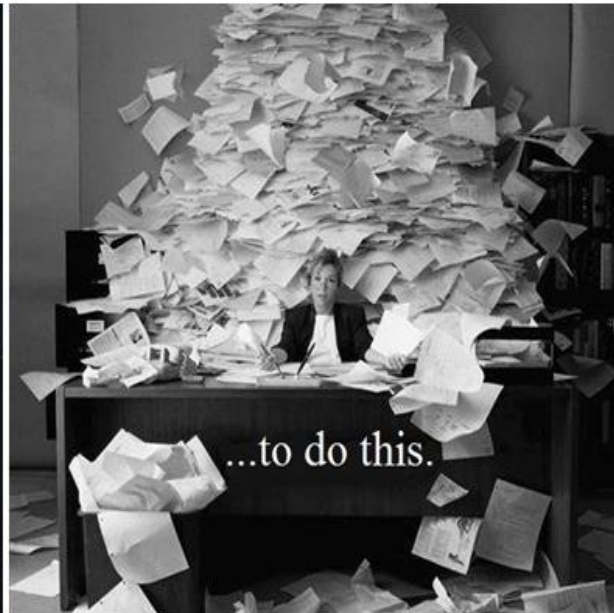
becoming truly Success-full ...
(12/10/2017)



**GOD'S TEST
FOR SUCCESS...**

"Real & potent Success does not come from making your life "successful" -- it comes from making your living Meaning-full. It comes from using the gifts and abilities you have already been given to immerse yourself completely in the lives of those in need where you already are ... It is being strong for others in those times when you feel weak, it is being brave for others in those times when you feel scared, and it is being humbly generous to others in those times when you feel victorious." ~ unknown

Why we are Here ...
(12/11/2017)



Do your true Work with mastery ...
Like the stars, come out from behind
the clouds – *and shine!*

The Greatest Test ...
(12/12/2017)



“The test will measure whether you are an informed, engaged, and productive citizen of the world, and it will take place in schools and bars and hospitals and dorm rooms and in places of worship. You will be tested on first dates, in job interviews, while walking down the street, and while scrolling through your Twitter feed. The test will judge your ability to think about things other than celebrity marriages, whether you’ll be easily persuaded by empty political rhetoric or manipulative religious dogma, and whether you’ll be able to place your life and your community in a context broader than your mere self. The test will last your entire life, and it will be comprised of the millions of decisions that, when taken together, will make your life yours. And everything, will be on it – especially Love and Kindness.” ~ via John Green

What it means to truly Live ...
(12/13/2017)



"On any given day, you have not truly lived until you do something kind for another being who can never repay you." ~ via John Bunyan

The many eyes of Prudence ...
(12/14/2017)



"True prudence has two sets of eyes; one that looks into one's surroundings and knows where serve next, and another that examines each Leap of Love after the fact -- to then be able to better serve anew ... In this way, true prudence not only knows to do the Right Deed at the Right Time, it also knows to leave undone the wrong deed at its most tempting moment." ~ inspired by St. Ignatius & Benjamin Franklin

between Here and the Dust ...
(12/15/2017)



"Between here and the dust, Joy is all we have. So give as if you were going to die tomorrow, and learn as if you were going to live forever. For this is the way to knowing true Joy."

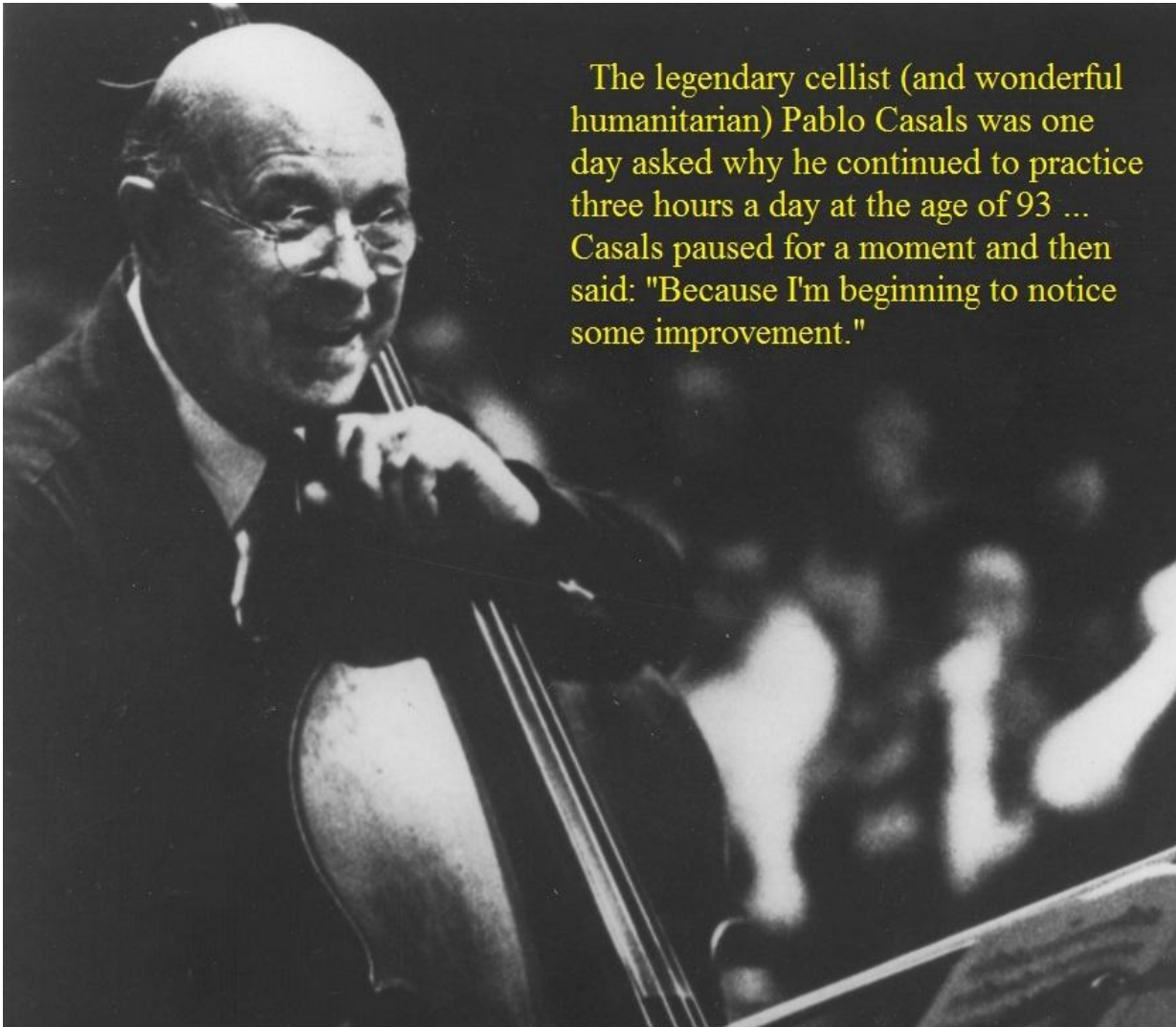
~ A. Attanasio & M. Gandhi

"May we never find space so vast, planets so cold, hearts and minds so empty that we cannot fill them with love and warmth." ~ Garth of Izar

"One man cannot summon the future." ~ Mr. Spock

*"And yet one man **can** change the present." ~ James T. Kirk*

to notice our Improvements ...
(12/16/2017)



The legendary cellist (and wonderful humanitarian) Pablo Casals was one day asked why he continued to practice three hours a day at the age of 93 ... Casals paused for a moment and then said: "Because I'm beginning to notice some improvement."

"To merely live is not enough; we must choose to take part." ~ Pablo Casals

"Pablo Casals is a musician of great stature because he is also a great man." ~ Albert Schweitzer

"Courage doesn't always roar. Oftentimes courage is reserved and still; the little voice at the end of the day that quietly yet stoutly says, 'Tomorrow I will rise again.'" ~ via Mary Anne Radmacher

It's never too late ...
(12/17/2017)



"For what it's worth: it's never too late to be whomever you wish to become ... You can stop or move forward; change or remain the same -- there are no rules to this life. You are completely free in every instant to make either the best or the worst of it, and I hope you make the best of it ... I hope you remember to notice the amazing in the normal and the miraculous in the familiar. I hope you remember to deeply feel the things that happen to and for and all around you. I hope you remember to intimately engage strangers and immerse yourself fully in others with different points of view. I hope you live a life that is courageous and challenging and exciting and meaningful. And if you find that you're not, I hope you enliven the will to start all over again and make it so." ~ inspired by Eric Roth

our cleansing LOVE ...
(12/18/2017)

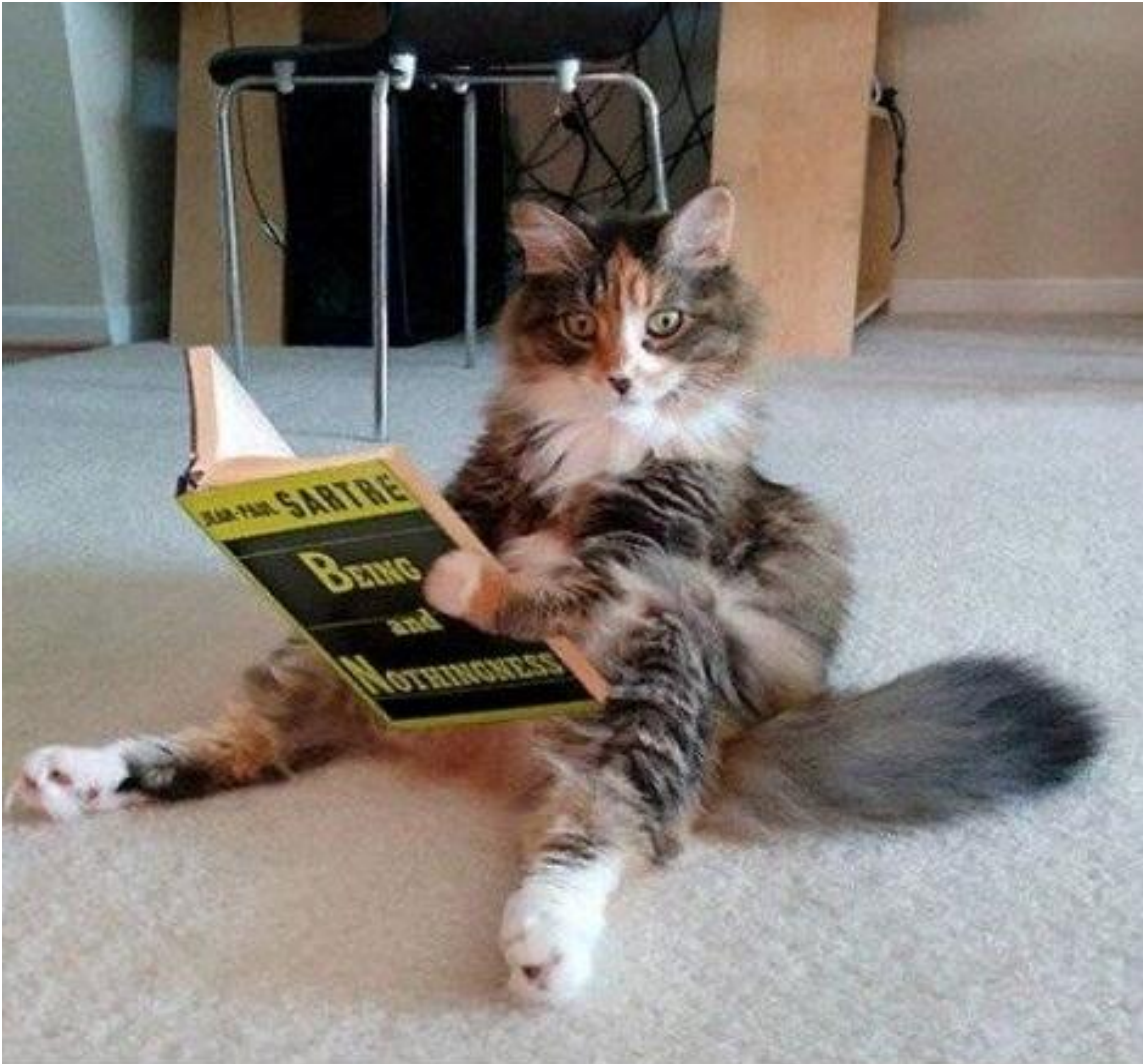


*"My Friends,
know that if a
waterfall of LOVE
pours from you,
that all those who
pass through your
presence will
indeed pause --
however briefly --
to bathe in that
soothing moment
of relief from the
brutal harshness
of the world."*

~ via Jennifer Skiff

"The really important kind of Power involves attention, and awareness, and discipline, and effort, and being able to truly care about other people and to willingly sacrifice for them -- over and over and over again, in a myriad of seemingly petty and highly unsexy ways" ~ via David Foster Wallace

The real Questions ...
(12/19/2017)



The Q is **not**: What is our essential nature – to dominate or to cooperate? The Q *is*: When are we going to choose the latter over the former?

The Q is **not**: What does science really say about how the Universe works? The Q *is*: When are we going to choose to re-engineer our communities?

The Q is **not**: What kind of God is running the show? The Q *is*: When are we going to start acting like agents of a loving God?

Happiness is a verb ...
(12/20/2017)



***Happiness needs much more
than mere positive thinking ...
No, to know true Happiness,
positive DOING is required.***

To truly tell the Truth ...
(12/21/2017)



*"To believe in any principle or virtue,
and yet not consequently enliven the
same, is essentially just as dishonest as
any outright lie." ~ inspired by Mahatma Gandhi*

To label is to Lie ...
(12/22/2017)



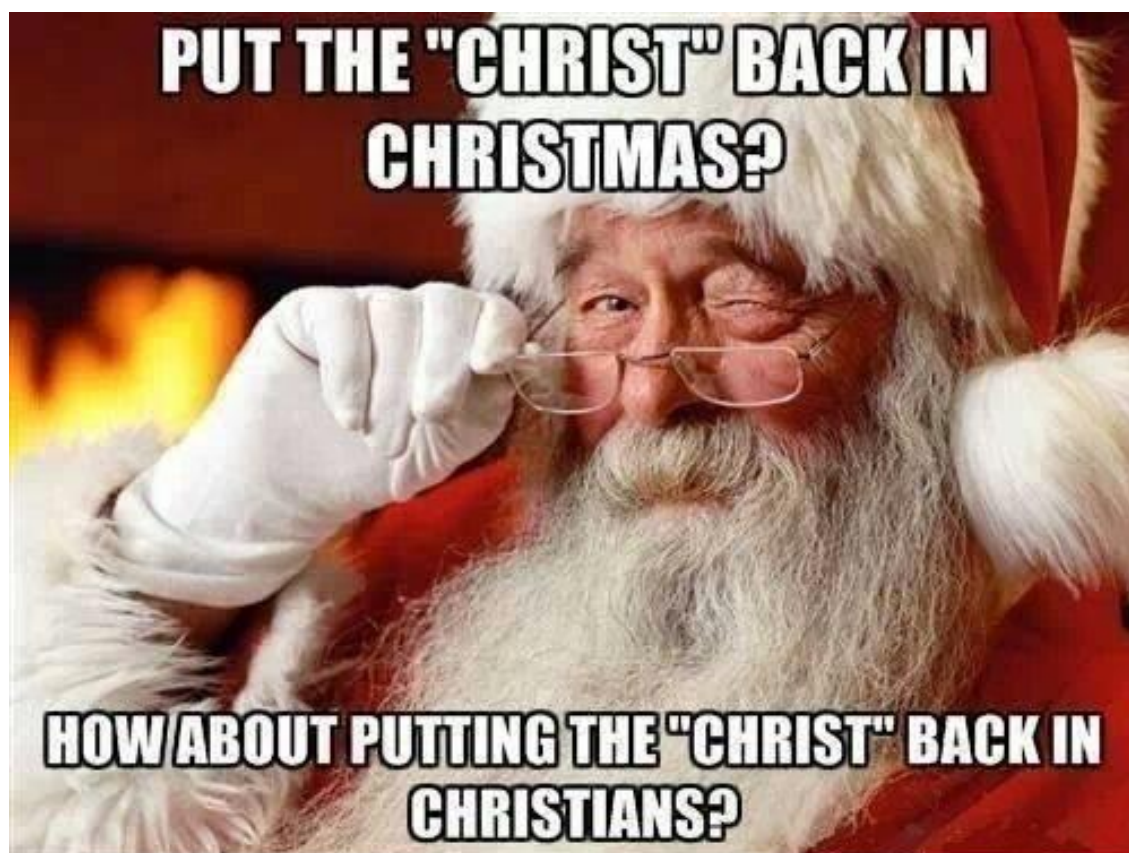
*He who calls the world 'dirty'
has but forgotten to clean his own
lenses ... She who calls another
'enemy' has but forgotten the
enormous size of her own Family.*

To know a Pure Heart ...
(12/23/2017)



The pure Heart -- the Heart that is humbly open to the Light of perfect Love -- has no choice but to become filled with the Truth of our innate Oneness, and the body that is carrying that Heart has no choice thereafter but to act accordingly.

The Christ in Christmas ...
(12/24/2017)



And how can we put Christ back into our Christmas? It's actually pretty simple. Just go forth each day and do at least one of the following -- feed the hungry, clothe the homeless, care for the ill & the injured, joyfully greet all strangers, be kind to those unwanted & downtrodden, forgive those who have trespassed against you, and openly love your enemies ... Amen -- Let it be so.

*making Christmas real ...
(12/25/2017)*



***Making the world a better
place isn't rocket science.
Simply remember that every
day is Christmas, and that
Christmas is a verb.***

a very Great Choice ...
(12/26/2017)



“When you’re depressed, what you choose to *do* makes all the difference in the world. In fact the very worst thing you can do when you are down is head out and be kind to another being in need -- because that's the moment when you'll start to feel truly better.” ~ Charlie Brown

Even though it is quite reasonable to dread & worry in these days of rampant war & widespread poverty, it can be helpful to remember that it is still a choice to do so. Yes, times are hard, and yes, folks are stressed, and yes, none of us knows what lies ahead on our roads now weak & wintered. And yet, for each and every one of us, regardless of particular circumstance or unique surroundings, Joy remains a viable option and Happiness remains a viable option ... You see, it might indeed be a cliché that “Happiness is always present”; and it might indeed be another cliché that “It matters not what happens to us, but rather only what we choose to *do* with what happens *for* us”, and yet these clichés are clichés for a reason ... They are clichés because **THEY ARE TRUE.**

So Happy Holidays everyone ...

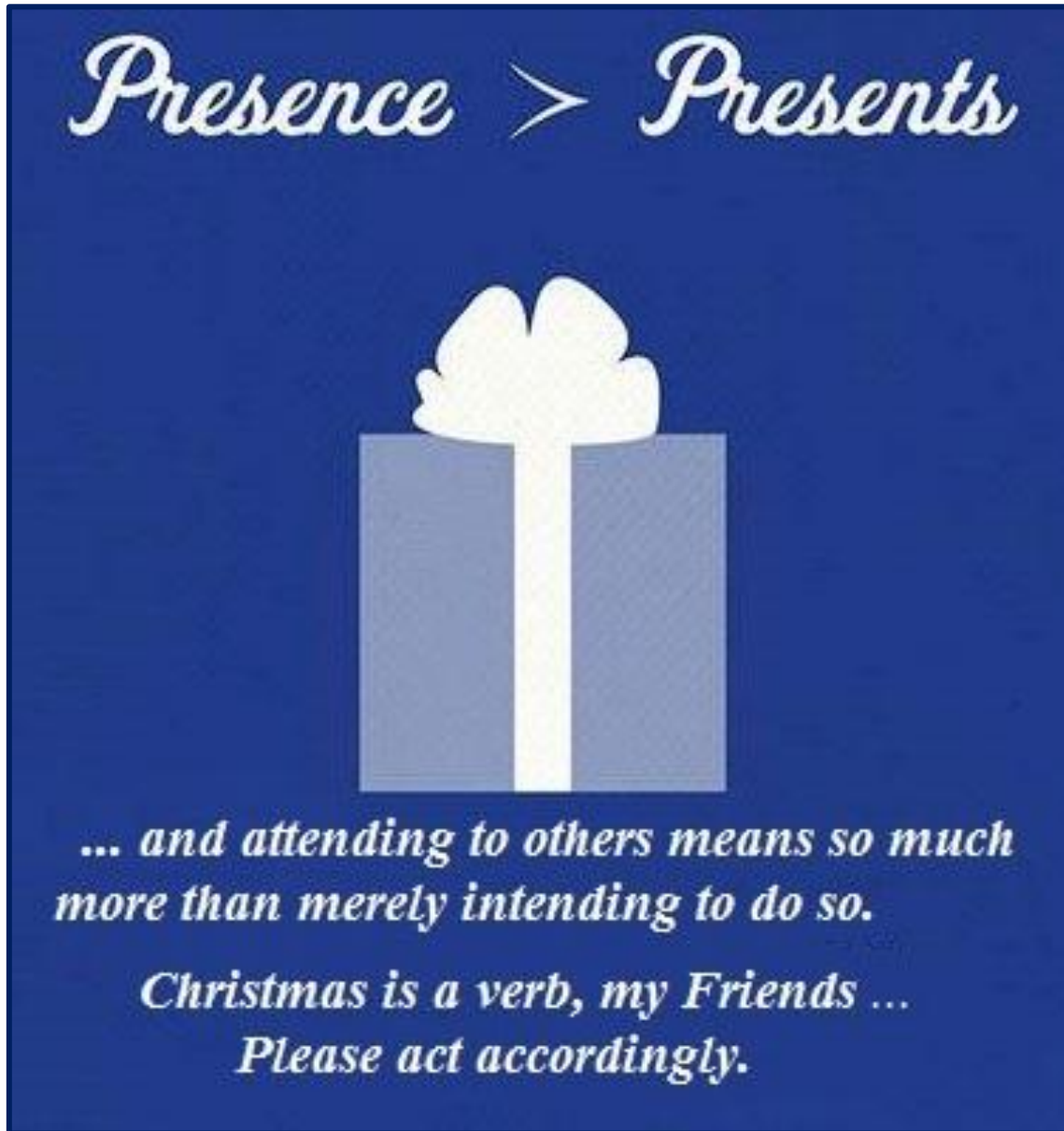
May merriment be your choice,
and may Peace prove to be your Purpose.

Amen ... Let it be so.

Winning by losing ...
(12/27/2017)



re-Membering Choice ...
(12/28/2017)



“Attitude is a choice. Positivity is a choice. Gratitude is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. And whatever choice you make makes you ... So remember to choose wisely.” ~ via Roy T. Bennett

The Spirit of Christmas ...
(12/29/2017)



***“I hold the true Spirit of
Christmas deep in my heart,
and will keep it all the year.”***

~ via Love (and Charles Dickens)

To speak your LOVE ...
(12/30/2017)



"Life is simply too fleeting not to tell someone that they are beautiful, or how much you love them, or that their mere presence makes the world a better place -- how you cherish all they do for others, and revere who they are as a person ... Indeed, life is so short; so precious -- blink and this moment is gone; sigh and the next might never come.

So speak your Truth boldly & champion your causes with courage ... Be reckless with your Kindness & Care-full with your Compassion ... Risk it all for Justice, share it all for Peace, and give it all for LOVE."

~ inspired by Jody Doty

“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being ... The simplest acts of kindness are by far more powerful than a thousand heads bowing in the most devout of prayers.” ~ John Joseph Powell & Mahatma Gandhi

Living to die; dying to Live ...
(12/31/2017)

This day is all we've got, my Friends -- one day composed of thousands of independent & fully vibrant moments; thousands of glimmering instants of potential glory & possible Meaning; millions of chances to choose between two onerous opposites -- on the one side, the still far-too-rare honoring of the Great Gift that is our conscious life (by choosing to transcend apathy & instinct to Care for others beyond the boundaries of personal safety or selfish comfort), and on the other, the still all-too-common drone of self-centered patterns and routines and habits -- the still far-too-common failure of seeking ease & pleasure instead of focusing on what needs repairing and then going about making those repairs; of noticing how the system is set up to oppress the many for the benefit of the few and then going about reversing those fortunes; of seeing who is being tormented & imprisoned & abused and then going about bringing those victims an equal measure of Justice & Peace.

This day is all we've got, my Friends -- our one and only guaranteed opportunity to make a Meaning-full difference in this still-far-too-meaningless life ... This day is all we've truly got ...

so let's get out there and ***make it a Good One!***

"Unbeing dead isn't the same as being Alive." ~ e.e. cummings

"Another glorious day in which one seems to be dissolved and absorbed and sent pulsing onward we know not where. Life seems neither long nor short when we are fully in it, when we take no more heed to save time or make haste than do the trees and the wind and the stars. This is true freedom, a good and practical sort of immortality" ~via John Muir

"We must not listen to those who advise us 'being men to think human thoughts, and being mortal to think mortal thoughts' but rather must put on immortality as much as possible, and strain every nerve to live according to that best part of us, which, being small in bulk yet much more in its power and honor, surpasses all else" ~ Aristotle



The Noble Sound ...

(01/01/2018)

“Though we are told to mourn the passing of LOVE from humanity's collective mind, we must continue to know that it was a most *Noble Sound*. The LOVE that we were awakening to several decades ago had a deep, potential majesty. It held promise ... It held Peace ... It held a possible destiny of Greatness. Though the last 4+ decades have seen its dream steadily dwindle & fade, that LOVE still remains viable; waiting on the fringes of our collective Soul -- a still-steady bridge spanning a chasm of violence & chaos, leading to our species' tenuously trembling Salvation ...

And on this bridge today sits a great Dragon; a Dragon bloated in the overconfidence of years & years of humanity's massive failings -- wars over land &/or oil; insane poverty caused by corporate gluttony, persecution brought on by religious bigotry; acts of terrorism & the acts of terror in response thereto; the needless & brutal massacre of billions & billions of innocent animals; the steady destruction of our planet's biosphere ... The list goes on & on & on -- and yet all hope need not be tossed aside. Indeed, this dragon has grown so fat on his recent successes that he has become weak & careless. He no longer attempts to hide his evils behind the masks of patriotism or piety. He blatantly trounces on the innocent, and arrogantly crushes the weak out in the open for all to see. And this will ultimately be his undoing ... For in his sloth & indolence, our Dragon has drastically underestimated the *Noble Sound* – the pulsing beat & polyphonic harmony of Compassion & Justice & Goodness that still hums strong & vibrant, deep within every human Heart.

We all have this *Noble Sound* still coursing through our veins -- we all know that the innocent are to be defended with acts of self-sacrificial courage, we all know that the poor are to be uplifted with acts of selfless generosity, and we all know that the wicked are to be redeemed with acts of bold forgiveness. If we turn off our TV's and shut down our phones -- if we silence our minds and quell our fears -- we can all still hear the *Noble Sound*'s smoothly radiant tune buzzing within our breasts ... And because this Sound forms the essence of who we truly are, we will never know Peace – and we will never rest from seeking it – until that *Sound* once again comes bursting forth from Heart to mind, from mind to mouth, from mouth back to Heart, and from Heart to hands & arms & legs & feet – until that *Sound* that is now still but a buzz becomes a whisper, becomes an utterance, becomes a song, becomes a shout – until it becomes real again and re-makes us all into what we were all Born to Be; agents of the Divine ... defenders of the downtrodden ... champions of Peace ... harbingers of perfect LOVE.

So, my Friends, won't you all pause with me now and Listen within?

Can you hear It? ... Can you hear your own *Noble Sound*?

Keep listening until you can ... and then **LET IT ROAR!**

(~ inspired by Stanley Crouch)



“As we gather here to mourn the passing of this noble sound, we should take the pains to remember something. There are some of us who don’t accept the dreams of dragons as their own, no matter how grand those dragons might say they are. Yes, there are some who will refuse to drop the candle even when pushed into a dark cave and locked there behind a stone ... There is, you must recall, a kind of serious study that will give you the confidence to strike your match to the mighty wick that will illuminate yet another portion of the darkness. Out there somewhere are the kind of people who do not accept the premature autopsy of a noble art form. These are the ones who follow in the footsteps of the gifted and the disciplined -- who have been deeply hurt, but not discouraged; who have been frightened, but have not forgotten how to be brave; who revel in the company of their friends and sweethearts, but are willing to face the loneliness that is demanded of mastery ... You have to beware of premature autopsies. A noble sound might not lie still in the dark cave where the dragons have taken it. A noble sound might just rise up and push away the stones that were placed in its path. A noble sound might just rise up on the high side of the sky, it might just ring the silver bells of musical light that tear through the cloak of the dragon’s shadow that blacks the sun. ... A noble sound is a mighty thing.” ~ Stanley Crouch

on making the Could Be ...
(01/02/2018)



There is now no more doubt about it, this image represents where our species -- indeed, where our entire planet -- is headed; deep into darkness & distance; deeper into loneliness & isolation; headfirst into interactions soaked in fear, reeking of hatred, or -- even worse -- oozing with apathy; lives brimming with relationships shrouded in shadow -- shrouded vision, shrouded communication, even shrouded Souls ...

And yet it doesn't have to be this way. We don't have to tow the line that tells us to "behave" and "play it safe" and "be normal." And we certainly don't have to accept the vapid narrative that over & over tries to convince us that this is "just the way things have to be." No, my dear Friends -- we are so much greater than any of that. For no matter what any of those people say, we are anything but "only human" -- for no matter what any of them say, we are and will ever remain HUMAN. And as such I will go to my grave believing that we *can* build a better world, and I will go to my grave fighting for the same ... I will go to my grave believing in YOU; that you *can* reach out to strangers with "obscene" acts of Kindness, that you *can* reach out to Friends with "crazy" deeds of generosity, that you *can* reach out to your enemies with "irresponsible" expressions of acceptance & forgiveness & grace, in essence that you *can* become a Light in our current darkness.

You *can* do this, my Friends -- each & every one of you. I will go to my grave believing that you can -- I will go to my grave believing that you indeed one day will.

May that day come much sooner than later ...

Indeed, may that day come today.

Amen ... Let it be so.

Making it All better ...
(01/03/2018)

It bears noting that a **Better World** is not only possible; it is patiently waiting for you to help make it happen. Yes, maybe you cannot change the entire planet for the better, and yet you most certainly *can* radically change the 10 square feet that surrounds your own body every day ... And as such, you *can* make a difference; within that 10 square feet, all the difference in the world. In essence you *can* make the world a better One -- you *can* be Kind to strangers; you *can* reach out to the homeless & the downtrodden; you *can* forgive your boss or your teacher or your coworkers or your classmates who have harmed you; you *can* choose to stop treating animals like things; and you *can* make your voice heard by standing up for those who are being condemned, insulted, enslaved, or oppressed ... These are things you *can* be doing every single day -- and these are things that *will* make your world a significantly better place.

So what are you waiting for?

Get out there and **DO IT!!!!**



"If you are tired of starting over, stop giving up." ~ unknown

To be set Free ...
(01/04/2018)



"The truth not only sets you free, it dismisses all dragons, transcends all fears, and casts a refreshing spell over all those who've yet to see the real You ... Of course, you've got to throw off your blinders before you can know your Truth. You've got to have the guts to let go of all your convictions, all your preconceptions, all your fears, and all your desires. And after you've done that, you've got to realize the fundamental Truth of Truth -- that merely knowing Truth is not enough, as Truth cannot ever be truly embraced until it is radically enlivened. It is only after you choose to actively dwell in our shared Truth that your actions will illuminate your world." ~ inspired by Mike Dooley

The ever-available Real ...

(01/05/2018)



To KNOW, we must first Find.
To FIND, we must first Seek.
To SEEK, we must first Look.
To LOOK, we must first remember ...
... remember that we are One.

“In every chance encounter, we offer up a small sample of who we truly are; a shimmering portion of ourselves that vaguely represents what we think others want us to be. But so rarely does anyone stop to look inside – just as we rarely stop to look inside in return. We glance – make brief contact – adjust what we take in to match what “we already know” – and move on to glance “next”; never experiencing the glory of real Connection – never appreciating the majesty that ever resides within every other; a majesty that can only be Seen if we meet for longer – and go far deeper – than a mere glance.” ~ inspired by John Koenig

To beat the Devil ...

(01/06/2018)

Penance won't do it ... Piousness won't do it ... Prayer won't do it either. No, my Friends, the only way to truly beat the Devil – the only way to live a life free from the clutches of the sins of greed and callousness and gravity and fear – is to befriend & then enliven the Holy One within you; the One who wants nothing more than to awaken the masses from their selfish slumber, to soothe the pain & weariness from those who suffer, and to liberate the oppressed from their cruel tormentors.

Even if they won't listen, call to them ever clearly ...
Even if they won't stand, hold out your hands unceasingly ...
Even if they won't walk out into the Light,
... shine it boldly & unendingly upon their Path.



“If you waste your time a-talkin' to the people who don't listen, to the things that you are saying, who do you think's going to hear? ... And if you should die explainin' how the things that they complain about are things they could be changin', who d'you think's gonna care? There were other lonely singers in a world turned deaf and blind who were crucified for what they tried to show. And their voices have been scattered by the swirling winds of time, 'cause the truth remains that no-one wants to know! ... And you still can hear me singing to the people who don't listen, to the things that I am saying, prayin' someone's going to hear. And I guess I'll die explainin' how the things that they complain about are things they could be changin', hoping someone's goin' to care ... I was born a lonely singer and I might just die the same, but I've got to feed the hunger in my Soul. And if I never get a nickel I still won't die of shame, 'cause I still believe that someone wants to know.” ~ lyrics inspired by Kris Kristofferson & Johnny Cash

To revel in the Rain ...
(01/07/2018)



“They strolled calmly and smoothly, their bodies perfectly relaxed. They did not hunch away from the rain, but rather glided through it. They directed their faces to it and did not flinch as it drummed their cheeks. They did not shy from the downpour; but rather reveled in it.” ~ via Tom Robbins

Dancing out the Flames ...
(01/08/2018)

A wise man once crooned, “If this is to end in fire, then we shall all burn together.” And indeed, this is the most poignant & inescapable Truth of all poignant & inescapable Truths -- that once the wispy-thin house of cards that the wealthy have built with our gilded dreams collapses, and once the current very-real climate shift reaches a velocity most terminal, and once the neocons & the neolibs & their mass media minions finally succeed in bringing global xenophobia to a slaving & fevered pitch -- then, my friends, we will all indeed burn. And make no mistake about it, I will be right there with you -- holding all of you close as my dear brothers & sisters; watching with great sadness as our goodness smokes & burns; watching with great indignation as our species' glorious potential destiny turns to ash.

AND YET it isn't too late to turn the tide ... It isn't too late to give what little we have to those in need -- and thereby show the wealthy *The Way* back from the wastelands of their callousness & their greed ... It isn't too late to go vegan for both the animals & the planet we share with them -- and thereby show all climate-change deniers *The Way* back from the purgatory of their corruption & their ignorance ... It isn't too late to reach out to Muslims & conservatives alike with bold acts of Kindness -- and thereby show the hate-hardened zealots of all religious faiths *The Way* back to compassion & Love.

My dear Friends, it is not too late for each of us to boldly do our part to dance the Dance of Togetherness -- and thereby douse the growing flames of impending calamity.

I have already started dancing ...

Won't you dance with me?

“We've got to dance like nobody's watching, and Love even while being hurt. We've got to sing like everyone's listening, to make life into Heaven on Earth ... And those who choose to dance this dance will be thought to be insane by those who choose not to hear the music, and yet the dancers will be the sane ones – and those who judge them will pass on deluded and alone.” ~ via William W. Purkey & Friedrich Nietzsche



One is enough ...
(01/09/2018)

Maybe you don't have the time to stop and speak with hundreds of lonely people today ... so how about stopping & speaking gently with just one?

Maybe you don't have the means to feed hundreds of the hungry today ... so how about buying lunch or dinner for just one?

Maybe you don't have the emotional fortitude to reach out to hundreds of strangers who are saddened or filled with worry ... so how about reaching out with Kindness to just one?

Amen ... Let it be so.



“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived.” ~ Ralph Waldo Emerson

to in-deed move Mountains ...
(01/10/2018)



“Each of us must rededicate ourselves to serving the common good in the ways we each can. We are a community. Our individual fates are linked and our futures are intertwined -- each & every one. And if we choose to start acting in that knowledge and in that spirit together, then we will indeed move mountains.” ~ inspired by Jimmy Carter

the only Immortality worth Living ...
(01/11/2018)



KEEP CALM and STAY BOLD ...

Remember to fully embrace this & every moment, for it is the deeds of selfless Kindness & courageous Generosity you do today that will carry your Soul through eternity.

Witnessing the Beauty ...
(01/12/2018)

Despite how he might be behaving to the contrary, he is *Beautiful* ...

Despite how she might be believing to the contrary, she is *Beautiful* ...

Despite what we are media-told to the contrary, humans are *Beautiful* ...

Despite what we have been conditioned to believe to the contrary, the Earth and all its inhabitants are *Beautiful*.

So choose to deeply **SEE** the Beauty all around you today;
& choose to deeply **SEE** the Beauty in your Life & its Living.

Choose to deeply **SEE** the Beauty in all others ...

... & then choose to *act accordingly*.

*Smile at
strangers.
We're in this
together.*



Together again – & again – & ever again ...
(01/13/2018)

You might think that the co-worker who annoys you at work is worthy of your gossip -- and you might think that those “damn Democrats” (or those “damn Republicans” -- pretty much the same thing these days) are worthy of your ire -- and you might think that those “Muslim extremists” (or those “@\$#& terrorists”, or those “dimwitted heathens”) are worthy of your judgmental enmity &/or livid hatred ... You might think those things indeed, and indeed, we have all been taught from a very young age that thinking such things is “normal” and “appropriate” and “reasonable” and even “good.”

Of course, what thinking these things (and God forbid, actually acting upon those thoughts) does is nothing more than blind you to the very simple **fact** that the people who you do not like (and/or the people who make you nervous, and/or the people who worship a different God, and/or the people whose skin is a different color, and/or the people who are attracted to non-traditional genders, and/or even the people who do mean things to you) are **all** a part of your very own Family -- and your refusal to see this **fact** does not for even one instant make it any less Truth-full.

For indeed (and in-deed), if we but have the humility to pause for a moment when confronted by such people -- and then but have the courage to repeatedly & persistently give them the very thing that is lacking in their lives (hint: your unconditional Love -- shown via your acts of Kindness), then those folks have no choice but to inevitably & incontrovertibly come back into Harmony with you again.

Yes, I will admit that this return to Oneness is an inevitability -- that we don't have to “force the issue” with our lives' enemies at all; that we will all have no choice but to return to Harmony together at some point; at the latest during our last conscious breath while lying on our deathbeds, **and yet** it is not necessary to wait that long to do so ...

... and I highly recommend against choosing that waiting.

Peace to ALL ... S

“What should young people do with their lives today? Many things, obviously. And yet the most daring thing is to create stable communities in which the terrible disease of loneliness is cured.”

~ Kurt Vonnegut



"To live and see the 'Beloved' within each person met is like walking through a garden and watching flowers bloom all around you ... For the one in whom such a Love dwells, the whole world becomes one great Family."

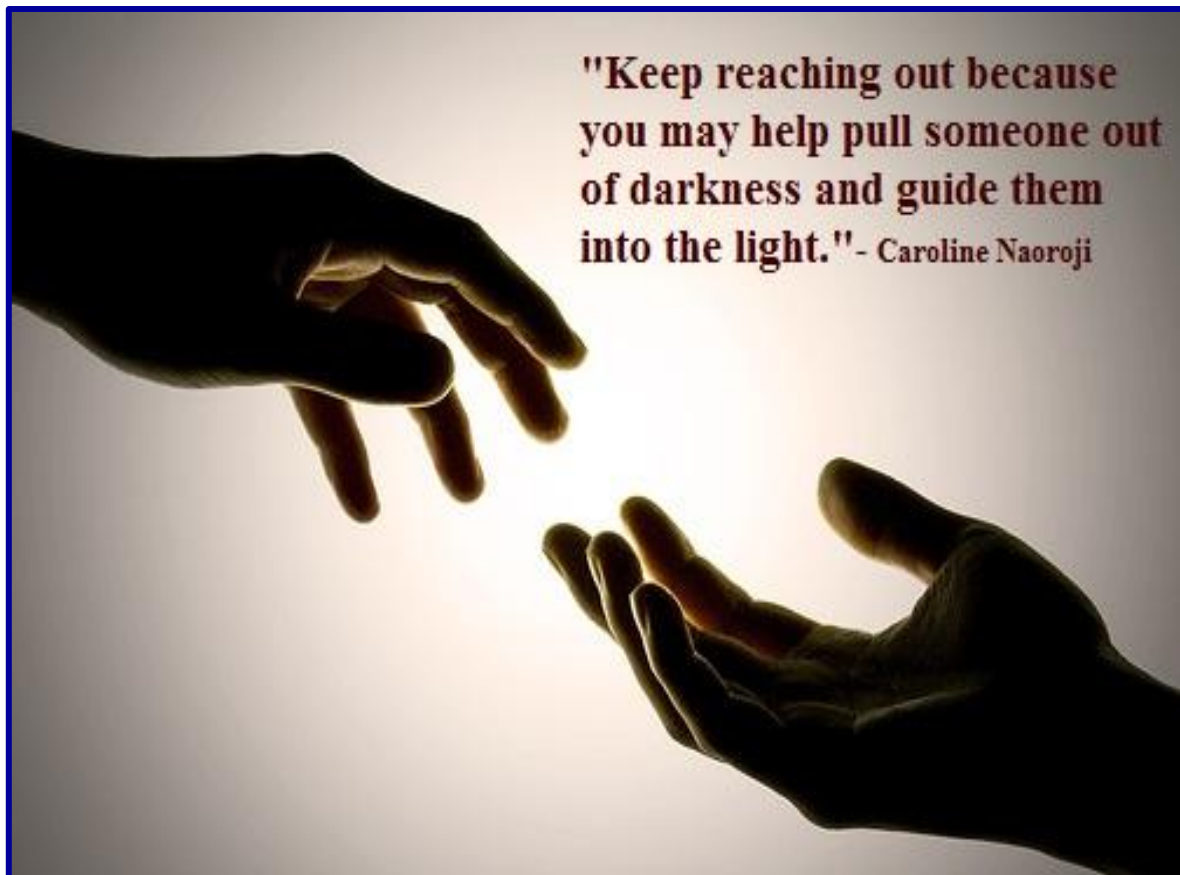
~ inspired by Paul Goldman

Making a difference ...
(01/14/2018)

It is within the confines of our lives' marginal characters that humanity's true Hope rests. For indeed, it is here that you have the power to change your community by changing the life of someone nearby who is teetering on the brink -- by reaching out to a violent gang member; by reaching out to a despondent homeless man; by reaching out to a hopeless drug addict; by reaching out to a petty criminal; by reaching out to an angry bigot; by reaching out to a hateful zealot; indeed by reaching out to any member of your world who is poor &/or downtrodden in any noticeable way.

My Friends, you **can** go forth today and find someone in your life who is living on the edge of society and leaning dangerously over a chasm of despair ... And once you find them -- with just a few powerful acts of persistent Kindness & humble Caring, -- you **can** help them to turn their lives around.

You **can** do this, my Friends ...
... and humanity desperately needs you to do so



Manifesting the Muse ...
(01/15/2018)

It's easy (and admittedly Good) to be a loyal fan of those we like and Love. It has been said that every Master would have been nothing without his or her primary Muse -- that every masterpiece ever created would have remained forever dormant but for that small handful of people who believed in another so staunchly; so unreservedly; so powerfully that the brilliance within them had but no choice but to emerge to astound and bewonder.

And yet what of those who are not so liked or revered? What of those who are not so Loved? What of those who -- for whatever reason(s) -- have been cast by the wayside of society; reviled for their wrongdoings; ridiculed for their otherness ... What of those outcasts? What of those untouchables? What of those "villains" and "criminals" and "vile-doers" and "crazies"? Do they not too have a latent Mastery within them? Can they not just as well blossom forth to be a boon where they have otherwise been but a bane?

Of course they do, and of course they can. And yet who will be their Muse? Who will be brave enough to openly embrace their still-innate Humanity? Who will be humble enough to openly champion their still-latent Greatness?

I will do so ... will you do so too?



“Our chief yearning is for someone to move us to become what we know we could be; to encourage us to become who we truly and deeply are.” ~ inspired by Ralph Waldo Emerson

Saints in Waiting ... (01/16/2018)

St. Vincent, Bill Murray's recent gem of a film, reminds all who watch it of a very important & oft-forgotten Truth -- namely, that even though we often make mistakes in our dealings with others; that even though we all regularly “slip” into thoughts or words or acts that are selfish or callous or crass (or arrogant or greedy or superficial or spiteful or even downright cruel); that even though we are all programmed at our most basic level to think primarily for ourselves and our own comfort (and justify the same -- because we are, after all, “only human”); that despite all of these things, we all always have been, we always will be, and we indeed still are to this very day true *Saints in Waiting ...*

*It reminds us that even though we might have every reason to be wary of and act coldly towards the strangers we encounter, we can also choose at any moment to reach out to those “bums” and be openly & courageously Kind to them instead;

*It reminds us that even though we might have been taught to condemn or criticize those whose religious beliefs differ from our own, we can also choose at any moment to reach out humbly to those “heretics” and give them gentleness & respect instead;

*It reminds us that even though we might have been raised to harbor bigoted hatred for those of different gender or different race or different sexual inclination, we can also choose at any moment to set aside our prejudices and reach out to those “weirdos” & those “perverts” to tenderly Care for them instead;

*And it reminds us that even though we might believe beyond a shadow of a doubt that the violent cruelties we directly support are justified (be they drone strikes ordered by your “glorious leaders,” or be they slaughterhouse murders ordered by your own shopping dollars that every month kill hundreds of innocent animals), we can also choose at any moment to put down our politics and put down our knives and become active agents for Peace instead.



Yes, I know, we are indeed “only human”, and as such more “sins” of selfish lust & greed are probably approaching on our horizons of “one day” or even “soon” ... **And yet**, allow me to gently remind you that you are also so much more than mere mammals of instinct – allow me to remind that you are Good – allow me to remind you that you are Noble – allow me to remind you that you are Kind -- even allow me to remind you that *you too, are Saints.*

Amen ... Let it be so.

Friends & enemies; enemies as Friends ...
(01/17/2018)

Yes, there will repeatedly be people in your life who take what is yours; those who steal your things or rob your time or thief your peace of mind ... And when they do so, it is very tempting to treat them like enemies who have wronged you -- to bemoan their trespasses against you; to yap at them & criticize them & lambast them; to aggressively try to take back what has from you been taken.

And yet as understandable and as “reasonable” as such corrective measures may be, we have all discovered (or will one day inevitably rediscover) the simple Truth that these types of responses simply don't work ... Whining about the travesties that befall us doesn't make them go away; gossiping about our adversaries behind their backs (or complaining about them to their faces, for that matter) doesn't make them any friendlier; and attacking enemies with force only encourages them to either violently defend what they have taken or retreat in fear – to inevitably grow stronger and try to steal from us again at the next opportunity.

No, my Friends, when the greedy and the “mean” and the corrupt and even the “evil” people in our lives steal from us, there is only one response that ultimately brings peace --- only one response that ultimately prevents us from being robbed in the future. And that response is to openly & radically & even irrationally treat those “thieves” like the dearest of Friends; to -- especially in those times when we least wish to do so -- share with them anyway.



*“Do I not destroy my enemies when I
make them my friends?” ~ Abraham Lincoln*

Our greatest Destiny ...
(01/18/2018)

The only way for humanity to awaken its greatest Destiny -- the only way for us to enable the Awakening to Oneness which will then allow for an experience of real Peace -- is to accept that even though we are indeed a miniscule part of the Universe as a whole, we are each & every one of us incredibly important within our immediate surroundings; that even though we cannot change or alter the entire Cosmos, we most certainly *can* make great & uplifting change in the lives of all those around us.

You already are your greatest & most noble Destiny, my Friends ... All that remains is for you to go forth today and act accordingly.

Amen ... Let it be so.



“Each & every sentient being is, in the greater cosmic perspective, profoundly unique and truly amazing. As such, if any other being disagrees with you in any way, please remember to at the very least let them live. For even if you look into the darkest recesses of one hundred billion other galaxies, you will never find a comparable replacement.” ~ inspired by Carl Sagan

The simple choice: Kind or quiet ...
(01/19/2018)

Sometimes we can feel pretty sure that we “know better” ... Sometimes we can feel pretty darn positive that our friends or our relatives or our co-workers or our enemies would do well to listen to our wisdom &/or heed our advice ... And sometimes, I readily admit, we might even be right.

Well even if you are right -- even if you happen to truly know when another person is “wrong” or “ignorant” or “lost”, consider choosing to keep your cajolings & your controllings & your criticisms to yourself anyway ... Because what folks *really* need is your support, not your advice – what they *really* need is your enthusiasm, not your guidance – what they *really* need is your acceptance, not your correction -- your *Love*, never your worry.

before you speak
THINK
T ... Is it true?
H ... Is it helpful?
I ... Is it inspiring?
N ... Is it necessary?
K ... Is it kind?

The secret to Right Action is rather simple: BE KIND whenever possible, remembering that it is always possible to BE KIND ... And if you somehow can't bring yourself to BE KIND, at the very least bring yourself to be quiet.

“Never miss a good chance to shut up.” ~ Will Rogers

the biggest Little Gem ...

(01/20/2018)

Here's a little gem before I head off to bed -- a nightcap of "Universal Law" if you will: The measure of the true Happiness you will experience in this lifetime will always be directly proportional to the ratio of how much you have, compared to how much of the same you give away to others.

*"You give but little when you give of your possessions.
It is when you give of yourself that you truly give."*

~ Kahlil Gibran



"Clouds come steadily floating into my life, no longer to carry rain or usher storm or bring darkness, but rather to add warmth to every ray of penetrating sunshine and to bring color to each of my sunset skies." ~ Rabindranath Tagore

Heaven & Hell & the long-handled spoons ...
(01/21/2018)



One day, a devout man prayed to God to show him the nature of *Heaven & Hell*. Seeing as how the man had been living a humble & generous life, God decided that such a request could be granted, and led the man to two doors. As the man looked on, the first door opened to show a large room containing one large, round table. In the middle of the table was an enormous steaming pot of vegetable stew, and the aroma therefrom was so thick and smelled so hearty that the man's mouth couldn't help but begin to water. And yet around that table were seated six of the thinnest, palest, sickliest people the man had ever seen, and the cause of their obvious despair soon became clear – they each had only been given spoons with extremely long handles with which to eat, and while it was possible for all of them to reach the pot and spoon out some of the stew, there was no way for them to bring that nourishment to their mouths ...

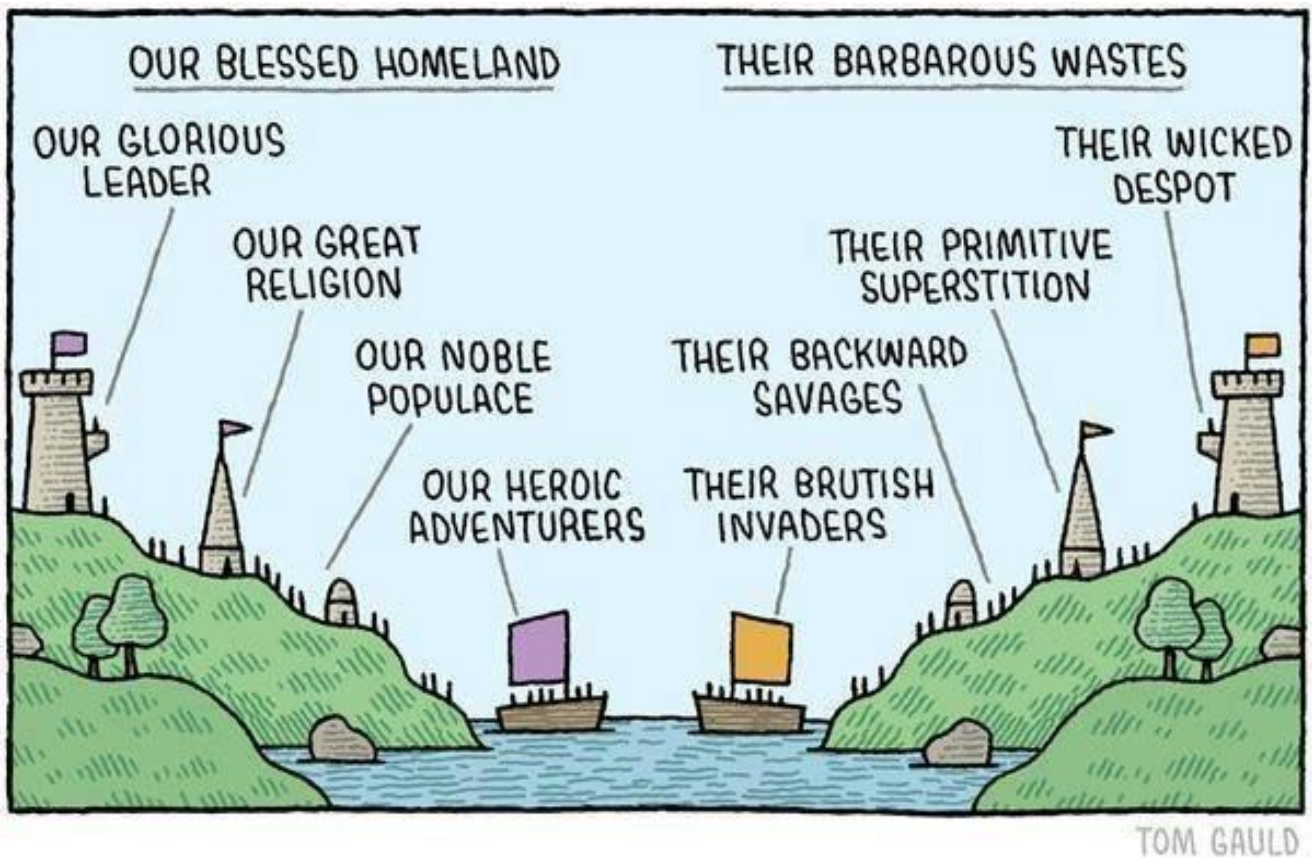
“This,” said God, with more than a bit of solemnity, “is *Hell*.”

After the door to *Hell* closed, the second door opened. The man looked in and saw exactly the same room, containing exactly the same table, with exactly the same six people seated around it, holding exactly the same long-handled spoons. And yet this time everyone present was healthy & happy & rosy-cheeked, with eyes that laughed and mouths that smiled ... They were completely content & at ease ...

“This,” said God, with more than a bit of peace, “is *Heaven*.”

After the door to *Heaven* closed, the puzzled man turned to God and said, “I don't understand. How is it so that the same people can be so miserable in the first room and yet so happy in the second?” ... “The difference,” God replied, “rests in one simple fact. You see, in *Hell*, people only think of serving themselves, while in *Heaven*, they have learned to feed each other.”

our nebulous divides ...
(01/22/2018)



Our world is not divided by national boundaries, religious creeds, or ethnic differences. Our world is divided by political corruption, religious zealotry, and fear-based ignorance.

the Why's & the How's ...
(01/23/2018)



“In the final analysis, the question of why bad things happen to good people transmutes itself into a very different and far more important question. We no longer ask why something has happened, but rather how we will respond thereto -- Instead of asking why a thing has happened, we ask how we will use what has happened to further some other good.” ~ via Teilhard de Chardin

on shining Bright ...
(01/24/2018)

It's not about fixing everything that is broken or washing away all of life's sadnesses or saving the world ... It's simply about pausing one moment at a time to shine forth your Love; about pausing one moment at a time to simply reach out and courageously Care.

Please remember that every act of Kindness counts, my Friends.

Please remember that everyone you meet is in need of the same ...
... and then please ***act accordingly***.

Thank you.

“This is the beginning of a new day. You have been given this day to use as you will. You can waste it, or you can use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; and in its place will be something that you have left behind... Let it be something good.” ~ inspired by Rick Kausrud



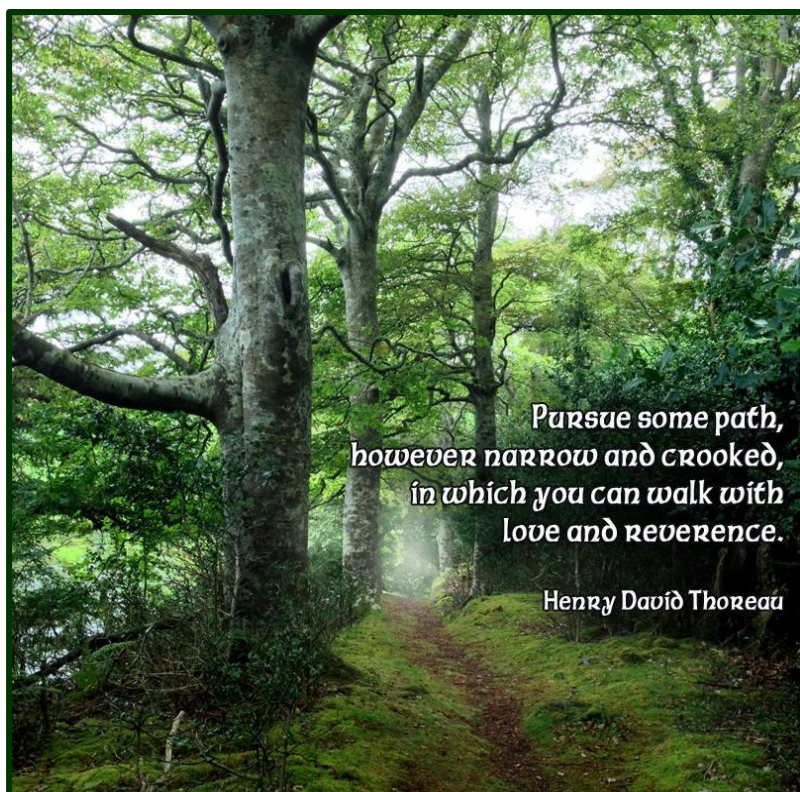
this Beauty-full World ...

(01/25/2018)

This is indeed a big & beautiful world we live in -- that **all** of us live in; together -- as one big Beauty-full sentient Family; together -- as one global community; together -- as ONE ... And even though we may not be able to do much about what is happening to our cousins on the other side of the world, **we can** most certainly do something about the sentient family members living in our own neighborhoods. And even though we may not have the money or the time to “make a big difference” there either, and yet a difference **we can** make -- probably a lot bigger difference than we give ourselves credit for.

And yet we can't make that difference while we sit around tables playing cards with our friends and complaining about the weather, and we sure as Hell (pun intended) can't make that difference while watching TV and complaining about the flagrant failings of our supposed “leaders.”

No, my Friends, the only way for us to make the difference that each & e very one of us **can** indeed (in-deed!) make is to get up, get out there, and get started. So please go and do so today ... Get out there and pick up some garbage, or smile at some strangers, or sit down and share some food with some homeless folks, or deliver some cookies to the neighbor no one likes, or openly forgive the person you yourself dislike the most, or volunteer at a local school or charity, or beautify a local park ... Heck, you can get out there and do **all** those things -- or you can get out there and do some things “other”; whatever “other” it is that specifically you can do ... For it doesn't really matter what we do when you immerse ourselves in our communities, and yet it **DOES** in-deed matter very much that we do so.



Pursue some path,
however narrow and crooked,
in which you can walk with
love and reverence.

Henry David Thoreau

any Way anyway ...
(01/26/2018)

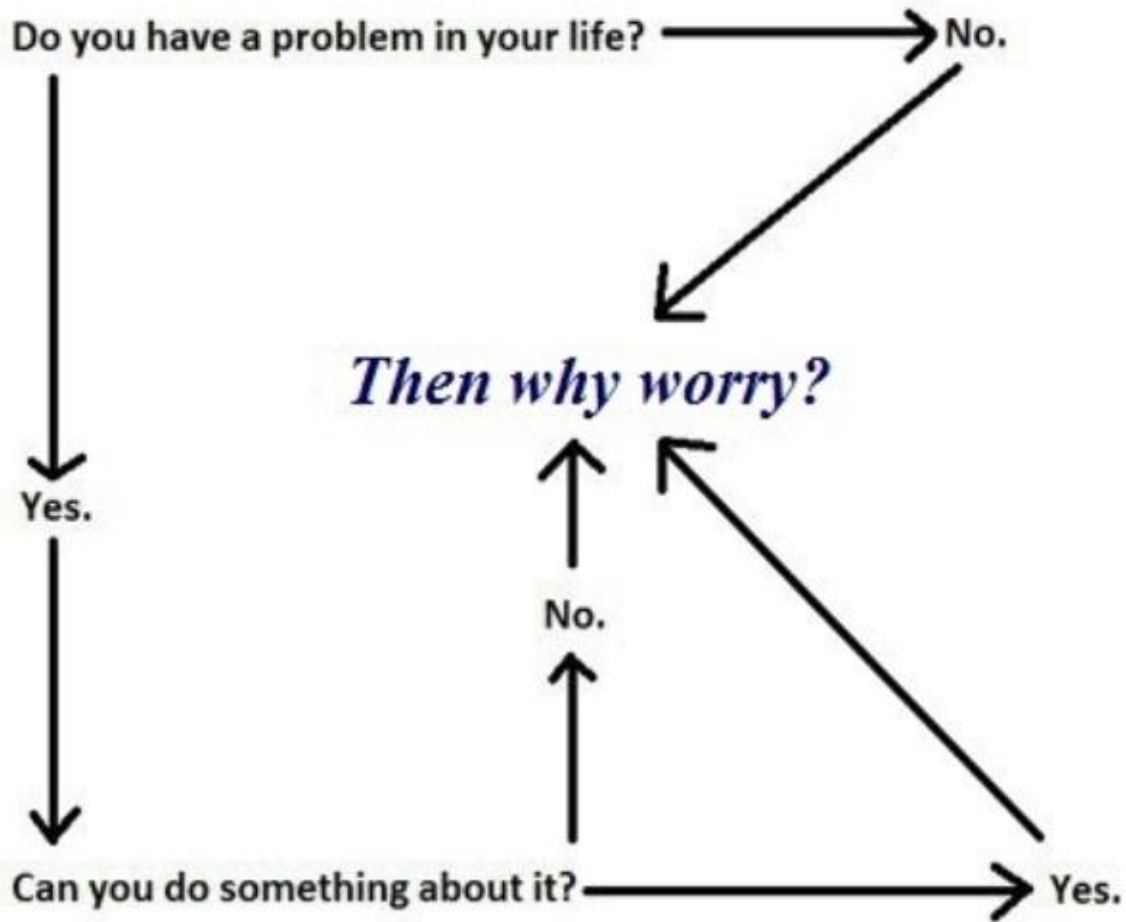
There are times when life seems so dark that we don't think our tiny light will make a difference ... Especially in those times, *shine your light anyway*.

There are times when others seem so mean or cold or evil that we don't think our tiny spark of warmth will bring forth any worthwhile change ... Especially in those times, *give your warmth anyway*.

There are times when your own life seems hopeless -- when sadness or anger or fear consume you and make it feel like the next "yes" is a thousand miles away ... Especially in those times, *say YES anyway*.



What, you worry? ...
(01/27/2018)



"Worrying is trying to carry tomorrow's load using today's strength -- trying to erase fear & angst by carrying two days at once. And yet the thick of this ever-futile failing is ever the same: worrying doesn't empty tomorrow of one bit of its coming sorrows, while it most certainly always empties today of all of its potential strength" ~ via Corrie ten Boom

Choosing LOVE -- the verb ...
(01/28/2018)

A very wise man once noted that instances of extreme suffering will cause the one experiencing them to become either extremely gentle or extremely cruel ... Well, this stark choice is not reserved merely for those living exceptional lives or those enduring radical circumstances. Indeed, throughout the course of *all* our lives, each & every one of us experience regular inflictions of extreme pain or extreme injustice or extreme callousness or extreme rejection. And every time we do so -- every time we endure such suffering, each & every one of us can choose how we will respond to the enemies who bestow such pains upon us ... Please consider:

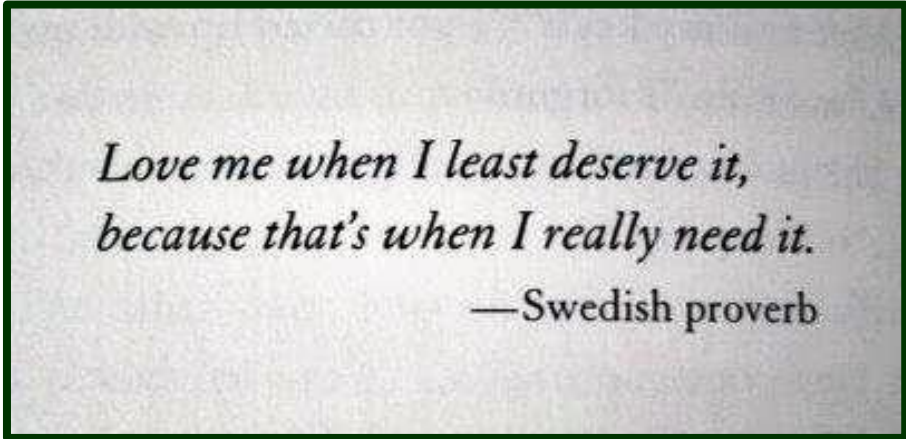
*We can reasonably choose to lash out in self-defense, or we can bravely choose to reach out with Compassion ... Choose to *show Compassion!*

*We can understandably choose to impose “fair punishment” on those who have wronged us, or we can humbly choose to reach out to them with Kindness ... Choose to *be Kind!*

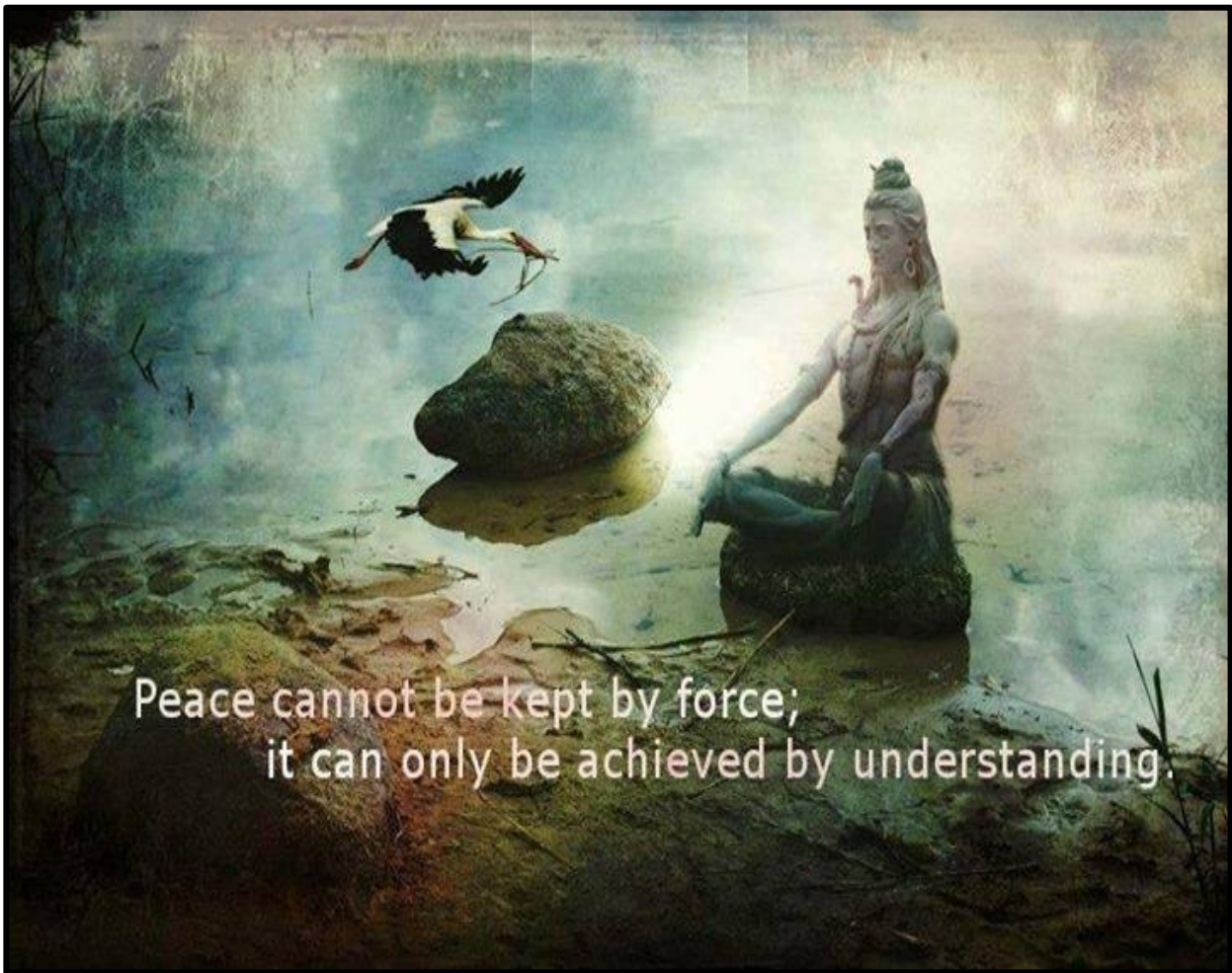
*We can in all fairness choose to live lives insulated by “prudent caution” around strangers, or we can choose to reach out to them all with Caring ... Choose to *openly Care!*

Yes, my Friends, life will continue to give us all many very good reasons to live our lives steeped in anger &/or soaked in fear, and yet Love remains always an option ...

... so *choose LOVE!*



*Love me when I least deserve it,
because that's when I really need it.*
—Swedish proverb



Peace cannot be kept by force;
it can only be achieved by understanding.

“Peace cannot be kept by force; it can only be achieved by heartfelt 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

“I’m convinced we have each been endowed with a beautiful heart. We may not always see it. We may not even believe it, and yet it’s a gift that came with birth nonetheless. And every time we act selflessly, that beautiful heart grows a little” ~ via Steve Goodier

to answer Fear with LOVE ...
(01/29/2018)

You will know fear, my Friends ... Indeed, you cannot escape it. No matter how successful or how powerful or how beautiful or how wealthy or how comfortable you become, fear will find always you, and uncertainty will rule your days once more ... And yet fear need not be your enemy (for if you make it your enemy, it will always defeat you). No; fear can become a powerful ally; your most powerful ally of all -- *if* (and only if) you choose to face it with Courage.

When you feel doubt, you can *choose resolve*;

When you feel uncertain, you can *choose to leap* with faith;

When you feel afraid; you can *choose to be brave*.

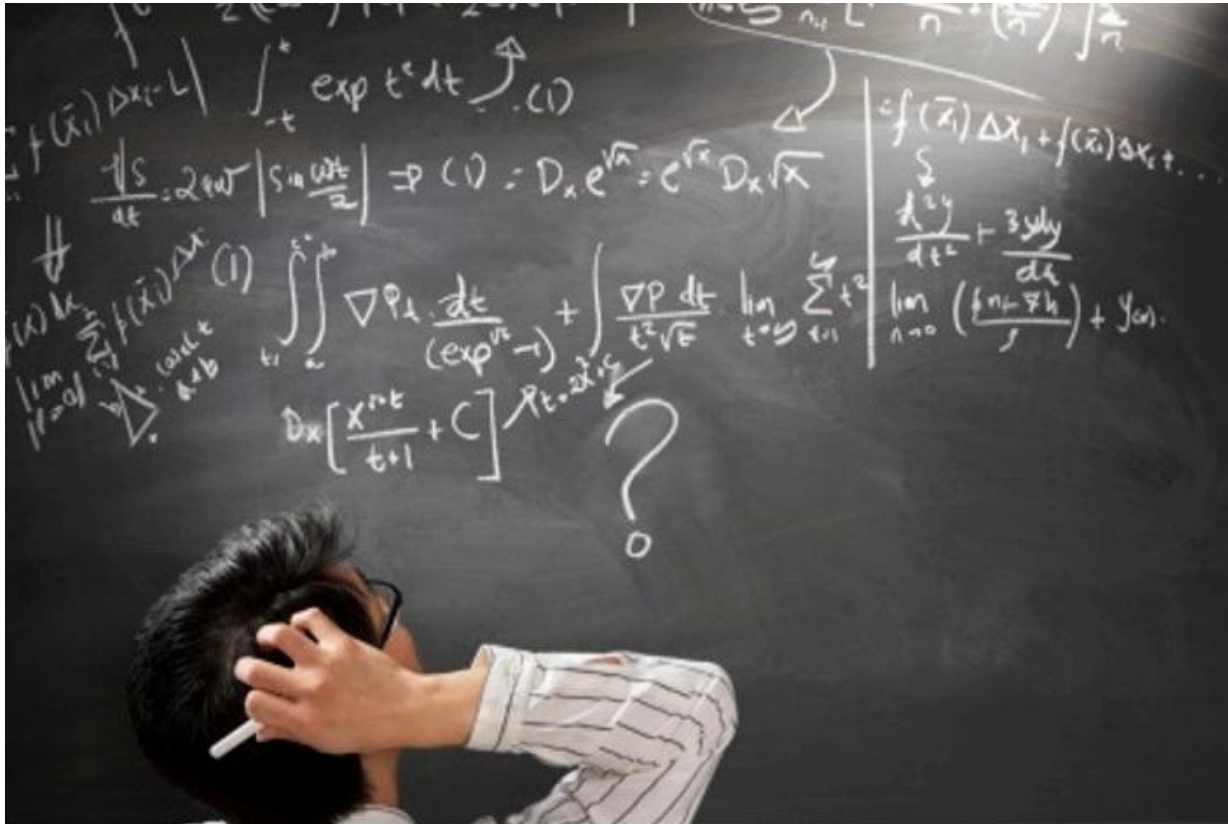
Yes, fear will find us all, my Friends, and yet we need not become a slave to fear. When we are tempted to recoil in pain, we can stride forth to keep loving anyway ... When we are being persuaded to timidly “tow the line”, we can step forth and show them all who we truly Are ... When we would be chided to look away from a beloved injustice or a commonplace travesty, we can stand forth with an open Heart & a raised fist and boldly shout “**No More!**”

For it is *these* moments that make our lives worth living, my Friends. so avoid letting them passed unused. Face your fear, embrace your fear, and then leap right into its fanged face ... It may seem vicious & indomitable at first, and yet in the end -- once you act accordingly -- fear is no match for You.



"I must not fear ... Fear is the mind-killer. Fear is the little-death that brings total obliteration ... I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path ... Where the fear has gone there will be nothing ... Only I will remain." ~ Frank Herbert

The biggest of Maths ...
(01/30/2018)



Easy solutions to advanced problems ...

$$1 \text{ (you)} + 1 \text{ (a friend)} = \mathbf{ONE}$$

(while doing them an anonymous Kind Deed)

$$1 \text{ (you)} + 2 \text{ (an enemy)} = \mathbf{ONE}$$

(while actively forgiving them their trespasses)

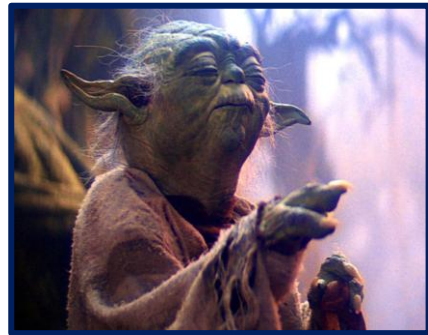
$$1 \text{ (you)} + 3 \text{ (a stranger)} = \mathbf{ONE}$$

(while reaching out to them with heartfelt warmth)

The force of real POWER ...
(01/31/2018)

We've been told all our lives that we are nothing on our own; that we must join a like-minded group in order for our concerns to be heard or our injustices to be rectified; that real & lasting change can only come "from above" (in the form of government) or "from on high" (in the form of God) ... Well, despite how popular they might all be, none of these cultural whisperings reflect the **Truth** -- namely, that ***you are already Powerful***; that you, all by yourself, can already effectuate great change -- and that you can do so today.

Indeed, you don't need to manipulate objects using "The Force" *to become a Force for Good*. All you have to do is willingly sacrifice what you have for the betterment of someone who has less; all you have to do is give a morsel of sustenance when you yourself are hungry or a moment of shelter when you yourself are cold; all you have to do is set aside your selfish desires & primal fears long enough to be Kind to an enemy or a stranger; all you have to do is make your life about serving the other instead of being served thereby.



Like the abundance of material wealth -- or the calm of "inner peace" -- or the might of physical strength -- or the certainty of religious faith -- or the influence of popular fame, "The Force" is just another sociological tool some folks use to feel safe in a world that is anything but ... And yet no matter which of these "tools" you might employ, and no matter how proficient you might become in their use, there is no *real Power* to be found in any of them.

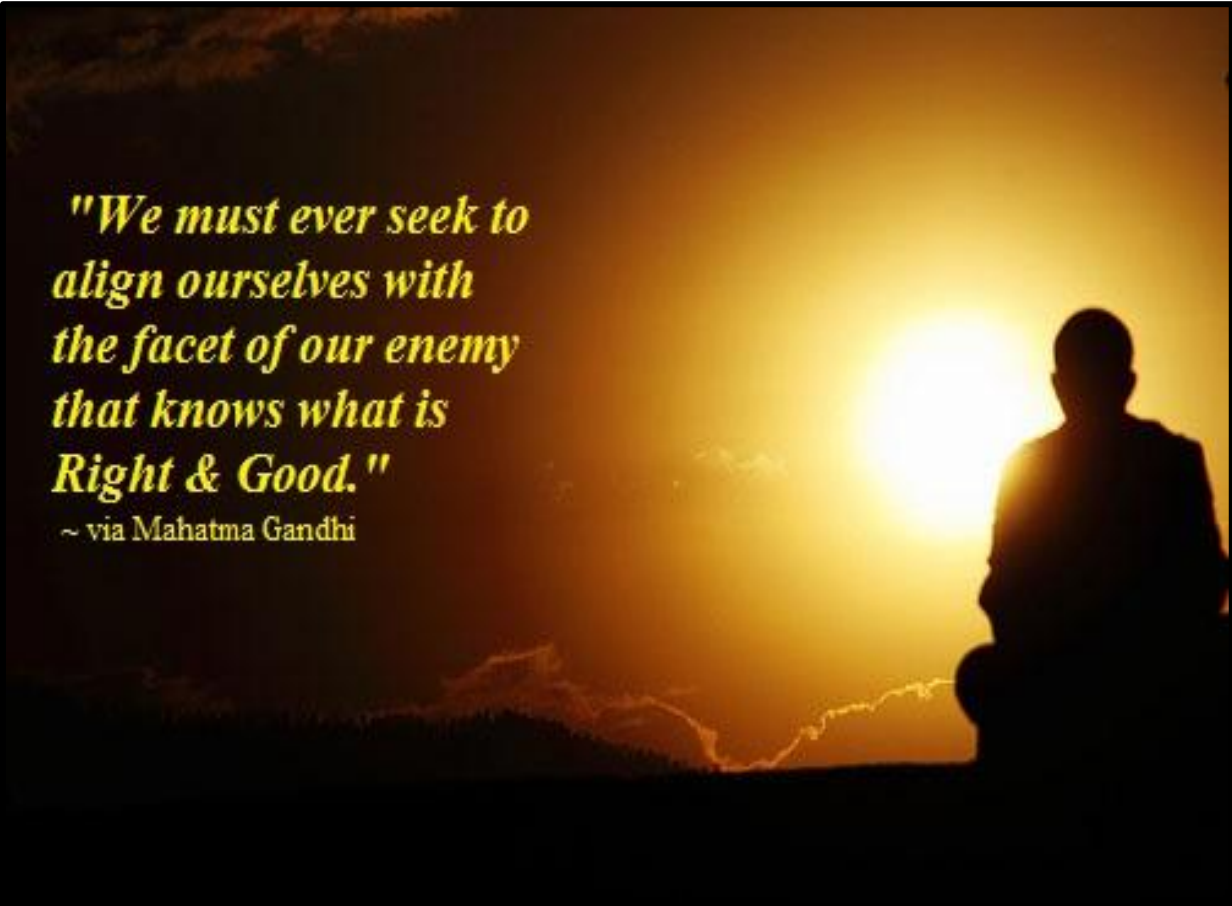
No, my Friends, real **POWER** is not a Force that one acquires for one's self or lords over others -- real **POWER** only comes when we are tempted to gather, but choose instead to give; when we are tempted to hoard, but choose instead to harmonize; when we are deathly afraid, but choose instead to serve -- when we are boiling over with anger, and yet choose instead to shine forth the courage of gentleness & compassion.

For you see, real **POWER** is not any "Force", my Friends ...
... real **POWER** is **LOVE** (the verb).

*"Love is not the opposite of power ...
Love is the strongest power there is."
~ Vironika Tugaleva*



Ignoring evil does nothing to stop evil, and attacking evil only makes evil defend itself and grow stronger ... No, the only way to defeat evil is to have the courage to engage it with the one thing missing from its existence; the one thing -- the lack thereof -- that caused evil to become evil in the first place.



*"We must ever seek to
align ourselves with
the facet of our enemy
that knows what is
Right & Good."*

~ via Mahatma Gandhi



"At some point you will learn that rules are made to be broken. At some point – if you are fortunate – you will choose to be bold enough to live life on your own terms, and never, ever apologize for it. You will choose to go against the grain, to refuse to conform, to take the road less traveled instead of the well-beaten path; to laugh in the face of adversity, and leap even after you look ... Freedom lies in being bold. So be free, my friends -- Be Free."

~ inspired by Mandy Hale & Robert Frost



*“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)*