

Selfless Service Calendar

Kindness calendar ... always & whenever

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." - Amelia Earhart</p>		1	2	3	4	5
		Share this Calendar to inspire kindness in others	Put out seeds for the birds	Cheer someone up with a smile & compliment	Add more items to your food donation box	Spend quality time with someone you rarely visit
6	7	8	9	10	11	12
Buy and leave snacks in a vending machine for others to find	Say hello to everyone with a big smile	offer a stranger a hug	Put a friendly note in a book and leave for someone to find	Knock! Knock! Tell silly jokes all day long	Have a phone-free day	Get green fingers on 'Plant a Flower Day'
13	14	15	16	17	18	19
Let a car go in front of you in traffic	Compliment everyone you meet today	Get in touch with an old friend	get in touch with, and apologize to, an enemy	leave an uplifting book for another to find & read	Donate pre-loved items from your spring clean to charity	Dance around in public to your favourite happy music
20	21	22	23	24	25	26
give a HUGE tip to a street musician	Pick up litter around your neighbourhood	Call or visit someone who is lonely or sick	Share positive posts on social media	Pop a surprise card or package in the post	Invite a neighbour round for a cuppa+chat	Be Kind to animals by going VEGAN
27	28	29	30	31	<p>"Be Kind whenever possible ... It is always possible." ~ Dalai Lama</p>	
Put all your loose change in a charity box	Pop a lovely note inside a loved-one's bag to surprise them	Strike up a conversation with a stranger	treat a homeless person to lunch	play with the loneliest animals at your local shelter		

"Three things in life are important: the first is to be Kind; the second is to be Kind; and the third is to be Kind" ~ Henry James

*a WAY to live Life radically Peace-fully ...
and thereby live truly Power-fully*

via *Scaughdt*
an (i)am publication



NOTE: This work is Purpose-fully non-copyrighted, and may therefore be copied, reprinted, forwarded &/or gifted onward in whatever ways any of its readers deem fit. That having been said, the author would also like to remind anyone so doing that, just as these Truths have been given to all for free, so too should they be freely given onward to others – fully profitless to the giver; without any additional costs or conditions attached to the receiving thereof ... *Thank you.*

An Introduction -- DOing what there is to DO

The critical shift in every human being's life comes when their desire to harmonize with the Universe becomes greater than their fear of the changes that such a re-alignment requires. This shift becomes completely successful the instant one **B**elieves that he/she is willing to Live Care-fully -- **and** then **B**egins to courageously Walk that Talk. If one thing has become clear to me over the years, it is that merely being "friendly," polite," or "nice" is not enough to engender true Inner Peace in self or others. Rather, in order to bring a deep-seated, lasting sense of Contentment to life, one's actions must be challenging – both in their sincerity and in their selflessness. And such a transformation is what this "calendar" is all about -- 366 days and 366 different yet equally powerful acts of radical Kindness.

Please note that while I take no personal credit for the generation of these ideas, every one of them is a "Life Tip" that I have myself seen practiced &/or personally experienced. And every one of them, especially the ones that tend to shock or scare you, functions Power-fully for Peace and Happiness when courageously applied to your Living ... While none of them will perfectly engage your own unique Gifts of Self, each of them – to the degree they are courageously engaged -- *will* help to awaken in you what you already Know: namely, that **you are here to Serve**, that you can do so powerfully, and that it matters not how closely you emulate your own "perfect path" – as long as you persistently continue to walk its general direction by being selflessly Kind ... The activities herein are presented in a "one-per-day" format. They commence on December 1st and the first few "tasks" have been purpose-fully chosen to "ease you in" to radical Kindness – the ultimate focus of them all. That having been said, there is no need to commence using this calendar on that particular day. Pick any day you wish to start – and simply get out there and get to it! Engage the action recommended only for that day, or, if a particular action "catches your fancy", make it a part of your new everyday routine.

Please note as well that this is not a "process." You are not attempting to "get better" or stimulate yourself to "grow" as a person. All you are doing here is reawakening to who you truly Are – to who you have been all along, and to do so you must choose to be completely true -- *actively* true -- to that Self's selfless inclinations **for one moment** – incorporating positive thoughts and selfless intentions into kind (often self-sacrificial) deeds. Indeed, to experience The Way of Inner Peace, all that is required is one moment of performing one action that is deeply selflessly Caring. The only question then becomes whether or not you will repeat that choice in your life's subsequent encounters ... **Please remember** as well that these are not mere "niceties", but actual acts of selfless Service. As such, some of them will prove to be a bit challenging to engage. As such, if a particular day's task seems "too much" for you, attempt to "tone it down a bit" and *engage it anyway*. And if that doesn't seem feasible, simply repeat yesterday's task or move ahead and try tomorrow's. For despite it all, one thing is certain – for Inner Peace to be attained and your True Self to be "reawakened", merely reading this Calendar will not be sufficient. For though such a perusal might prove to be inspirational, only the courageous **practicing** of acts of Service will truly revolutionize your Life.

So remember that you are an emissary of Peace via every act of Kindness ... and re-member to **in-JOY** while you are enlivening the same!

Amen ... Let it be so.

Scaughdt
(May 2018)



“If you stop and really think about it, you come to realize that we all get robbed of the mystery of being alive. We get robbed of the glory of it because we forget its majesty; we get robbed of the glory of it because we don't remember how we got here in the first place ... When we are born, we awaken slowly and deeply to everything around us. From our birth through our young childhood, our minds are slowly turning on the lights, and we stare in wonder at everything fresh and new around us – ‘Sun’ and ‘round’ and ‘sky’ and ‘blue’; ‘mother’ and ‘father’ and ‘delicious’ and ‘love’ ... Then we get a bit older and society begins to mold our minds, and the tone of our perception begins to slowly darken – learning ‘don’t’ and ‘rules’ and ‘hopes’ and ‘danger’ ... Then we move into young adulthood and fully enter the culture that has by then enveloped us, and the shadow of wonderment becomes but a hidden memory – it is then that we focus on things ‘more important’: ‘job’ and ‘car’ and ‘responsibility’; ‘success’ and ‘sex’ and ‘healthcare’ ... This transition is so slow and so steady that we soon come to believe that life isn't that big of a deal, that life isn't amazing, that life isn't staggering, that life isn't wonderful. And yet life is amazing – and staggering – and wonderful, in every single moment we live it. We have simply gotten used to it, have simply blanketed over the raw amazingness of it all with categories and labels and routines and conventions; turning the phenomenal into the normal, the peaceful into the boring, and the miraculous into the familiar. My Friends, it's time we all woke up again to the glory that is this conscious life. It's time we remembered that these too are amazing days, and that we are all so blessed to witness them.” ~ inspired by Donald Miller

December 01 ... a Dedication to re-Awakening

Dedicate one hour this evening to being completely alone. In this time, sit in stillness (no TV, no radio, no music, no cell phone, no conversation, no books). In this time, decide whether or not you earnestly want to engage in the Awakening of your True Self ... Your mind may wander, and yet continue to bring it gently back to the task at hand for the full hour; namely, focusing on the Vision of the person you wish to become and the changes in behavior you are willing to engage in order to do so ... At the end of the hour, intone aloud: "I Am completely Willing to re-enLiven my True Self."



December 02 ... Simplifying Simplification

Go through your house and find three (3) items that you have not used in the last month (and that are not broken) and drop them off at the nearest Goodwill store (or branch of the Salvation Army, or a local church, etc.) ...



Bonus Activity: Find 3 more items, wrap them as presents, and give them personally away – one to a friend, one to an associate, and one to a stranger.

December 03 ... Unconditional Repentance

Sit down and write down five (5) of your past actions that harmed someone else (with physical pain, intellectual confusion, &/or emotional sadness or fear) ... Write a letter forgiving yourself for those transgressions, and then mail that letter to yourself – *today!*



Bonus Activity: Via mailed letter, left-to-find note, or voice message apologize for the abovementioned transgressions directly to those harmed thereby.

December 04 ... Unconditional Forgiveness

Have a seat and write down five (5) of the actions of others that have most harmed you (with physical pain, intellectual confusion &/or emotional sadness or fear) ... Now write each of these past “perpetrators” a note, outlining your perception of their offense(s) and expressing your unconditional Forgiveness to them as people. Imagine yourself forgiving them in person. See them accepting your Forgiveness with Gratitude, envision hugging each other before parting ways, and then mail all five notes – **today!**



Bonus Activity: Have the Courage to hand these notes to your “villains” personally.

Bonus Activity: Include a message of sincere Gratitude for them -- for giving you the opportunity to Awaken your True Self; by Caring for them *anyway*.

December 05 ... Dying to the old self

Find a time this morning and have the courage to visualize your own death ... If you were to die this instant, what regrets would you have? What would you have done that you did not attempt? What would you have said that you did not say? ... Then, sometime this afternoon, write your own eulogy. Keep it short and keep it potent. Mention what you stood for in Life and remember to mention your Gratitude for your Life in general. Conclude with the epitaph you'd like to be placed on your grave/memorial ... Finally, sometime this evening, take 30+ minutes and write an "Ethical Will". This is not so much a distribution of your possessions (though you may include this if you wish) as it is an Honoring of your Life. Mention the major Blessings that graced your Life and your Gratitude for them. Mention the major pains that challenged you along the way and your Gratitude for them as well. Mention the ways that you served others selflessly. As a graceful closing, share your "Final Wisdom" – the one thing you would tell a loved one about "the Meaning of Life" (if you were only allowed to tell them one thing).



Bonus Activity: Write a short "Goodbye Note" to at least three (3) of your Life's "major players" (e.g. parents, siblings, partners, teachers, friends, enemies).

Bonus Activity: Have the Courage to share these notes in person.

December 06 ... Refreshing your Routine

In bed this morning after waking, interlock your fingers and notice which thumb is “on top”. Let your thumbs switch places and see how it feels. Next, get up and get dressed by putting on your shirt and socks before your underwear and pants. Finally, sit down and cross your legs the way you normally would. Now let your legs switch places as well and sit there for a bit ... So much of our day is filled with thousands of small habits, and while altering them might not seem important, doing so regularly & consciously is an invaluable aid to the release of the ego-self that is controlling many of our unhealthy choices. So take a few moments and write down your general everyday routines today. Then, next to those notes, jot down ways that you can easily alter them (e.g. perform tasks in a different order, perform them with your non-dominant hand, do the opposite, don’t perform them at all, replace them with another activity, etc.) ... Put this **New Routine** into your pocket --- and go forth today and *enliven it*; preferably during the service of others.

BRAVE

NEW

NOW



December 07 ... Honoring the dead

In succession, visit a local hospital, a city morgue, *and* a cemetery ... For this task, it is enough to silently visit the first two and observe them in heartfelt reverence (though leaving some flowers in the lobby of each would be a nice bonus). Then, take a few gardening tools &/or some flowers to the nearest cemetery, find the least appreciated or “loneliest” grave there, and spruce it up. Make it Beauty-full, honoring the priceless Life it represents.



Bonus Activity: Say a prayer of Gratitude before departing the grave-site; for the glorious Life represented by the hyphen between that grave’s birth-date and death-date, and for that person serving your own Life by allowing you to Honor theirs.

December 08 ... Getting to Know your Self

In order to set your True Self free, you must have the Courage both to acknowledge It *and* Care for It. So this morning, take 3 minutes and listen without interruption to your own heartbeat. **Hear** the True Self within your body while you do so. Then, go to a mirror and look into your own *pupils* without interruption for 2 minutes (one minute per pupil). **See** the True Self within your body while you do so – the True Self residing at the “core” of your mind (what many call the “Heart”) – the True Self that wants solely to be a source of Peace &/or Joy for others. Finally, for one more minute, while still looking into your own eyes, extend both unconditional Love & complete acceptance to that True Self within – know that this is who you *truly* are; and know that you can re-embodify this Self whenever you wish.



December 09 ... a Status Check

Today, every hour on the hour (set a chime-alarm if you wish), stop what you are doing and ask yourself either “What Time is it?” (and then give the only worthy Answer: “**Now**”) -- or “Where Am I?” (and Answer: “**Here**”). Alternate the asking of these two questions throughout the day, and be sure to pause after both the asking and the answering to look around and *appreciate* exactly where & when you truly **ARE** ... Feel free the *act accordingly* immediately thereafter.



December 10 ... Being truly Conscious

Every moment of your life is filled with stimuli & circumstances that allow your “ego-self” to respond impulsively and emotionally. Your “reptile brain” (essentially the amygdala, home of your defense mechanisms of “friend or foe” & “fight or flight”) is working constantly to keep you “safe,” and because the neocortex (home of your ability to choose otherwise) engages those same stimuli a few moments *after* your reptile brain does, it is necessary to Purpose-fully ***pause*** before undertaking any response to life’s stimuli in order to be truly consciously – and caringly – alive ... So today, for as often as you remember to Do so, ***pause*** before you make every choice and ***pause*** before engaging in any action. Focus especially on your Life’s most common “autopilot” activities (e.g. waking = pause before getting out of bed; dressing = pause and really *choose* what you wear today; eating = pause before putting food or drink into your mouth and choose to really taste it; talking = pause before speaking and really *mean* whatever you choose to say; commuting = put books and I-pods down and *pay attention* to your surroundings while traveling; sleeping = pause before closing your eyes to *reflect* on your day, etc.) ... In short, Honor your day – and your life – by making it a consciously Kind one.



December 11 ... on delaying Gratification

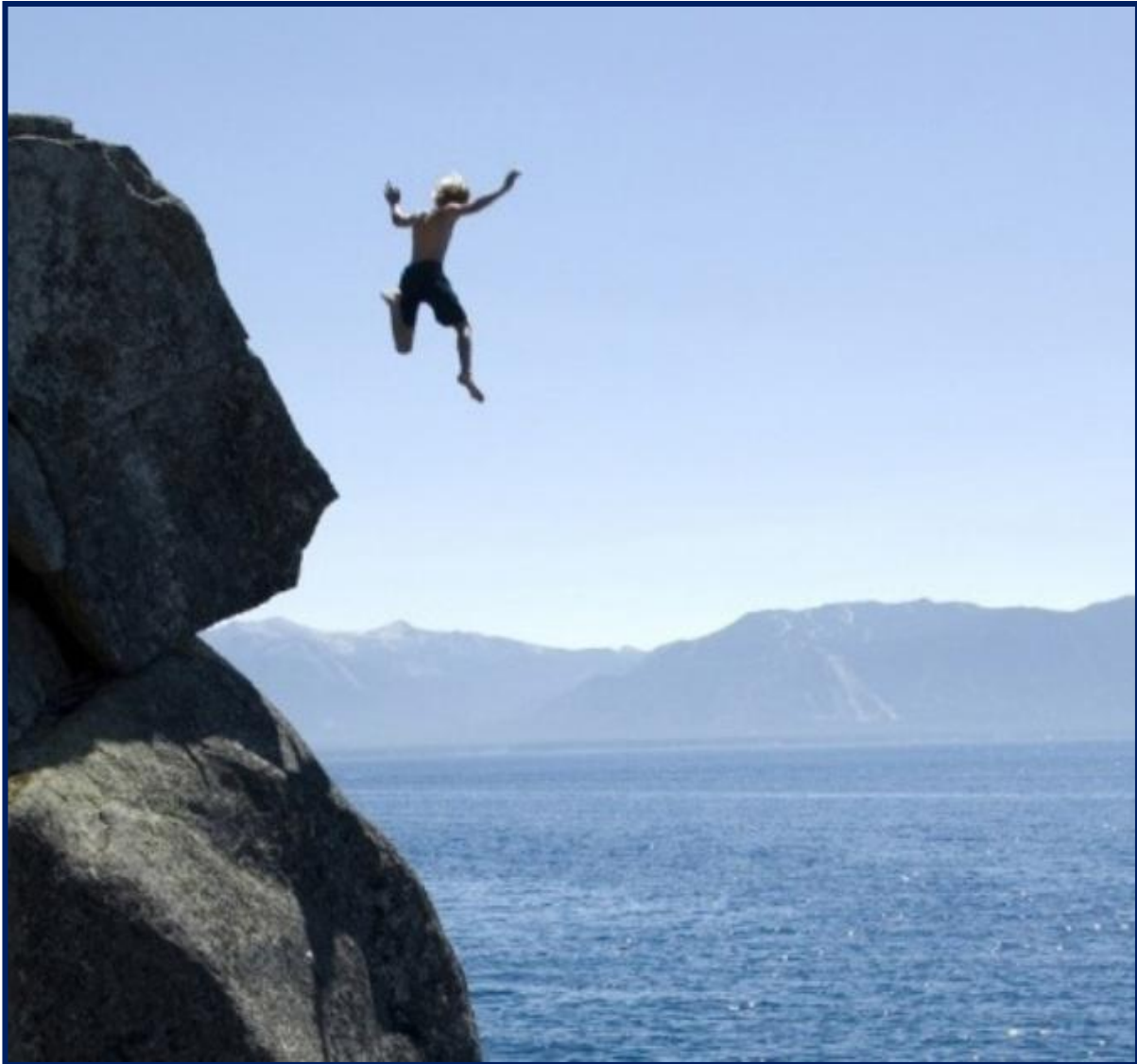
At least for today, Purpose-fully wait five (5) minutes before fulfilling any desire or wish ... Hungry? Wait five minutes before going to get food. Thirsty? Wait five minutes before getting a drink. Have to go to the bathroom? Wait five minutes before going. Want to listen to your I-Pod or car radio? Wait five minutes before turning it on. Want to call a friend to chat on the phone? Wait five minutes to do so. Then, finish the day by holding your breath for as long as you can (delaying the ultimate gratification for all of us: ***breathing***). Finally, remember to “simmer” in bed by pondering your new-found appreciation for all you already possess.



Note: To get the most out of this activity, it's important that you wait Meaning-fully while you wait (e.g. appreciating nature, watching other people interact, simply sitting and Being Aware of your breathing, etc). Waiting the five minutes while pining to “get yours” defeats the purpose, as does reading, or otherwise merely “passing the time.”

December 12 ... real Willingness

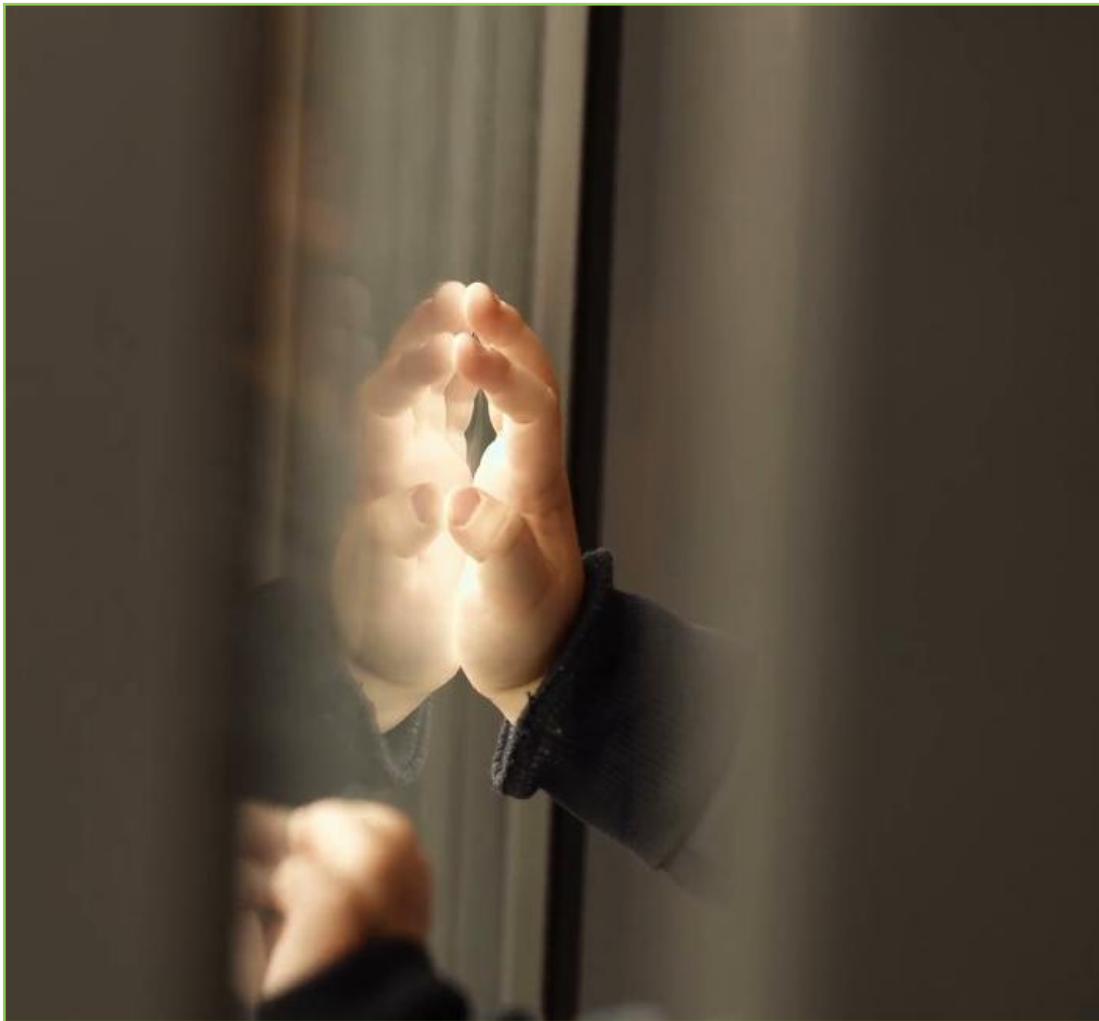
At least for today, choose to **willingly** do everything you do. Do so especially during those activities you feel that you “have to do”; activities that your ego normally detests but that you engage out of a sense of either obligation or duty or fear ... Don’t want to get out of bed? Choose to *want* to get up. Don’t want to go to work? Choose to *want* to go. Don’t want to pick up your kids or meet with someone? Choose to *want* to do so ... Simply resolve to *pause* and consciously & **enthusiastically** say “YES!” to every opportunity to Live today, especially those less comfortable opportunities to do things your ego doesn’t want to do.



Bonus Activity: Choose to not only engage your day’s tasks willingly, but **JOY-fully** as well.

December 13 ... awakening Self-Awareness

Start the day by getting to know your Self anew. Pause this morning to really look at yourself in the mirror (naked is best, looking slowly -- and neutrally; non-judgmentally -- from head to toe). Avoid condemning or criticizing what you see. Instead, simply note over & over that “This is the body I have been given” ... Next, put on some comfortable clothes and sit down for a few minutes in a comfortable chair. Be very still and simply listen to your breathing ... Thereafter, take a few moments to look verrrry closely at your hands. Now head to the mirror again and examine your eyes similarly. Take your time here and notice all the different shades and hues and spots and levels of both your retinas. Notice how they are similar and yet simultaneously quite different. Indeed, the neat thing about hands and eyes is that they are per se Beauty-full (even by society’s extremely limiting standards). Notice how *amazing* yours are – and thereby notice how uniquely amazing *you* ARE! ... Glance in mirrors and windows throughout the day today; not to see “how you look”, but rather to remember your innate Beauty – to remember this morning’s moments of True-Self re-cognition.



Bonus Activity: Give random compliments throughout the day. Remind at least five (5) strangers today how Beauty-full (and indeed beautiful) they truly are.

December 14 ... Empowered Giving

Take a few moments this morning and identify three (3) of your most frequent &/or most powerful cravings. Then, instead of fulfilling them for yourself today – and as long as doing so will harm no one in the process, attempt to give them to (or fulfill them for) someone else.



December 15 ... Space-Cleansing

Gather all the used catalogs, magazines and newspapers in your home and take them to be recycled ... Avoid replacing them at all costs.



Reading shit while shitting ...

Bonus Activity: Cancel your subscriptions to all paper-based periodicals. Indeed, avoid *all* mass media outlets – printed or otherwise – like the plague.

Bonus Activity: Find a particularly positive news story (whether local or national or international makes no difference) and share it with six (6) strangers today.

December 16 ... Detaching from Expectations

List three (3) expectations you have for your own behavior &/or performance. Now write a letter to yourself releasing you from those “demands” & mail it to yourself *today*... Next, list three (3) expectations you have related to the behaviors &/or performance of three “major players” in your Life, and write notes to each of them as well – notes releasing them from those same expectations. Affirm your unconditional Acceptance of them regardless of whether or not they fulfill your particular fantasies, wishes, or desires.



Bonus Activity: Deliver those notes to those three (3) people – preferably in person.

December 17 ... Refreshing the Outlook

Go find a tree that you can climb and climb it ... Sit there a bit a look around. Notice how everything looks quite different from a higher perspective.



Note #01: Climbing a tree isn't required – any view “from above” is OK.

Note #02: It doesn't matter how high you climb -- though, just like every other choice in your life, the more courageously you engage it, the more potent it becomes.

December 18 ... to Respect the Earth

Upon waking, stay in bed awhile and think about how the Earth provides for you. Without its air, you would suffocate; without its water, you would die of thirst; without its plants, you would starve ... Now, upon rising go immediately and lower your thermostat significantly. If you end up wearing more cozy clothes around the house &/or using your fireplace more, so be it. Next, go forth and buy a large quantity of energy-efficient light bulbs and install them throughout your home. Finally, at sundown, choose to use only candlelight before going to bed.

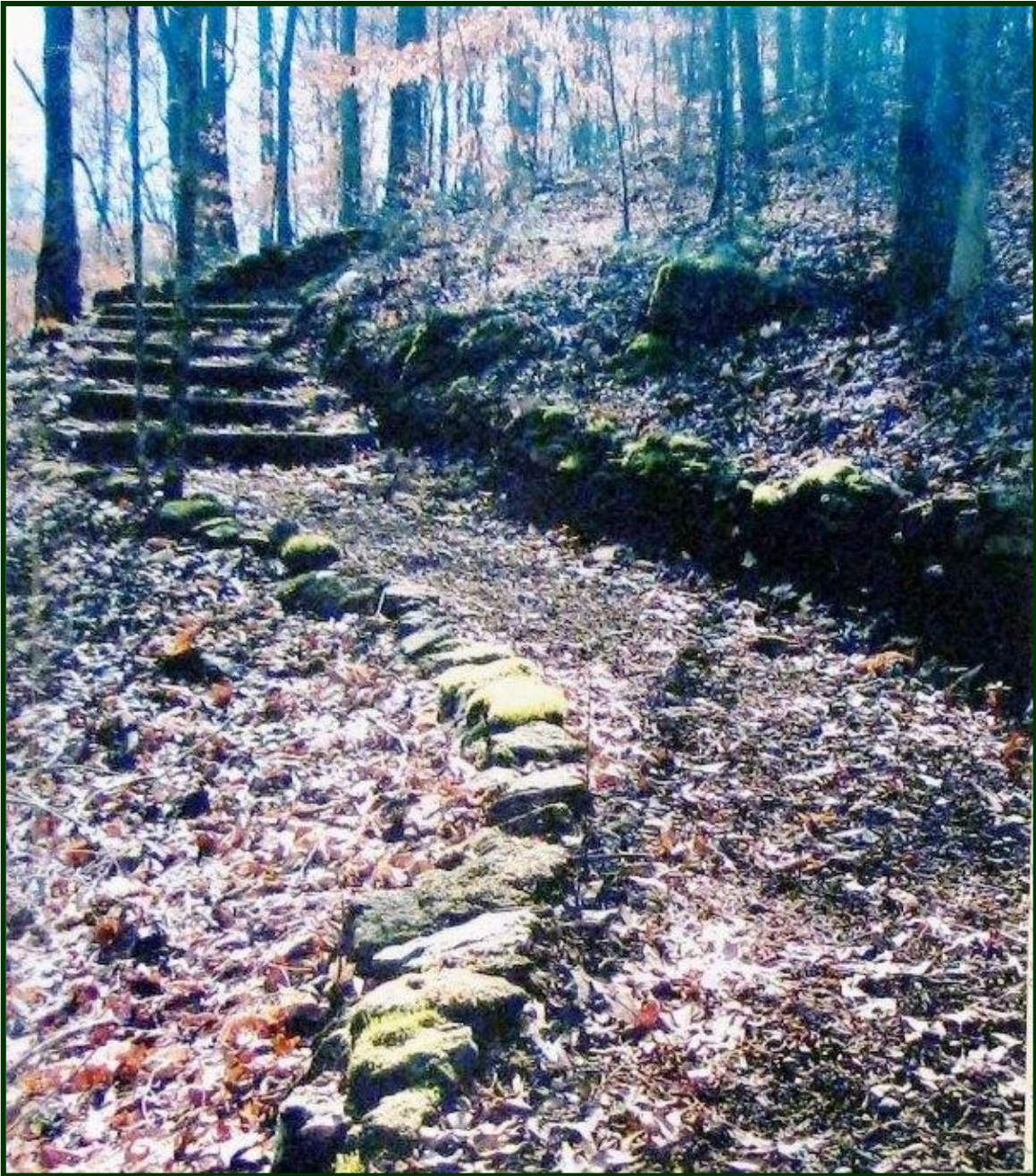


Bonus Activity: Invest in solar power for your home. It will more than pay for itself eventually, and in the meantime does the Earth a lot of good.

Bonus Activity: Considering that animal agriculture is responsible for most of the world's deforestation, most of the world's air & water pollution, most of the world's oceanic dead zones, most of the world's loss of species extinction, as well as the coming climate catastrophe that will end up wiping out the majority of sentient life on our planet (seeing as how humanity's consumption of animal flesh & mammary secretions is responsible for over half of humanity's greenhouse gas emissions), it is indeed extremely important for you to realize that **by far** the best way you can respect the Earth is to ***Go Vegan.***

December 19 ... Attending to Life

Take a few moments this morning and jot down *everything* you did yesterday and when you did it. Then, as far as it's feasible, repeat everything on that list today, trying to exactly duplicate your yesterday --- only this time, open your eyes and **Look Around** you while doing so. Notice and write down all the beautiful and amazing things you missed yesterday – all the visions of Wonderment and all the acts of Kindness; all the open smiles of Love from strangers and all the silent sighs of Gratitude from friends ... Remind yourself to remain just as Awake tomorrow and all days thereafter, and re-Mind your Self to **act accordingly**.

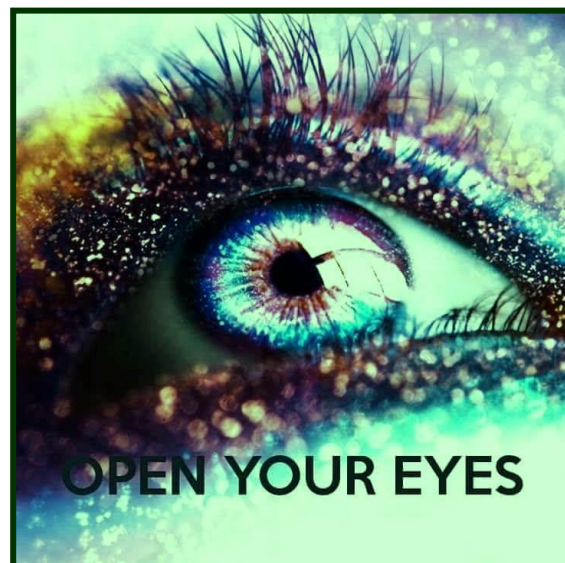


December 20 ... Taking the New Way

Take a few moments to envision your normal routines, noting all the routes you normally travel – to work, to school, to the store, to the gas station, to church, to the post office, to the park, to home, etc. ... Today, whether you “have to” or not, go to each of these afore-mentioned places (and as many more of your other “usuals” as you wish), and do so by taking a route you have never before taken ... Go slowly and look around intently while doing so.



Note that the longer and the more “roundabout” the path chosen, the better – and that the more Good your Do for others while so roaming, the best.



December 21 ... Beautifying the Planet

After work or school, find either a park or a long stretch of sidewalk in your neighborhood that looks “messy.” Then, for at least one hour, clean it up. Be creative and have fun while doing so ... Notice how much better it *feels* after you’ve finished, and notice how much better *you* feel while doing so!

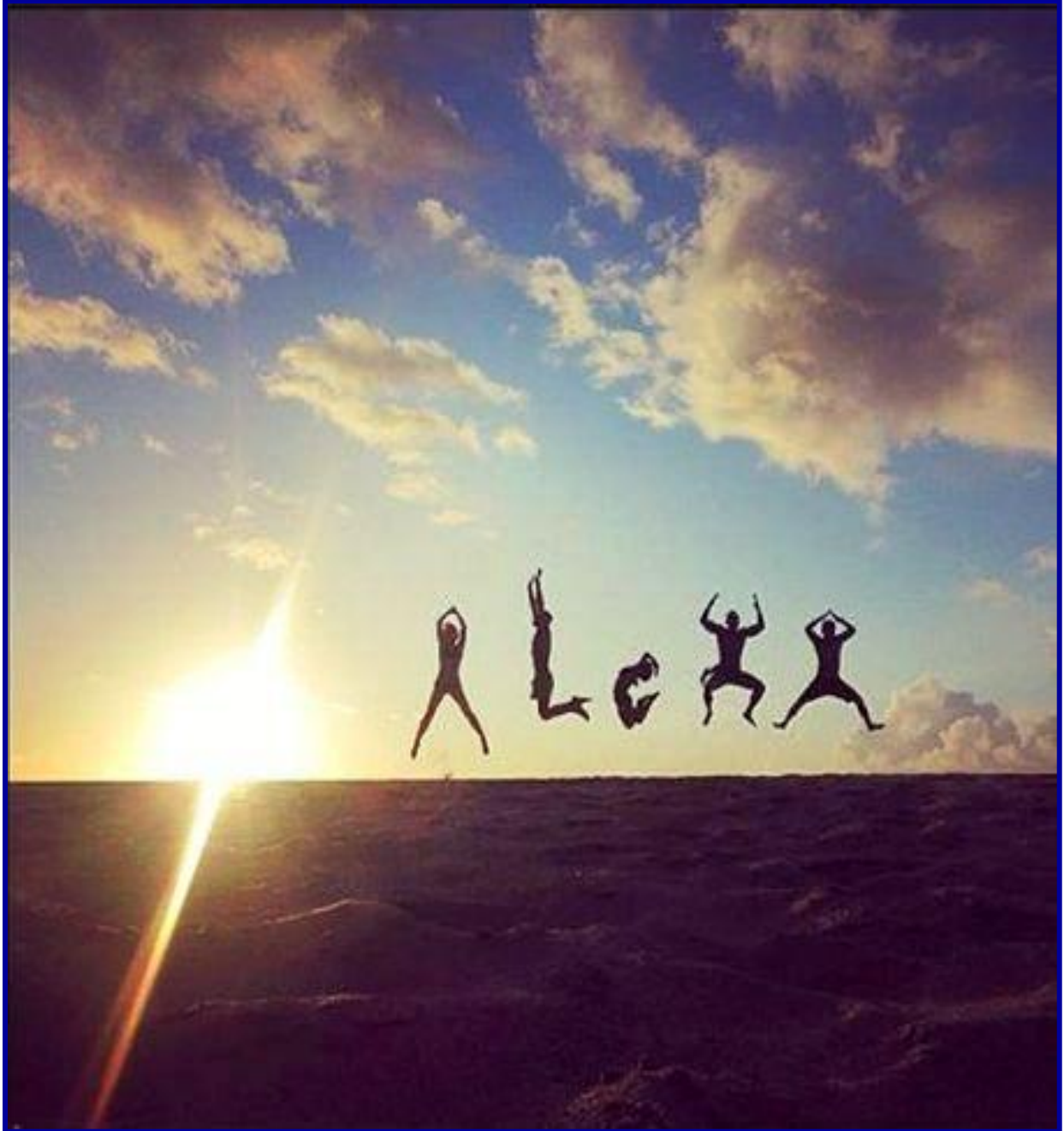


Bonus Activity: Collect dead wood from a local park or forest and light a “bonfire” tonight to celebrate that Cleansing (it can be a very small – even a candle-lighting ceremony is fine). Invite friends and family and associates and the local homeless to share its warmth on this, the longest night of the year.



December 22 ... Cleansing Envy

List three (3) possessions that others have that you wish you had. Now choose to be Happy for their “success” by anonymously doing something kind for each of those people today.



Bonus Activity: In addition to the afore-mentioned anonymous Good Deeds, approach each of these people personally (even if it’s merely by phone) and offer to help them in any way they might need it.

December 23 ... Facing Fear

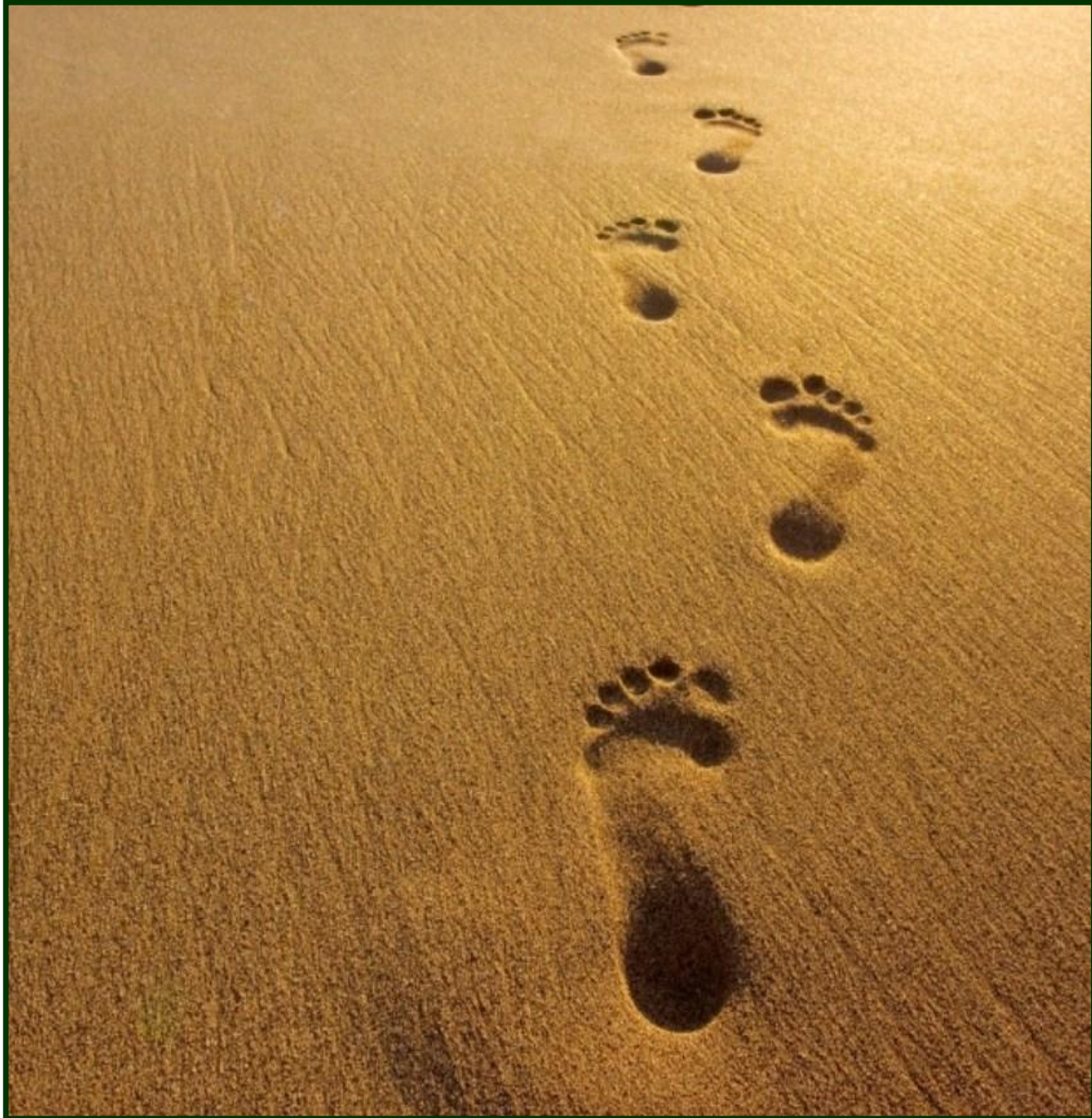
Take a few moments to recognize and then list your three (3) most potent fears (e.g. death, abandonment, ridicule, pain, poverty, etc.) ... Then, choose to remember that those fears are not only irrational, but that they also only truly exist in the hypothetical future – never in the concrete Here&Now ... After you have vividly remembered this fact, envision a situation from your past where you were confronted by one of those same fears. Do so while “rewriting the script” of that memory; making it an emPowering vision of triumph over that fear – a time of bold Caring for others in the face of angst -- instead of a selfish succumbing to the same.



Bonus Activity: Find ways to actively face each of your fears; seeing that fears are only that – fears. While doing so please remember that the more courageously a particular fear is faced, the more completely it will be cleansed from your system. In addition, please *note* while doing so that fearlessness does not mean recklessness. If you have a fear of being eaten by sharks, going swimming in the ocean is enough to face it. You do not have to cut yourself before going into the water ... **Peace.**

December 24 ... The Invisible Footprint

Go the entire day today giving back more than you take from every person or place or encounter ... Give out more food than you consume. Take away all the garbage you personally generate with you in a bag (while attempting to generate as little trash as possible). Do more for others than is done for you. Be openly Kind to those who are being inattentive, unfriendly, or mean ... Find **creative ways** to fulfill this task. **Hint:** It is more effective to actively “beautify” where you are before you leave than it is to try and leave it “as clean” as when you first arrived.



Bonus Activity: *Go Vegan!*

By far the most ethical & effective way to *Care for the Earth*

is to *Go Vegan* ...

GREENHOUSE GASES

Animal agriculture causes 50% of Australia's greenhouse-gas (GHG) emissions.



1 kg lentils
(200 g protein)

1 kg GHG emissions =

OR



44 g Australian beef
(10 g protein)

Australians eat more meat per person than residents of any other country. The average meat-eating Australian is responsible for almost 1 metric tonne of GHG emissions every year.



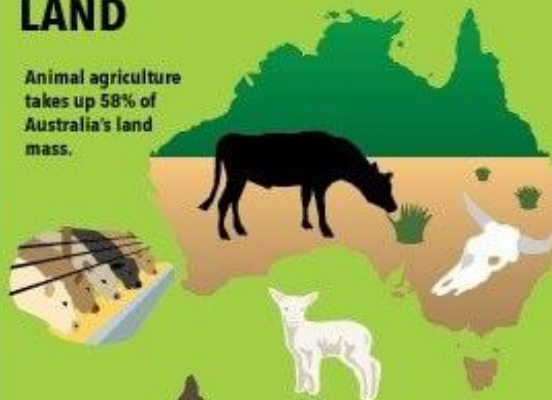
GHG emissions from 1 lamb chop =



GHG emissions from driving 10 km

LAND

Animal agriculture takes up 58% of Australia's land mass.



32

In Queensland, an area 32 times the size of the MCG gets cleared every day, mostly for grazing cattle.



WATER

Animal agriculture uses almost 1/3 of Australia's scarce freshwater resources.



Water needed to produce 1 cup cows' milk = water needed to produce 3 cups soy milk



OR

Water needed to feed 1 meat-eater = water needed to feed 3 vegetarians

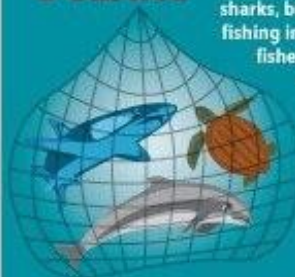


Water needed to produce 1 hamburger = water needed for 1 month of showers



OCEANS

More than 3,300 protected dolphins, seals, sharks, birds, and turtles were killed by the fishing industry in 2016 in Commonwealth fisheries alone. Countless other animals were also killed, as "by-catch", but not recorded.



Greenhouse-gas emissions from animal agriculture are fuelling climate change, which is killing the Great Barrier Reef.



500,000 T



Just one cattle station in North Queensland has been dumping 500,000 tonnes of sediment - primarily animal waste - onto the reef each year.

December 25 ... exuding Radical Gratitude

Take a few moments to list the three (3) past difficulties or “crises” that created the most pain for you. Now take a few more moments to list the three (3) current “obstacles” that are giving you the most frustration. Finally, add the three (3) future-based worries that cause you the most current stress ... Now, next to each of those nine (9) entries, note what you have learned, are learning &/or can learn from each of them – remembering while you do so that without challenge or difficulty life becomes a miasma of meaninglessness. Yes, it is rational to desire less difficulty in our lives, and it would not be Self-Loving to yearn for more pain than what we are already encountering. At the same time, one of the traits that seems to separate us as Human Beings is the ability to learn from our trials & tribulations, to powerfully do so by first & foremost being Thankful for them, and to be truly thankful for them by *acting accordingly* ... Choose to Do so now.



Bonus Activity: Take each of the nine (9) “problems” above and “positivize” them – that is, take each of them and *envision* them leading to something Wonder-full (e.g. losing a job that a better offer can enter, breaking up with a partner that a Soulmate can enter, becoming ill that you might be inspired to adopt a longevity-enabling, cruelty-free diet, etc.) ... **Note:** It is useful to remember that it is gratitude for your Life’s challenges that allows for such “improvements” to enter your Life.

December 26 ... Re-Conceiving your Self

Go forth today choosing to See as though this were your first day of Life – consciously letting go of all your memories and judgments and preconceptions and beliefs and convictions ... Choose to simply **BE & SEE** -- Notice the sun and the moon anew. Try to count how many different shades of green there are around you each day. Notice the architecture of your city's buildings and the infinite styles of clothing worn by others. Pay attention to the uniqueness of others' eyes and the different ways they all walk. After you have done this for a few hours, pause mid-morning and write out a list of six (6) things in your immediate environment that you would have labeled as “normal” on any other day. Then pause long enough to *See them anew* – as wondrous, as miraculous, as unique ... Repeat this exercise at mid-afternoon, and then a third time upon arriving home this evening, thereby re-claiming your Right to *Live in Awe*.



December 27 ... Respecting the Earth

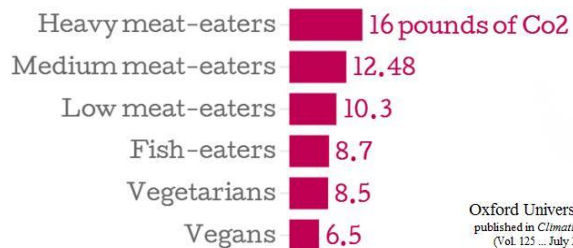
Take steps today to minimize your “carbon footprint”. There are many ways to do so, though for today, it is enough to simply choose between riding your bike or using public transportation all day. Do some research tonight on other ways you can “de-carbonize” your Living.



Bonus Activity: Weatherize your house by installing storm windows, adding insulation &/or surrounding your water heater with a heater-blanket.

Bonus Activity: ***Go Vegan!***

What your diet says about your daily carbon footprint



Oxford University study
published in *Climatic Change*
(Vol. 125 ... July 2014)

December 28 ... Releasing Excess

Go through your belongings and gather five (5) items that you would consider to be “luxuries” (e.g. gold jewelry, china dish-ware, crystal glassware, the “good silver”, fancy watches, dress coats, etc.). Lay all of them on the living room floor, put on a blindfold, and give away the first two (2) you happen to touch. **Note:** While it is true that more than a few families do not have any typical “luxuries”, *everyone* I’ve ever met (including myself during the times when I lived “on the street”) owns a number of cherished items that are irregularly used &/or have no “true purpose”. They are owned more for the faux-status & faux-security that come from possessing them than for their actual substance ... These items qualify as “luxuries” as well.



Bonus Activity: Give the chosen items away personally (as opposed to donating them to second-hand stores) and give them to a stranger or an enemy (as opposed to a relative or a friend).

December 29 ... Slow-Flowing

In this world where we are encouraged to “go as fast as you can to do as much as you can do”, make your Life smooth today instead. Purpose-fully *alter the tempo* of all your actions today --- Walk at a slower tempo than normal. Drive at or below the speed limit (or, better still, drive a bit slower than the slowest car around you). When you speak, speak slowly and distinctly. Take a longer-than-usual lunch break to consciously chew and taste your food. When you perform a task, pay attention to each portion of it instead of worrying about “completing” it (this means no multi-tasking today!) ... In the evening, relax Purpose-fully (TV is way too fast, so **turn it off!**) ... Most importantly of all, *attentively Listen* to strangers and loved ones alike. Finally, review your day smoothly (and with great & flowing Gratitude) before falling asleep.



December 30 ... Art Appreciation

Today is a day to **appreciate Art** in your Life. This presents a number of options – going to an art museum being the most obvious among them. If you do go to a museum, that’s great, and yet your task for the day is to find art in *unconventional* spaces – sculptures in the park, the architecture downtown, the unusual way a man or woman might wear their hair, the wind-swept curve of a certain tree ... More importantly, regardless of where you happen to find your art, the task involves *appreciating* it. This means that the art must be recognized, calmly taken in, and then complimented (by word or deed) in some way (e.g. leave flowers at/on the sculpture, leave a note for the building manager about its graceful architecture, verbally compliment the snazzy hairdo, and/or hug the tree, etc) ... Do this three (3) times during the day today, and then share your experiences with a friend or family member this evening.



December 31 ... General Gratitude

Go somewhere away from your home (e.g. the woods, a mountaintop, the roof of a skyscraper, etc.) and pause to reflect on the Blessing that is your Life itself ... Wait until you really **feel Grateful** for being alive – then scream “Thank Youuuuuuuuuuu!” to the Cosmos for as loud and as long as you can. **Note:** Please be respectful of others when you perform this task, remembering that the purpose behind it is *not* to scare or intimidate anyone else, but rather to honestly and courageously **express your Gratitude** for your Life.



January 01 ... Respecting Life

All day today do not eat, imbibe, or utilize any animals or animal products.



Bonus Activity: From this day forth, decide to eat only animals that either you kill yourself or that you personally witness being murdered. And please **note** that it is not at all necessary to eat *any* sentient life-forms to have a long (actually far longer) and healthy (actually fare healthier) life – so please start doing the Right Thing and avoid harming &/or killing others for your mere pleasure or convenience (i.e. **Go Vegan**) ... Thank you!

January 02 ... Personalizing your Calendar

Establish &/or renew your personal Holy Days. Obtain a standard calendar and note the day of your conception (“exactly” 9 months before your birth), and write “Mother’s Day” on your own birthday. Note the anniversaries of your relationships, your jobs, and/or your past travels, and write in important birthdays and death-days of your personal heroes. Other than that, ***be creative*** ... Try to find something special about every day of the year, and then go forth to honor each of these days -- beautifying them as you write them in, and beautifying them as you live them thereafter.



Bonus Activity: Remember to *remove any& all traditional holidays* from your calendar that do not harmonize with your personal values.

January 03 ... activating “Soul Vision”

Regardless of your particular religious (or non-religious) beliefs, live the entire day today under the assumption that everything that happens to you -- everything that you see &/or hear, and everyone who crosses your path -- is a direct messenger from God (a.k.a. “the Universe” or “the Source” or “Jehovah” etc). Assume simultaneously that these messengers are all Kind and that their messages are lovingly-intended. Thereafter & therein, it is your task to find the unconditional Goodness they are sharing therewith and use them to augment your Life accordingly. This means, of course, that every stop sign and every red traffic light is keeping you in the “right tempo” (*be Thank-full for them*), that the butterflies you see are more than merely butterflies (*follow them*), and that every stranger with whom you make eye-contact has some bit of information that will keep you on the Path to Peace & Happiness (*engage them in conversation – and Listen* to what they have to say).



Note that the more courageously you engage your Life’s “messengers”, the clearer (& the more potent) their Truths & Wisdoms will become.

January 04 ... Flowing Faith-fully

Start the day today by “randomly” choosing a number, a color, and a direction (note that “left” is just as good as “north”). Then, at the time of day of your choosing, set off for one hour and only walk towards &/or in harmony with these three “signposts”. At the end of the hour (set an alarm before you set out), have Faith (regardless of your particular religious beliefs -- or even complete lack thereof) that ***you have something Important to Do*** at the location at which you have arrived. Look around until you notice a way to ***Serve someone*** nearby (anonymously is always best) ... Once that Service is rendered, head Home.

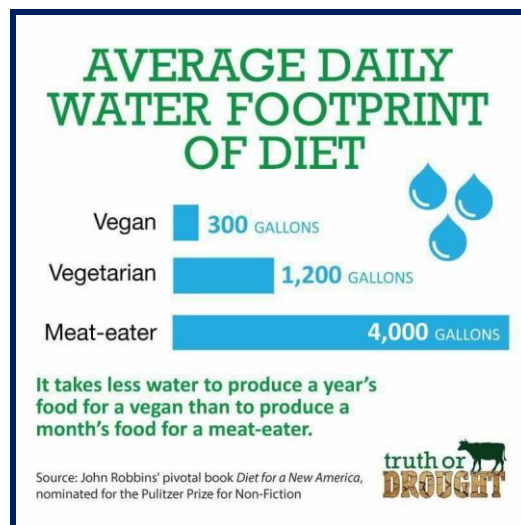


January 05 ... Respecting the Earth

Fresh water is arguably your most precious resource – and the world is rapidly running out of it. So today, respect the Earth by respecting water -- and respect water by conserving it. All day long, turn off the tap when brushing your teeth and washing dishes (**Bonus Activity:** wash the latter by hand), shower no longer than 5 minutes (and take no baths!), only immediately flush your bowel movements (“If it’s yellow, let it mellow, if it’s brown flush it down”), and only buy produce that was grown locally.



Bonus Activity: By the way, by far the best way to conserve water is to **Go Vegan!**



January 06 ... Silent Being

Today, sit silently with a friend for 30 minutes. Gaze at him/her regularly, and *choose to See* his/her True Self when you do so. If no friend is handy, find someone on a public bench and simply sit next to them for that same amount of time, doing exactly the same honoring.



Note that this is *not* a time to read or listen to music. Even if the other person is doing so, your task is simply to **Be Present** in his or her Presence. It is a powerful experience to simply **BE** with another human without the small talk and idle activity that normally keeps us from sincerely & deeply Appreciating a true sharing of Space.

January 07 ... Acting on Intuition

Put a six-sided die or a special coin or two same-sized stones (one dark & one light) into your pocket. Then, base all decisions today on the “roll of the dice” (e.g. odd #'s or the white stone or a flip of heads = “Yes” -- even #'s or the black stone or a flip of tails = “Not now”) ...



Note that intuition is more accurately activated if you *pause* and *think earnestly* on the decision to be made before you then consult your “random decision generator”. *Note* as well that any choice you make will have Good consequences if your intention is selfless and you engage it with courage.

January 08 ... Music Appreciation

Some have said that humans invented music to “correct” our own discordant vibrations &/or to harmonize the discord in our surroundings. Regardless of whether or not this is true, music is clearly a powerful force in human culture. That having been said, today is the day in which to appreciate music in your Life ... *Note* that you are not to merely listen to music on this day – you are to deeply *appreciate* it, and this appreciation can manifest itself in a number of ways: you can go to a foyer with great acoustics and hum &/or whistle therein, you can drum loudly on a park bench, &/or you can put on your favorite tune and dance to it in public.



Remember while you do so that true *Appreciation* is never done in private. So somehow & someday (creativity is encouraged), get out there and **show the world** that you are Thank-full for music in your Life.

January 09 ... more specific Gratitudes

Take a few moments this morning and write out a list of ten (10) things for which you are Thank-full. To help get you started, at the top of the list write “Life,” then “Consciousness,” then “Free Will,” and then “Nature’s Wonders”. Then take a few moments to fill in the final six spaces – three of them with past Joys and three of them with current Blessings ... Pause throughout the day to read this list at least once every hour. Feel your Gratitude while you do so – and then go forth and *act accordingly* thereafter!



TODAY
WILL NEVER COME AGAIN.

Be a blessing.

Be a friend.

Encourage someone.

Take Time To Care.

January 10 ... Respecting your Elders

Visit a local elderly-care facility or retirement community and pay your respects. Ask the residents there for their Life-Advice. Ask them what they think “the Meaning to Life” is. Ask them to tell you their Life stories. Ask them if there is anything your can do for them ... Most importantly of all: ***Listen to them*** humbly & attentively!



Bonus Activity: As you depart, ask an attendant for the name(s) of the resident(s) who seldom get mail. Send that person(s) an anonymous card of Appreciation today.

January 11 ... Pure Positivity

Go the entire day without complaining about anything or criticizing anyone (this includes cursing &/or uttering any sarcastic remarks). *Note:* if you happen to “slip up”, forgive yourself immediately, openly “replace” your mis-statement with a positive alternative, & continue on with your day.



Bonus Activity: Whenever tempted to be negative, go out of your way to say something positive &/or do something Caring (e.g. defend those others are gossiping about).

January 12 ... Cultural Immersion

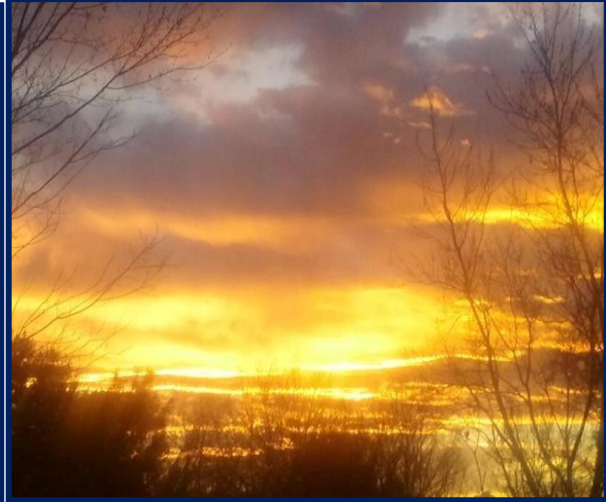
Today, choose to take a trip into a neighborhood where you become a “minority” &/or a “stranger”. Though many believe such an action to be “dangerous”, if you go and attend a church there or choose to be a patron of a store (barbershops are great for this), you will be at no greater risk than if you were to stay in your own township... **Remember** when you go to your new community to do more than merely “dash in”. **Take your time** while you are there. Engage others in conversation; ask them what their lives are like in their neighborhood. In doing so, you will inevitably rediscover the Truth that “people are people,” and that the vast majority of them are deeply Good-Hearted members of your own “Greater Family.”



Bonus Activity: For the truly courageous, head into a truly “dangerous part of town” during the day today, perform an anonymous Good Deed for someone who lives there, and then depart.

January 13 ... Being Amazed

Go somewhere tonight where you can see the sunset. Be sure to go ahead of time with your favorite healthy snack &/or inspirational book ... When the time comes (at least 15 minutes beforehand), put the food and the book down and intently watch the sun set; ***allow yourself to be re-amazed*** at the innate amazingness of Life. Resolve to go forth tomorrow and ***act accordingly***.



Bonus Activity: Set an alarm for tomorrow morning that will enable you to go a similar location and watch the sunrise, allowing yourself to be re-amazed all over again.

January 14 ... Respecting the Earth

Recycle *everything* you use today ... Collect all paper, plastic, metals and glass used and take them to your local recycling center at the end of the day. In addition, take all your biodegradable refuse, chop it up and “express-compost” it in your garden &/or yard.

COMPOSTING 

SOILED PAPER AND PAPER DISHWARE

VEGETABLE BASED COMPOSTABLE DISHWARE AND SILVERWARE

FRUIT

TEA BAGS

VEGETABLES

NAPKINS

COFFEE GRINDS

GLASS
GLASS BOTTLES, JARS AND FOOD CONTAINERS

PAPER
NEWSPAPER
OFFICE PAPER
MAGAZINES
JUNK MAIL
CARDBOARD BOXES
DRY FOOD CARTONS

CANS
ALUMINUM CANS
METAL CANS
CLEAN FOIL
STEEL BOTTLE CAPS

PLASTIC
#1, #2, #4,
#5, #7 PLASTIC
FOOD AND BEVERAGE
CONTAINERS

RECYCLING

* PLEASE EMPTY AND RINSE ALL FOOD AND BEVERAGE CONTAINERS



Bonus Activity: Buy recycling bins &/or make a composting bin (the “Earth Machine” is a great model to emulate) for your home to help make recycling & composting a regular part of your living.

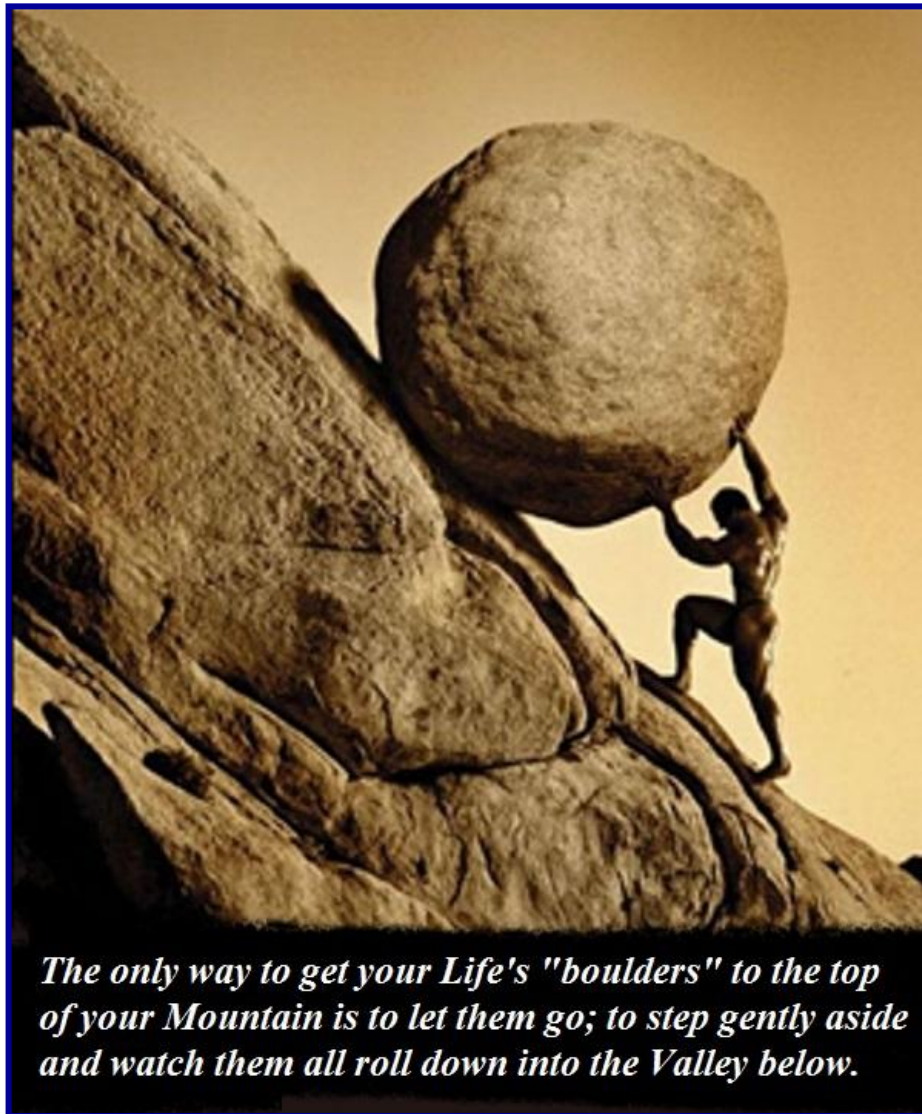
January 15 ... Extending your Moments

Make it a point today to “*linger*” wherever you are before moving on to another location ... When it’s time to get out of bed, *pause* there before doing so to truly Realize where you Are. When it’s time to go to work or school, *pause* for a deep breath or two at home before setting out. When you move from one room or classroom to another, *pause* for a moment or two before doing so ... Also, whenever you encounter another person, do so intently and sincerely. Make prolonged eye-contact with those people met during the day, choosing to truly See them while you do so. Do the same when disengaging from those people as well (a.k.a. when “saying goodbye”) ... Your moments are yours to cherish. You cherished them all during your early years of childhood, and today is the day to Do so once again.



January 16 ... Eliminating Addiction

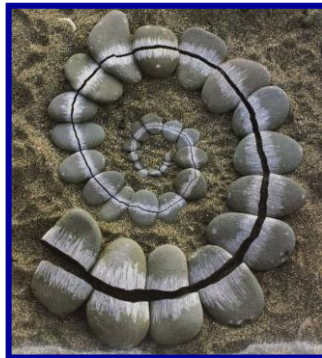
Everyone has more than one personal addiction. They may not be traditional (like alcohol, cigarettes or drug abuse), and yet any behavior that is both self-centered & self-destructive qualifies. This can be overeating, gossiping about others, consuming animal flesh &/or mammary secretions (a.k.a. “dairy”), engaging in superficial sexual intercourse, immersing yourself in “the news,” or watching soap operas ... With this Truth in mind, take a few moments to identify and list your addictions. And after you’ve displayed the courage to honestly do so, rank them all from most to least difficult to stop. Finally, completely disregarding whether or not you feel you should dismiss them at all, pick your most difficult addiction and do not feed or engage it at all today in any way or to any degree.



Bonus Activity: Every time a craving to satisfy your “top addiction” surfaces, instead of rejecting that impulse, actively replace it with a selfless alternative – instead of satisfying the urges of self, seek to soothe the struggles of another.

January 17 ... Art in Nature

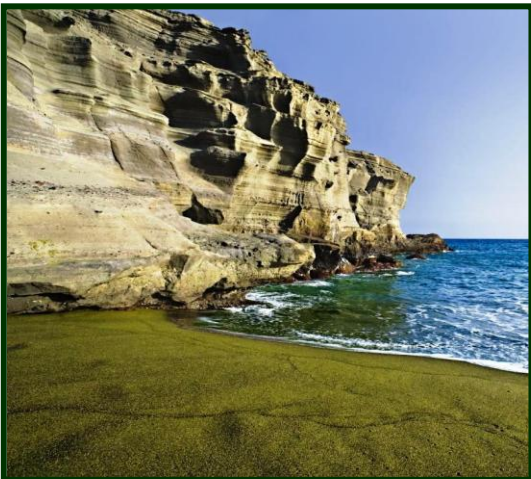
Today's task involves making art in Nature ... First, go to a nearby park or field or wooded area and sit for awhile (It helps if this space is one of your personal "favorites"). Intently notice the different facets of the environment there – the trees, the leaves, the stones, the dirt, the grass, the water, etc. Now find a space that seems to "call out" for beautification and, using only the natural materials nearby, make some "Nature-Art" (a la Andy Goldsworthy's masterworks below -- feel free to watch the DVD "*Rivers & Tides*" beforehand for inspiration). Your creation need not be seen by anyone else; only intended to further the Beauty of that particular place ... After you are finished – and before you head for Home, pause to make a statement of humble Thanks for the opportunity to add your little bit to the Harmony of the Cosmos.



Bonus Activity: Visit your artwork every day for two weeks, noticing how it evolves and shifts as it biodegrades. Bring others along to appreciate its shifting Beauty with you, &/or take pictures of the same to share with them.

January 18 ... Setting LOVE Free

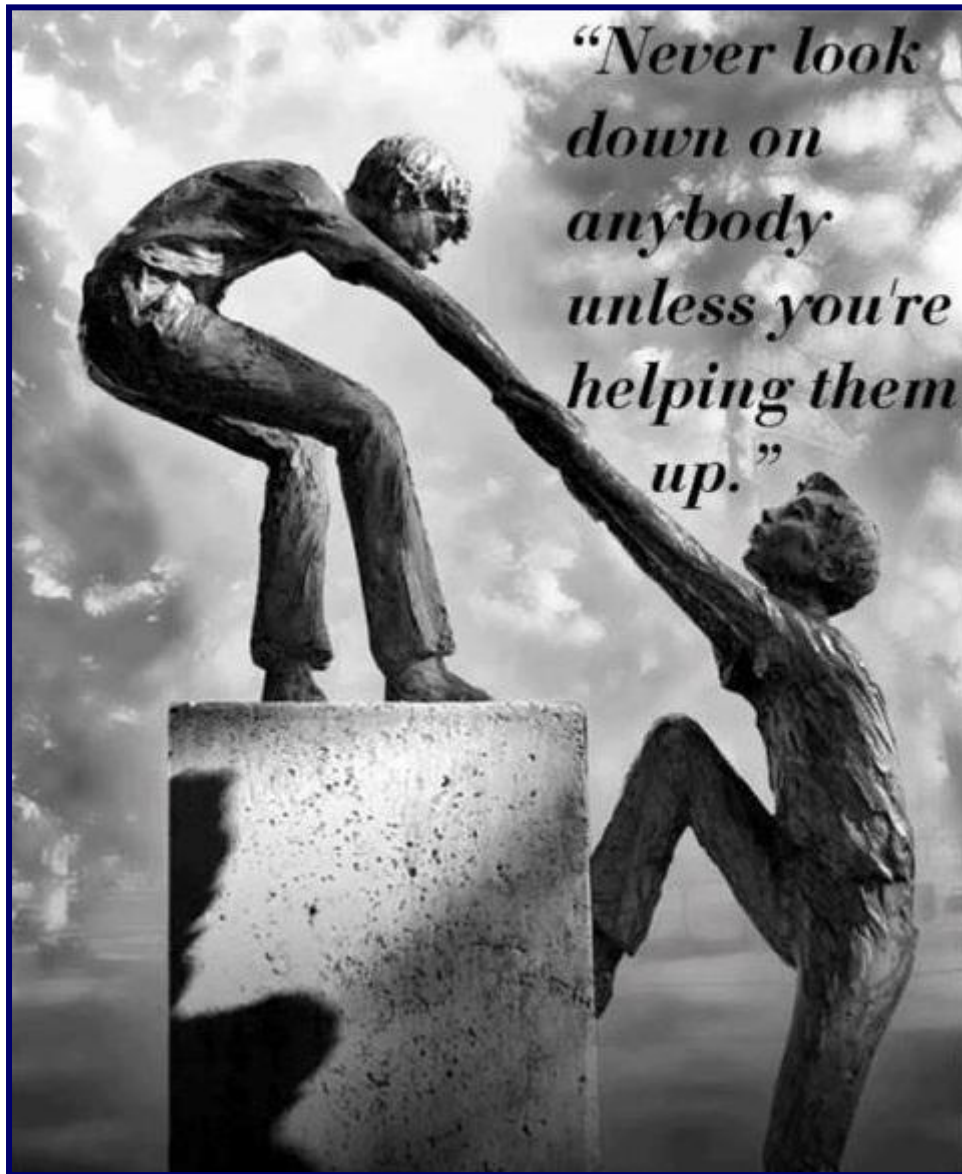
Today, write a Love-letter to Life. Be specific regarding what you are thankful for as well as what has most Blessed you in the past. Conclude your letter with a brief “Mission Statement” – your current belief as to what you are Here to Do on Earth (for *others*) in this lifetime. Put the letter into a bottle and set it afloat on any body of water.



Bonus Activity: Include a return address on your letter.

January 19 ... Respecting the Downtrodden

To truly Respect the poor of your community, it is necessary to treat them as human beings --- not as “poor people”. Pity, sympathy, and worry only serve to entrench the challenges faced by our brothers & sisters who are “materially challenged”. Keeping this in mind, go forth today into an impoverished community and *look for ways to Do Good* without exuding any pity or sadness for its residents. Invite others nearby to help you during your mission.



Bonus Activity: While helping the downtrodden, choose to *See* the “infliction” of poverty as a Blessing instead of a curse. Choose to be Happy for the poor – not for their pain, of course, but for the fact that -- for them at least – the slightest act of Goodwill means so much more; bringing them so much more Peace than the same activity performed by someone living in the comforts of “wealth.”

January 20 ... Flagrant Honesty

Go the entire day answering every question forthrightly and making every comment reflect a “flagrant honesty.” This means no embellishing, no exaggerating, no melodramatizing, no sarcasm, no “politeness”, no tact, and no “white lies” – and this, all day long.



Bonus Activity: Wear a sign that says “Free Honest Opinions” and encourage others to ask you difficult questions, answering each with complete honesty – keeping in mind that oftentimes silence and a smile is the most honest (i.e. the “best”) answer to a question (e.g. flagrant honesty **never** requires you to hurt another’s feelings).

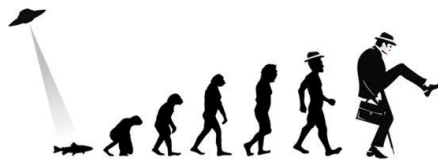
January 21 ... The “Meaning of Life”

Today, take a community survey with regards to the question “What is the Meaning of Life?” Ask at least one elderly person, at least one child, at least one friend, at least one preacher, at least one relative, at least one homeless person, at least one “wealthy” stranger (anyone in a business suit &/or driving a “fancy car”), at least one dog or cat, at least one farmed animal, and at least one tree. Write down the answers they give and share your findings with at least one friend, at least one associate, and at least one stranger. Discuss with them ways we could all make our lives more Meaning-full.



January 22 ... BEing Bold

Make or buy an outrageous hat and wear it all day today.



January 23 ... “Last Place”

Today, be the last person to depart from every space you occupy --- Be the last to leave home, the last to rise from any table, the last to stand after a meeting or a class, the last to depart from any room, the last to leave a gathering, the last to depart from a conversation, etc ...



Bonus Activity: Go to a library or a museum or a movie theater this evening and be the last to exit the premises as they close.

January 24 ... rewriting Personal History

Take some time to remember three (3) of your past personal “tragedies” (i.e. actual moments of tragic loss &/or times of deep despair or disappointment) ... Now re-envision each of them anew, seeing yourself responding with Nobility and Grace in the face of their intense pains &/or frustrations. Next, ponder them in calm until you realize what you have learned from them and write those lessons down next to each “tragedy” on your list. Carry this note with you today, re-reading it every hour on the hour and actively enlivening one of the 3 lessons after doing so.



Bonus Activity: Think about your three “crises” again and realize what Good came from them ... Choose to be Thank-full for them – Thank-full that you can choose to transcend their pain, and Thank-full that choosing to “Care anyway” during times of trial or crisis is the most efficient way to become a truly Power-full and deeply Peace-full (i.e. a courageously Caring) person.

January 25 ... Spontaneity

Every hour today, do something completely “random”. Simply listen to your “gut” &/or flow with “first thought, best thought”. In essence, simply choose to make all your decisions in those moments – those that are “important” &/or “major” as well as those that seem “minor” &/or “trivial” – on a wholehearted whim. Remember to smile at others nearby while you do so.



January 26 ... Symbolizing Joy

Invent a new punctuation mark that represents Happiness. Then, write three letters (one to a friend, one to a family member, and one to an acquaintance) and use your new symbol profusely. Be creative enough that at least one of the three is likely to ask what the symbol means, and be clear enough that they can probably guess that it relates to ultimate Bliss &/or true Contentment. Be ready to explain the same to them if & when you are asked.



January 27 ... Kindness to Animals

Go to a local animal shelter and be kind to the animals next scheduled to be “terminated” --- Walk them ... Pet them ... Talk to them gently ... Feed them treats. Let them know that, at least for today, that they too are Loved.



Bonus Activity: If you can find a “no-kill” animal shelter in your area, express your thanks for their no-euthanasia policy and offer to volunteer there for a day.

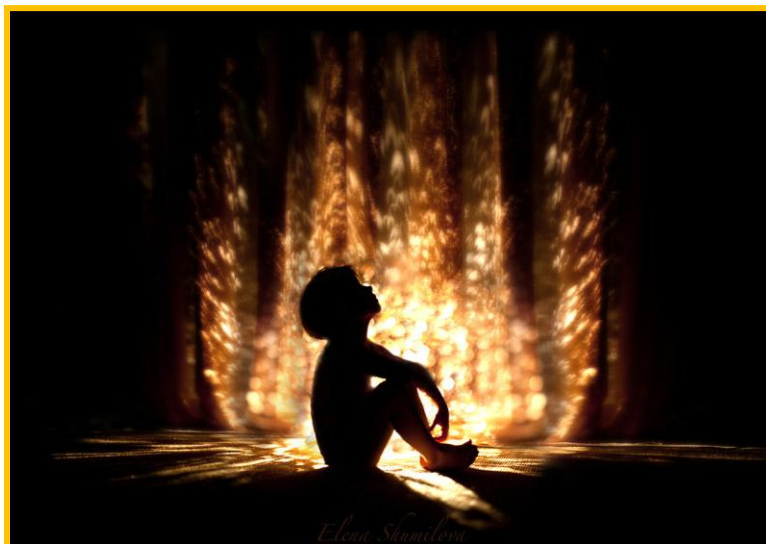
January 28 ... Caring for the Humbled

Visit a local jail and bring its inmates some non-religious inspirational reading materials (humor is always a great vehicle for inspiration). Ask if you can visit with them as well. If you are allowed to do so, do so. Ask them how they are “holding up” and ***intently listen*** to their answers. Let them know that you still see them as integral members of your community regardless of what they did (or did not do) to get put into jail ... If visitation is not allowed, ask the staff which of the inmates has been in the longest and/or receives the least amount of visits/mail, and then send that inmate(s) a card today (including an inspirational quote & a funny cartoon therein).



January 29 ... Letting Go

Gather all of your old photos together. Go through them and put one (1) of every three (3) photos into a pile to give away – some to friends, some to associates, and some to strangers. If some are not “givable”, burn them in a “cleansing ceremony” this evening.



January 30 ... Sincere Humility

Seek out a preacher of a “rival faith” and ask him/her about Salvation, listening openly to him/her without judgment. Offer your own insights *only if you are asked* to do so -- and be very brief if you are so asked. After all, this is a humble listening mission, *not* a proud preaching one.



January 31 ... “Unplugging”

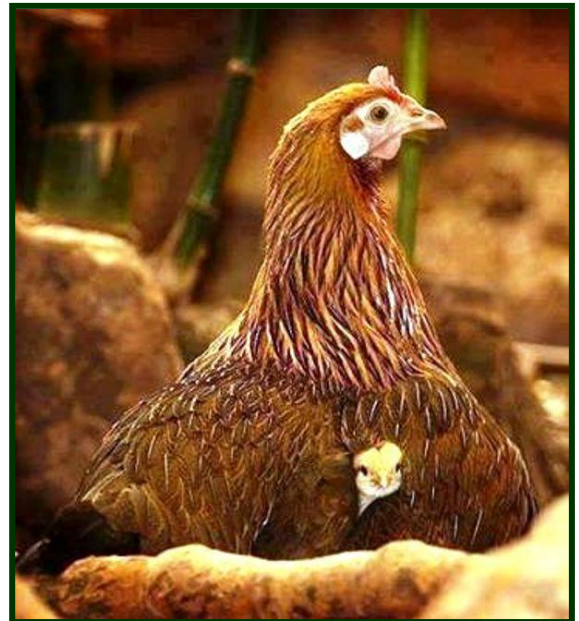
All day today, refuse to use any of your electronic communication devices. This means no watching TV (*unplug it*), no using your cell phone (*turn it off*) and no talking on your traditional phone (*take it off the hook*).



Bonus Activity: Cancel your subscription to cable, satellite &/or digital TV as well.

February 01 ... Welcoming Newborns

Gently greet every baby you see today and lovingly welcome it to Life ...



Hint: It is impossible to be Kind to children of any age while paying others to confine, enslave, abuse, and murder them. As such, to be truly Kind to all the world's children today, it is necessary to ***Go Vegan!***

Bonus Activity: Remind an adult human friend that today is the first day of the rest of his/her Life -- and then gently & sincerely welcome him/her to Life as well.

February 02 ... Caring for your Caregivers

Massage each of your own hands for 10 minutes each ...
This evening, do the same for your feet.



Bonus Activity: While doing so, vividly envision how you are going to use your newly rejuvenated appendages to soothe the sufferings of others in the near future.

Bonus Activity: After you are done massaging your own hands and feet, massage someone else's.

February 03 ... Following your Leaders

On the way to work or school this morning, walk at least part of the way, after having encountered someone interesting. Pay attention to the way they move and then subtly emulate their walk from afar ... For the rest of the day, pause every hour to notice others' different styles of Being, and then for five (5) minutes of every hour purposefully move in ways completely different from whomever you are watching ... Finally, on the way home from work or school, walk part of the way, and do so in a way that is completely unique. Have fun “inventing” a new style of movement for yourself and make it as smooth and as distinctive as possible.



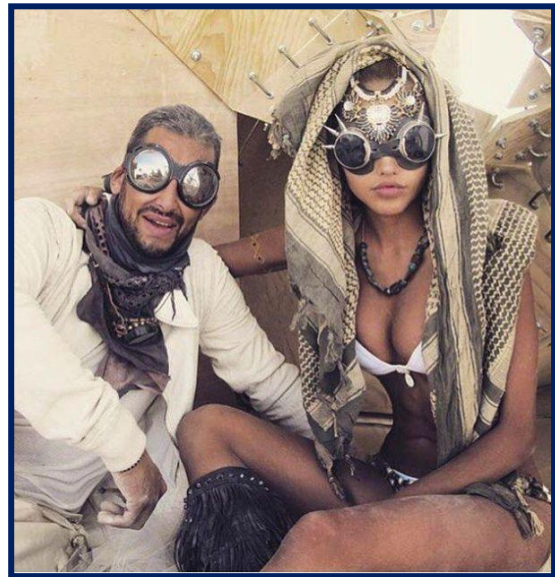
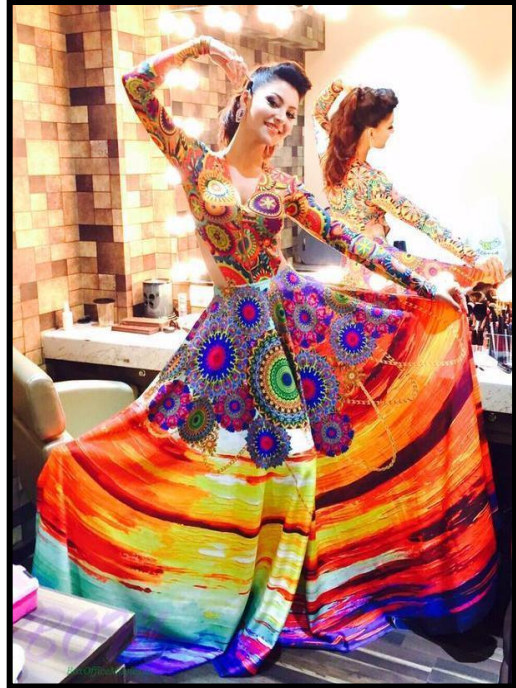
February 04 ... Personal Communiqué

Write three (3) emails this morning – one to a family member or friend, one to an associate, and one to a stranger or an enemy ... The content of the mails should be almost identical, wishing their recipients well. Include messages of Kindness & Gratitude, and include a joke &/or a funny cartoon of some sort. When you are finished, print your emails out and “spruce them up” (with markers, colored pencils, stickers, etc.) ... Finally, at some point today, hand-deliver them in silence -- with a heartfelt smile.



February 05 ... Unconventionality

Challenge traditional “style” today by wearing something “outrageous” (e.g. color *un*-coordination, plaids with stripes with polka-dots, a tie with a t-shirt, socks with sandals, etc.). Be creative and have fun. Be sure not to tell anyone that you are “dressing up”. Act – no, choose to *believe* – that your “bizarre” outfit is completely acceptable, if not downright “stylish” ... *Note* that this exercise is more powerful if you let your “weirdness” extend just barely beyond the line that society has drawn for “appropriate” dress.



February 06 ... Caring for the Ill

Go to a local hospital and head to the cancer ward (or other part of the facility where terminally ill patients are staying). Bring a flowering plant (avoid cut flowers that will soon wilt) ... Visit with the patients there --- **Listen** to their stories, bring them cartoons or tell them jokes. Tell them about your own Life (only if they ask) ... **Be Kind** to them.



Bonus Activity: Before you leave offer to fulfill a patient's “dying wish”. Keep offering until you find someone who accepts your offer. Then head out and get to it!

February 07 ... Cleansing the Sanctuary

Go through all your clothes this morning, making a pile of the items that you rarely use &/or don't truly "need" (& maybe calling a few neighbors to encourage them to do the same). Items that are "in season" and yet have not been worn in over three weeks go into the pile, as do all items "out of season" that you wore twice or less when they were recently "in season". **Note** that no one truly "needs" more than seven pairs of underwear or more than 14 pairs of socks. You don't actually "need" more than 3 pairs of shoes either (one active pair, one "dressy" pair, and one comfortable pair). Be courageous and make the pile as big as you can ... After this sorting is complete, throw in one item that you regularly wear (or, if you're feeling extra-Kind, one that you truly cherish), bag them all up, gather any others that your friends' might have collected, and take them to a local homeless shelter &/or donation center.



Bonus Activity: While sorting through your clothes, think about your friends and family members (as well as your associates from work &/or school), and try to find "Gag Gifts" for them – items that you don't want or "need" that they would find amusing ... Wrap these up as gifts and distribute them during the week to bring your world a few more smiles.

February 08 ... Humility via Self-Booming

You are special and amazing. Indeed, you are the only *YOU* alive today and the only *YOU* who has ever lived. You have Gifts to give and Services to render that no other human on the planet can give or provide even half as well. Now, while remembering these Truth-full thoughts, make “grand entrances” all day today ... Be creative. Remember that you are the Queen/King of your existence and “boom” that Noble Self into every room you enter, and remember to smile while doing so ... *Note* that this is not a call to arrogance at all. Remain humble, even while actively and unconventionally letting the world Know that – at least for today – you are fully Aware of how powerful your Kindness truly is.



Bonus Activity: While you are “booming” your way through Life today, be on the look-out for ways in which you can use your Power to BOOM some Love to others - - especially those who are being abused &/or oppressed.

February 09 ... Appreciating Hearing & Sight

To get through our days, we tend to rely primarily on our vision, and secondarily on our sense of hearing. As a result, our other senses have become dampened from lack of use ... So this morning, wear earplugs and pay attention to how Life changes. Keep them in through lunchtime. Afterwards, remove them and put on something that will dampen or remove your sense of sight (e.g. a blindfold, eye-patches, two pairs of dark sunglasses, etc.) – for this activity, the less you can see the better. Pay attention when doing so, especially to your radically awakened senses of Hearing & Smell & Touch.



Note: If you already have dampened hearing, engage the “blind” portion of this activity three (3) times today, letting your sense of touch guide you.

Bonus Activity: Share your Wonder-full experiences today with three people – one loved one, one associate, and one stranger.

February 10 ... Remembering True Kinship

All day today (at least once per hour), greet strangers warmly. Be the first to say “Hello” to them. Mention what a Wonder-full day it is, often ask if there is anything you can do for them, and part from them with a sincere “Peace be with you” ... **Note:** Remember to **Be Kind** regardless of whether they respond with kindness or not.



**I LOVE WHEN
STRANGERS SMILE AT
ME AND I SMILE BACK
AND WE HAVE THAT NICE
STRANGER SMILING
MOMENT.**



February 11 ... Sinking into Here&Now

This morning, lie comfortably on the floor, breathing slowly and deeply for a few minutes. While doing so, breathe from your stomach, allowing it to gently rise and fall. Slowly close your eyes and sink consciously into the floor beneath you. Once you've "sunk" as deep as you can, remain there for forty seconds and then slowly "return". Open your eyes, pause for a moment, and then slowly stand ... Perform this exercise four (4) more times today (e.g. mid-morning, at lunchtime, mid-afternoon, and before going to bed).



Bonus Activity: When at your "deepest place" in the exercise, use the forty seconds there to engage in visualizations of Gratitude (for your Life's past & current Blessings) and visions of Willingness (i.e. See ways you can Serve others today &/or in the near future) ... Thereafter, go forth and **act accordingly**.

February 12 ... Coasting & Soaring

Find three (3) different ways to experience movement today while not moving your feet. **Note** that you are not merely to move, but to *experience movement* (i.e. riding in a car or bus doesn't give an intimate experience of movement, while riding *on top* of a car or bus certainly would). Escalators are mild examples of this activity, while glass-bottomed elevators are much better (though admittedly hard to find). It can be as simple as getting on your bicycle and “swooping” down a long hill, or as courageous as leaping from a high-dive into a pool ... In short, be creative and ***be courageous*** while re-memorizing the Joy of Motion.



Bonus Activity: Discover your favorite way to fulfill this activity and then invite others to join in with you while you engage it.

February 13 ... Refreshing the Rainbow

Find a color without a name (there are actually quite a few of them) or a color that has a name that could well use replacing. Create a fresh name for your chosen hue and go through the day looking for that color while informing others of its name (e.g. I helped re-name yellow-orange -- Crayola's "macaroni & cheese" -- as the below-pictured *munbella*, and have been telling people, especially children, about it ever since). If feasible, find a ribbon or article(s) of clothing that matches your new shade and wear it all day today.





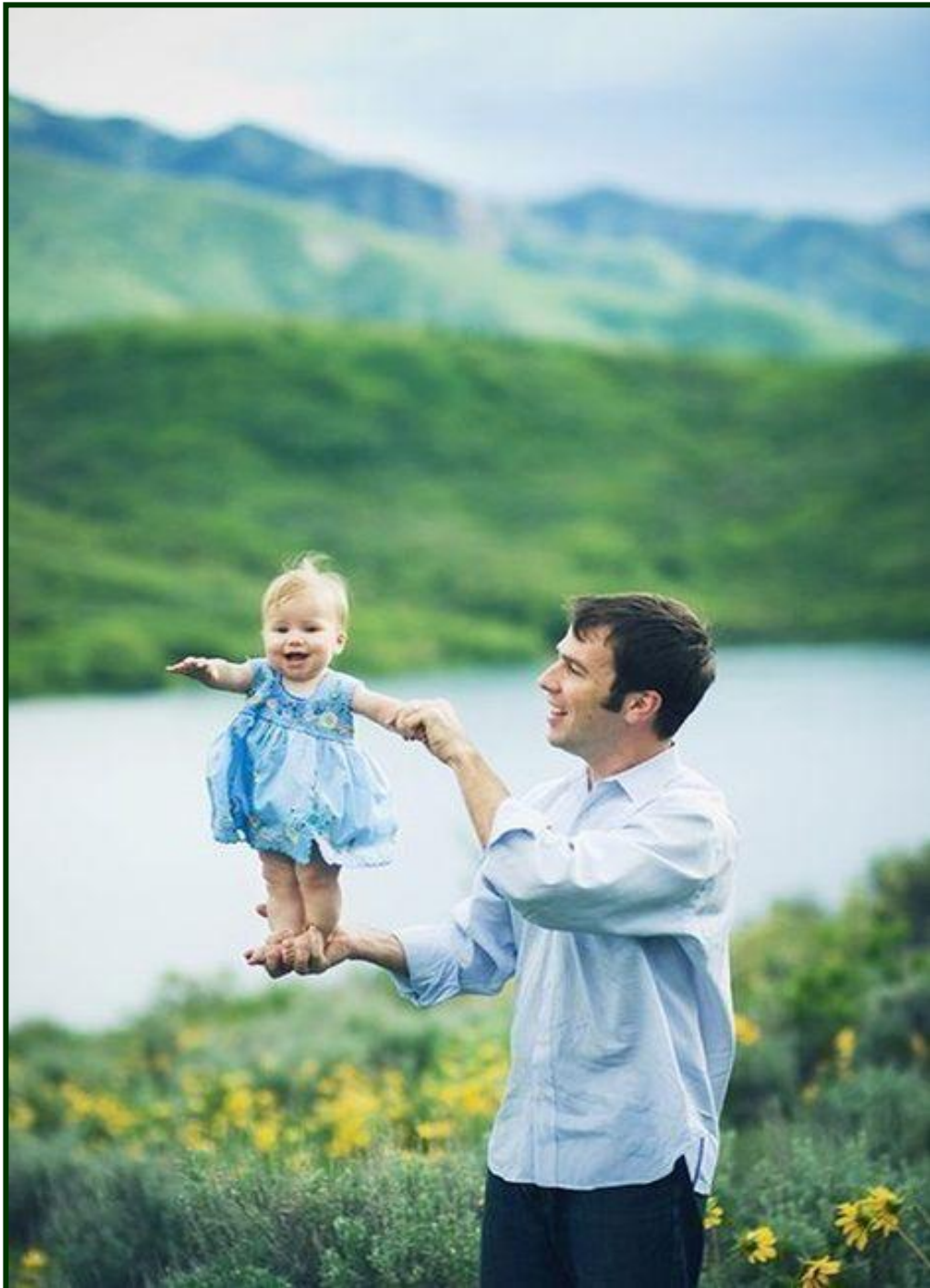
And yes, this one is in fact **VEGAN!**



Bonus Activity: Find the color you *dislike* the most and rename it as well, giving it a name that reflects something fun or beautiful. If feasible, find either a ribbon or an article of clothing (or anything) that exhibits this color and wear it for a day.

February 14 ... Gratitude Visits

Take a few moments to list as many of the people you can remember who either inspired you, encouraged you, enlivened your happiness, &/or supported you during your childhood. Sometime today pay one of those people a surprise visit to relay your Gratitude to them in person (taking them small Gifts of Appreciation is optional). If such a visit is highly impractical, make at least two phone calls to those on your list instead.



February 15 ... Respecting the Children

Visit a local kindergarten or pre-school this morning (Be sure to call first to ask permission). Bring along some games that further teamwork, sharing or cooperation (most toy stores have quite a few in stock these days) &/or bring a pre-packaged healthy snacks for the kids. If you are allowed to help the teacher by reading to the children &/or playing with them, do so. If not, simply drop off your gifts and Faith-fully allow your Faith in Humanity to be renewed anyway.



Bonus Activity: Offer to speak with the children about your Mission of Kindness and ask them for their ideas --- remembering to sincerely & earnestly ***LISTEN*** to their responses.

February 16 ... Pure Communication

For 20 minutes, communicate using only hand gestures, body language, &/or facial expressions. Repeat this activity a total of three (3) times today, with at least one of the stunts occurring at work or school. If it's too uncomfortable to simply stop talking, inform your co-workers/classmates what you are doing and invite them to join you for a "silent, yet deeply communicative" lunch break.



Note that if you live alone, all three of the aforementioned silent stunts must be somehow engaged in the company of others.



February 17 ... Compassion for “Criminals”

Visit night court (or afternoon court) today. While there, pay attention to the emotions that permeate the room. Be consciously grateful that you have not been compelled to attend ... After settling in for a few minutes, silently extend the prosecuting attorney as much Compassion as possible (remembering that theirs is one of the more morally challenging jobs out there) ... Extend the same Compassion to the judge as well. And while it will be tempting to send the “accused” pity or sympathy, refuse to do so. Send them Compassion, yes, and yet do not make their plight worse by enabling them to feeling sorry for themselves ... **Recognize their Strength** instead.



Bonus Activity: Anonymously bail out a stranger today.

February 18 ... Polite “Impoliteness”

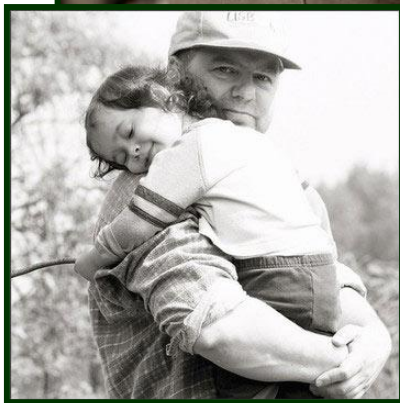
At regular intervals (at least once per hour), stare at people who aren't looking your way. Do so for at least two full minutes or until they glance your direction. When they do look your way (and they often will), wave and smile at them gently for three (3) seconds before looking away.



Bonus Activity: Make or obtain “blinders” (pieces of cardboard or plastic that completely block your peripheral vision) and wear them at regular intervals throughout the day.

February 19 ... Powerful Salutations

Symbolically, a handshake represents showing an enemy that you have no weapon up your sleeve. Needless to say, this is not a powerful way to express either Friendship or Kindness. So, all day today, choose to greet everyone you encounter -- all friends, all family member, all acquaintances, and all strangers – with a hug instead of a handshake.



February 20 ... De-Craving Comfort

Remove all the typical “comforters” from your life today --- When you awaken, use no slippers. When you shower, shower cold. If feasible, “use the bathroom” outside. Eat cold bread and drink only water for breakfast (no vegan cream cheese & no jam). Drive to and from work without using your car’s heater or radio (better yet, use public transportation). Take no coffee breaks and avoid the Internet entirely throughout the day. Eat meagerly for lunch and dinner (no sweets, no coffee, & no hot tea). Imbibe no alcohol and smoke no cigarettes. This evening, watch no TV and read no “pulp literature”. Finally, go to bed without blankets & without a pillow ... **Note** that the purpose of this day is not to “suffer”, but rather to renew your Appreciation for all the “luxuries” you already posses and regularly use. Tomorrow, you’ll intimately remember how good you’ve got it – and might very well be re-inspired to *share your blessings with others* in need.



February 21 ... Color-Roaming

Take a few moments this morning and identify both your most-favorite & least-favorite colors (If they are still pertinent, use the same colors from February 13's previous task). All morning thereafter, let your least-favorite color make your "decisions" for you, saying "yes" to it all morning, and allowing the fervor of your actions to be regulated by the vividness of the witnessed hue (e.g. with deeper shades of magenta inspiring outrageous engagement, and lighter shades thereof allowing more subdued actualizations thereof) ... At lunchtime, head out and "follow" that same color for 10 minutes (if your color isn't seen, keep going straight ahead). At the end of the walk, find a restaurant nearby and eat either where you can see your color &/or eat food that contains the same. When finished, thank the color for lunch and head back to work &/or school ... Thereafter, for the rest of the day, look for, pay attention to and "follow" the other hue – your most-favorite color. After work/school, buy dinner from the first restaurant where you see your most cherished hue. When finished, thank that color for the sustenance as well and head home ... Before going to bed, reflect on what you experienced today, sharing the same with at least one other person.



Bonus Activity: Research the archetypal meanings of today's two colors and think about your experiences today in light of their innate meanings (email me if you need help here) ...

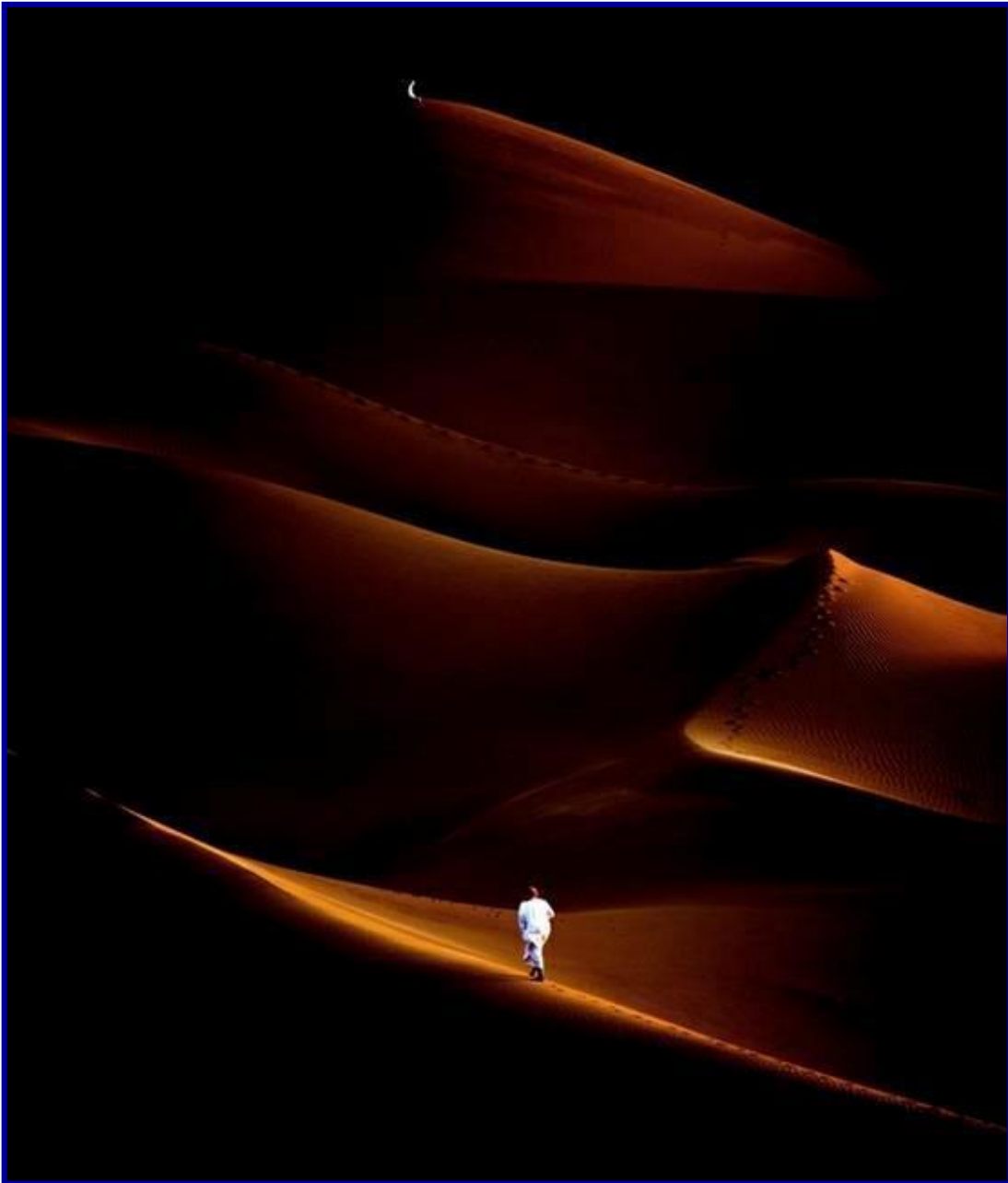
February 22 ... Making Today Sacred

Make today a personal holiday (do some research if necessary) ... Inform others about your unique Holy Day and *celebrate it* with them creatively.



February 23 ... Honoring a Hero

Name your current residence after your primary hero/role model. Be clever and Respect-full, both with your choice of hero and how you express that choice. Hang a sign(s) somewhere in your domicile to make it “official”.



Bonus Activity: Order or make new mailing labels & include your new home’s name on them. Mail three cards out -- one to a friend, one to an associate, and one to a random stranger -- to let others celebrate your Home's new name and the noble deeds of the man or woman who inspired the same.

February 24 ... a Magick Mailbox

Wait until this evening and anonymously decorate a neighbor's mailbox. Use this morning beforehand to come up with creative ideas for its decoration and the afternoon between to procure the necessary supplies for the same. Attempt to make the mailbox both an Inspiration and a Wonder for all who see it ... **Note** that this activity is most potent when done for the neighbor least liked – either by you personally, or in your neighborhood in general.



February 25 ... Unconventional Gesture

Invent a new hand gesture (e.g. for “maybe” or “yes” or “Great!”) -- making it dramatic, flowing, unusual, and Respect-full. Be sure you know what it means and let that meaning further Joy or Happiness or Peace or Wonder. During the day, use the new gesture at least once per hour, only explaining it if asked to do so.



February 26 ... Humbling the Ego

Note initially that humbling your ego has nothing to do with humiliating it. Indeed, it is ironically our *lack* of true **H**umility that opens the door for us to be susceptible to humiliation, for only the proud person can muster the arrogance necessary to grant another person an



authority over the worth of his/her True Self ... So choose to be powerfully **H**umble today --- When “wronged”, see those slights as opportunities to powerfully forgive. When criticized, listen neutrally and intently. When insulted, exude Compassion. When praised, feel the same enthusiasm and send it back to the source of that compliment(s) ... Later in the day, ask a Friend to criticize you &/or your life. Listen to them, responding only with silence or an “Is that so?” Ask the same Friend to list your positive traits as well. Listen just as intently, responding again only with silence or an “Is that so?” Thereafter, go forth and ask an associate to do the same, responding similarly (thanking them after they've finished). Finally, on the way home this evening, gather three (30 “first impressions” about yourself from strangers on the street ... Tonight at home, ruminate on both the similarities and the differences in these various critiques, compliments and impressions given you today.

Bonus Activity: before going to bed, call an “enemy” and ask the same questions you asked your friend earlier, and respond to him/her with a similar neutrality (i.e. with an “Is that so?” or an “I see”).

Humility
a strange thing.
The minute you think
you've got it,
you've lost it.

February 27 ... Truing UP your Touch

Wear gloves all day today to see how it feels to Live with a dampened sense of touch ... Every hour, take off your gloves for five (5) minutes and focus on your renewed sense, consciously (and thereby gently) touching as many different types of surfaces as you can in your immediate environment ... Remember how to touch things around you as if for the first time, and re-member to touch the other beings in your life with the proper respect and care.



February 28 ... A New Way

Go for a one-hour walk today -- backwards (and remember to smile while doing so) ...



February 29 ... The IS of Incognito

“Disappear” for the day ... Let loved ones know that you’re doing so (though do not tell them, or anyone else, where you’re going) and head somewhere you’ve never been before while keeping your name and personal history completely to yourself. You are allowed to invent a “new persona” (what some call “going undercover”) while there ... Feel how Free you Are, feeling how Thank-full you are for the relationships in your Life, *and* feel how much easier it is to radically Do Good deeds for others without the subtle-yet-ever-present weight of the expectations of others &/or the norms of your society upon your shoulders.



March 01 ... Faithful Flow

Hitchhike to a destination more than one mile (& less than 5 miles) away (do so with a friend “if necessary”) ... Be Kind to others along the way – both those who give you rides and those who pass your by, and then hitchhike home again. **Note:** remember to take along small gifts to the two+ people who do end up giving you rides.



March 02 ... Shadow Vision

Pay attention to shadows today, repeatedly finding the line where light ends and shade begins ... Watch the sun dip behind the clouds, and often go somewhere to sit in the shade. Later this evening go into a dark room alone, light one candle, place a large book between you and its flame, and sit peacefully there in the shadow cast thereby. After a few minutes, light several more candles, making sure that their shadows can be clearly seen as well. Realize as you do so that this same demarcation between light and shadow – between kindness and callousness; between “good” and “evil” – lives within every single sentient being on Earth. Go to bed vowing to remember this lesson the next time you encounter anyone you might otherwise label as being “mean” or “a jerk” or “a liar” or “a thief” – and then *act accordingly* towards them; seeing the Great Light that ever resides within them as you do so and extending them the appropriate gentleness merited thereby.



Bonus Activity: With the candles lit, play a favorite song & dance with your shadow(s).

March 03 ... Sacred Space

Go to a nearby plot of “wilderness” and tend a corner of it. Clean it up, rearranging its features to enhance its “Feel”. Using only natural materials from nearby, “decorate” it as well (while leaving it looking relatively “natural”) ... Finally, sit in your Sacred Space and dedicate it to the Community as a place of Peace & Inspiration, saying an invocation of Gratitude as you depart. .

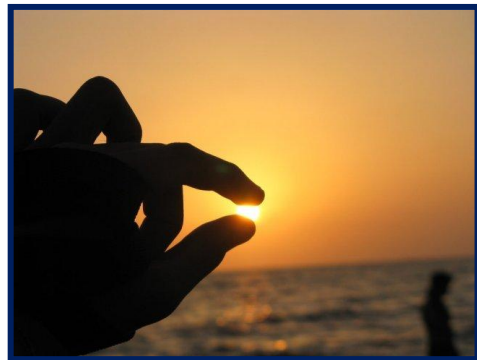


Bonus Activity: Make a small “shrine” there for others to Appreciate after you’ve gone.

Bonus Activity: Invite others to experience your Sacred Space as well -- sharing it with a friend, and then an acquaintance, and then a stranger.

March 04 ... Time Travel

Today, alter your Time-Awareness. To do so, set your watch 30 minutes “fast” this morning and go the entire morning being “early.” After lunch, set your watch 30 minutes “slow” and go the entire afternoon being punctually “late” ...



Bonus Activity: Set all the clocks in your house to different times, making sure a few are radically “slow” & a few significantly “fast”. After a few days, if you choose to forget which is which, you will automatically begin to use your “internal clock”.

Bonus Activity: Remove all clocks from your home completely ... Go the whole day either telling time either intuitively or by “guessing” based upon the position of the sun in the sky.

March 05... Relieving Burdens

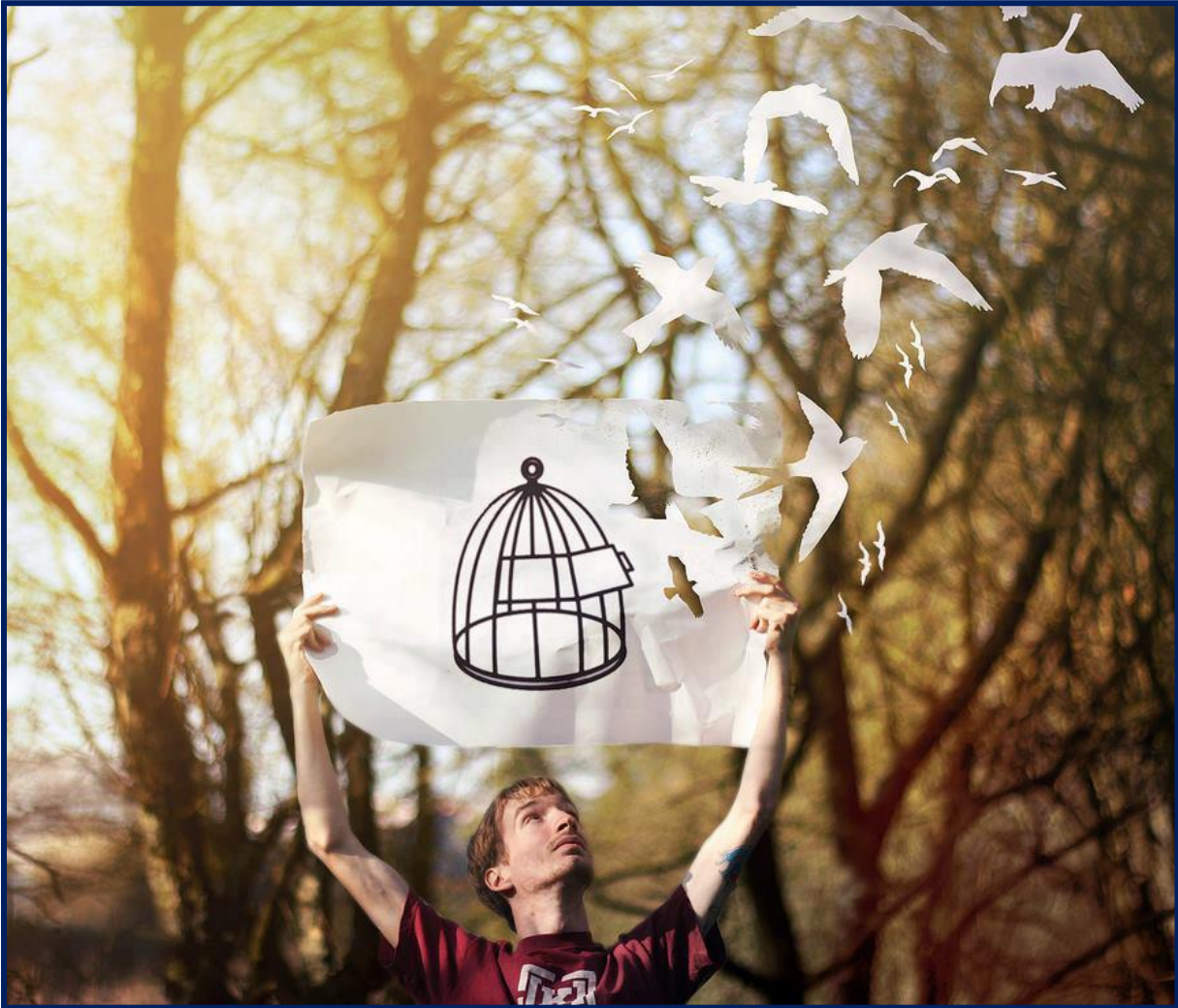
Ask a neighbor to share three (3) of the most nagging concerns about their current lives. Pick one of them & somehow find a way to anonymously ease that burden.



Help to carry one another's burdens.

March 06 ... emPowering your Freedom

Take a few minutes this morning and list three (3) of your commitments (promises you have made to others &/or duties that you have accepted). Now openly release yourself from each of them by writing "I am still Free" next to each ... Finally, and most importantly, find a way today to *voluntarily* and *actively* and *blatantly* and **joyfully** fulfill each one of them today.



March 07 ... Releasing Embarrassment

Today is the day for you to purposefully fall down or slip in public ... Do so at three (3) different times, in three (3) different places, and in three (3) different ways. Try to do so nearby someone who seems a bit “down in the dumps”, and remember to laugh *with* yourself after each & every such “mis-step.”



March 08 ... Enhancing Sensation

Consciously smell your Life today. To do so, spend at least a few minutes in or near a forest (or park), a florist, a bakery, a butcher, a dumpster, a public market, a public bathroom, a hospital, &/or a coffee shop (or tea house). In each location visited, close your eyes, cover your ears and focus intently for several minutes on the smells you encounter therein ... What emotions do they inspire? What memories do they activate? Can you distinguish between smells that are related to life and selfless Caring and those typically associated with death and selfish callousness?



Bonus Activity: Pause tonight & smell your home while reflecting on your day. Share your in-Sights with your housemates &/or neighbors.

March 09 ... To give the Giving

Head to an unfamiliar part of your town or city, stop on a street corner there and ask others for directions to a destination that is within your current line-of-sight. Then, after they point it out to you, smile and thank them profusely for their help.



Bonus Activity: Place a cup of water or some flowers on your car and drive around until someone points it/them out to you (or walk around with your shoes untied). Remember to smile and profusely thank those who point out your “mistake” once they do so.

March 10 ... Cleansing the Past

List three (3) regrets related either to past actions that you did and “shouldn’t have done”, or past deeds that you didn't do but “should have.” Write them all down on a piece of paper and carry them with you today, referring to them every hour on the hour and – after briefly remembering them – letting them go with an all-forgiving sense of profound Self-Acceptance.



Bonus Activity: Contact at least one of the three+ people “wronged” by the aforementioned misdeeds (nor mis-*undeeds*) and apologize to them sincerely & wholeheartedly.

March 11 ... Cleansing the Future

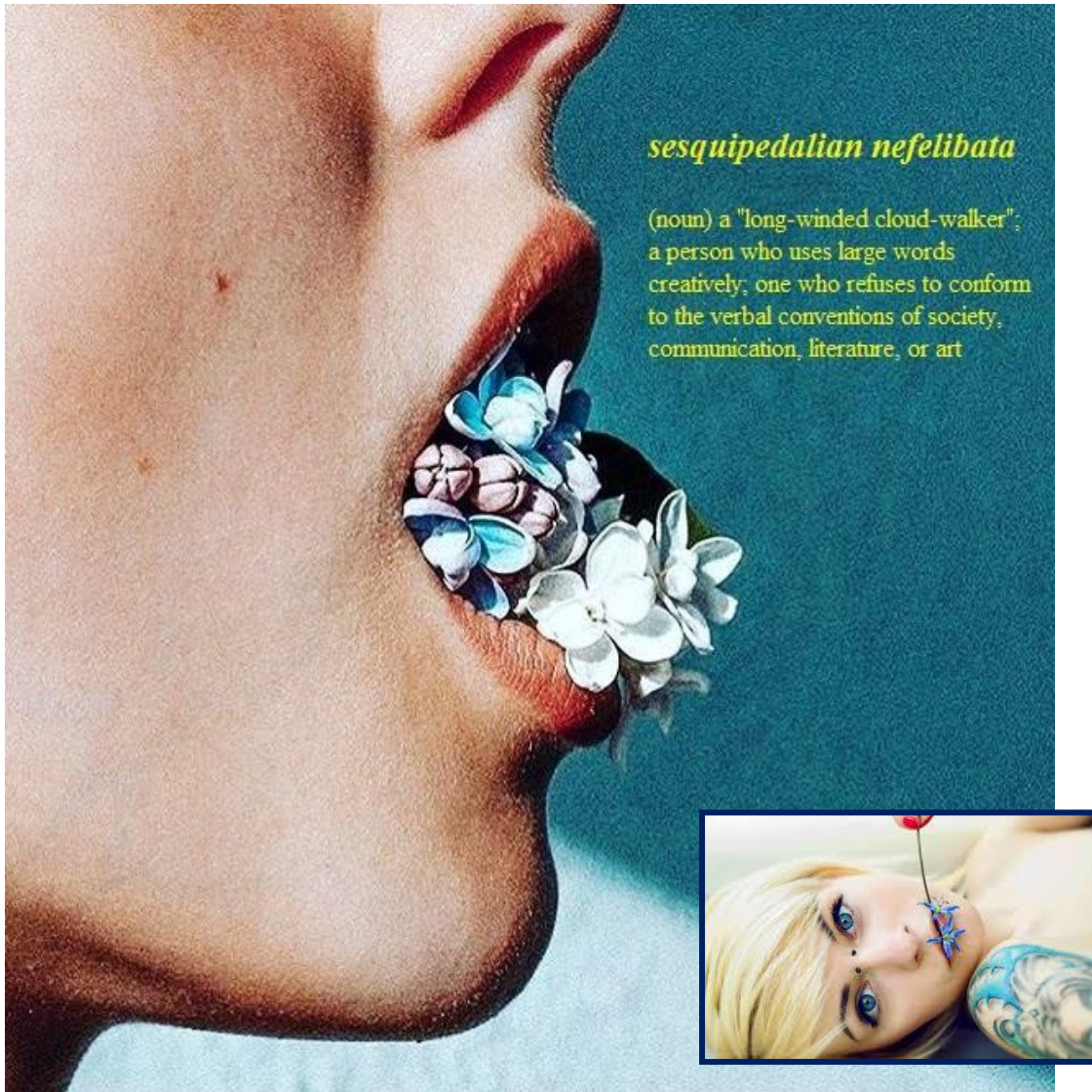
List three (3) worries related to some future “crisis” that either could or “probably will” happen to you ... Write each of them on a piece of paper and carry them with you today. Refer to them every hour on the hour and – after briefly remembering them – let them go with an all-accepting sense of profound Gratitude. Most importantly, after each letting go, **return fully to *The Moment*** -- by looking for someone in need nearby, and then doing whatever you can to ease their burdens or enhance their Joy.



Just as real Courage is not the absence of fear (but rather is the choice to do the Right Thing while terrified of the same), real Faith is not reborn in being certain that one is correct. No, true Faith actually becomes fully viable only when we are patently *unsure* of a particular choice's ultimate outcome or a particular path's final destination, and yet set boldly forth to engage it completely &/or walk it boldly anyway.

March 12 ... Co-Creative Communication

Create a new word this morning, using whatever means you desire to do so (e.g. drawing “random” letters, inverting the spelling of a favorite town or author, etc.) ... Afterwards, give your new word a definition (one that is related somehow to Contentment or Creativity or Peace or Kindness) ... Finally, use your word in a sentence at least once per hour all day, only defining it for others when asked by them to do so -- *never* mentioning that you “made it up” *and* openly encouraging them to use it freely in their future communications as well.



sesquipedalian nefelibata

(noun) a "long-winded cloud-walker"; a person who uses large words creatively, one who refuses to conform to the verbal conventions of society, communication, literature, or art

Oftentimes *how* we say something is just as important as *what* is said.

March 13 ... Inspiring Laughter

“Humorize” your answering machine message or cell-phone message service this morning. If you’re not good with accents or aren’t feeling particularly clever, simply tell a good, clean, uplifting joke on your inbox recording.



Bonus Activity: Look for ways today to make others smile or laugh with either your words &/or your actions (e.g. dance in public, make silly faces, emit silly sounds, laugh loudly & uncontrollably on subways or buses or in elevators etc.).

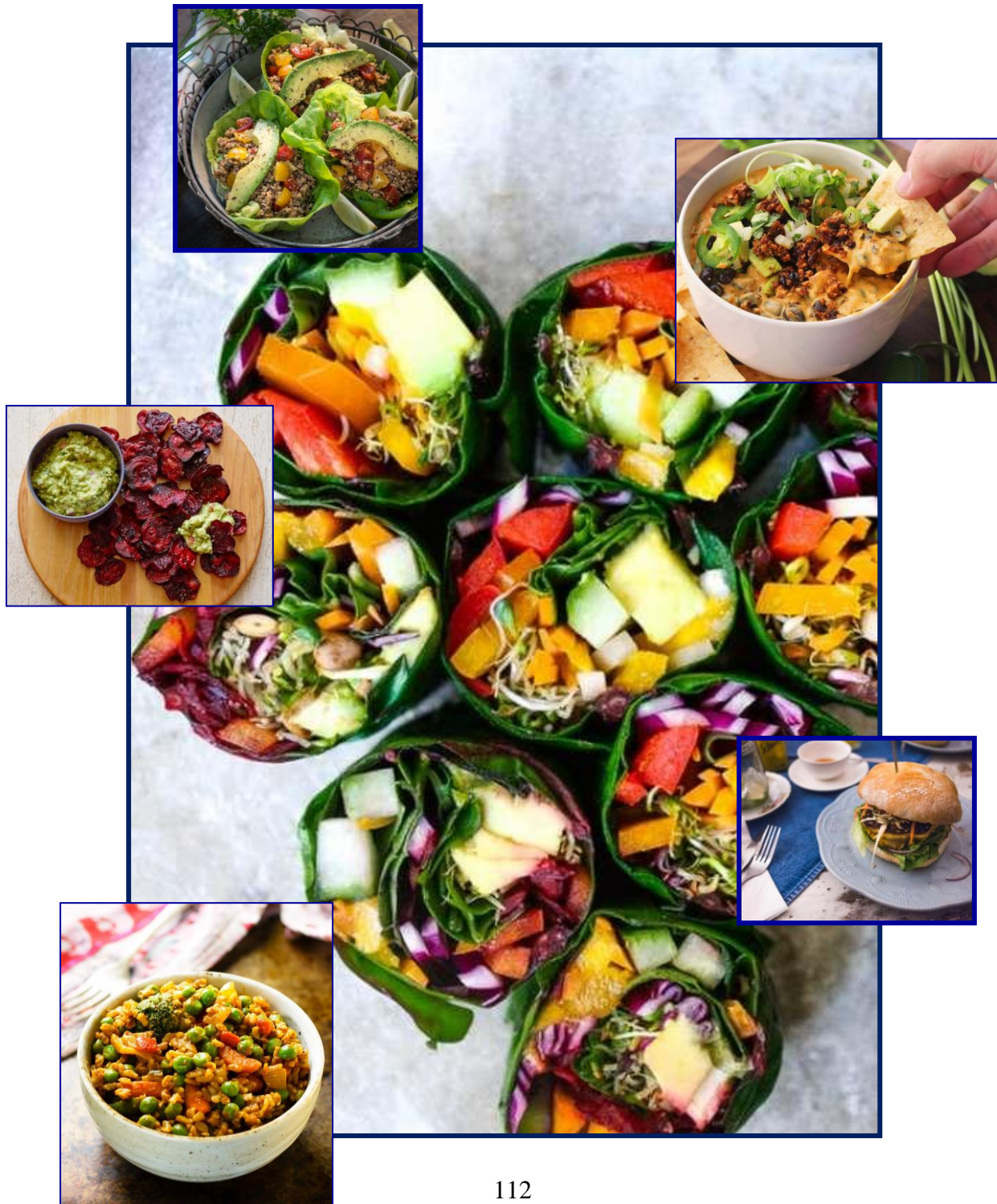
March 14 ... Providing Shelter

Take three (3) light blankets (or 3 thick sheets) and distribute them to the first three (3) homeless people you encounter today ... Just as powerful, after you have done so, take the time to ask those people how they're doing. If they are interested, ask as well for them to share their stories related to how they came to live "on the streets" ... Remember to take no money with you when you set out.



March 15 ... Eating Right

Today is a day for Healthy Sustenance. To that end, you are to eat only small, cruelty free (i.e. 100% plant-based) meals every two hours all day. This means that no traditional “big meals” are allowed. Also, you are not to eat anything other than fruit after 6 pm. Also, in place of your latter two traditional meals (i.e. lunch and dinner), gather some snacks (be creative – and **Be Vegan**) and **give them to the poor** in your Community instead of eating yourself.



March 16 ... Journeying Within



Sensory Deprivation is a powerful tool that awakens the True Self by inspiring visualizations of how that Self can reawaken into Being. To begin to engage this tool, arrange to have an hour of uninterrupted time alone today. Fill your bathtub with water that is slightly warm & add a healthy portion of salt (sea salt is best). Then, close the door, turn out the lights and (after inserting ear plugs & putting on a blindfold) lie in the tub – relaxing completely. Float in the tub for at least 30 minutes, while intending to let visions of your current “Life Mission” come to you (not what you could someday do, but rather what you can start doing for others &/or your community tomorrow) ... **Note:** If you do not have a bathtub or if your bathtub is too small to lie down in, this exercise can be similarly effective while lying on the floor under a thin blanket.



March 17 ... Sensory Activation



Pause for a few minutes every hour today to be deeply *Aware* of your existence, by choosing to sense the Wonders of Life all around you. Then be grateful for this Gift --- in that you choose to *act accordingly*.

Bonus Activity: Inform at least one other person of everything amazing you choose to re-Perceive throughout the day.



March 18 ... Getting Involved

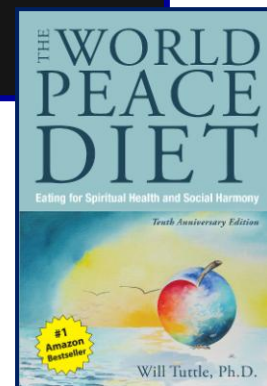
Call a local branch of an “Action Group” today and ask about volunteer opportunities. Mention that you are grateful for all the hard work they do to make our world a better place in which to Live. Here is contact information for a few of them:

Habitat for Humanity – 121 Habitat St., Americus, Georgia 31709 ... (800) 422-4828
Mercy for Animals – 8033 Sunset Blvd Suite #864, L.A., CA 90046 ... (866) 632-6446
Big Brother/Big Sister – 2502 N. Rocky Point Dr #550, Tampa, FL 33607 ... (813) 720-8778
Direct Action Everywhere -- www.directactioneverywhere.com/home
Anonymous for the Voiceless -- www.anonymousforthevoiceless.org
The Abolitionist Vegan Society -- <http://www.abolitionistvegansociety.org>
Movement for Compassionate Living – 105 Cyfyng Rd Ystalyfera, Swansea SA9 2BT... (UK) 01639 841223
The Peace Alliance – 2108 Military Rd, Arlington VA 22207 ... (202) 684-2553
Amnesty International – 5 Penn Plaza, 14th Floor, New York, NY 10001 ... (212) 807-8400

**Note:* While your ego-self may tempt you to see this as a political activity, in Truth there is nothing political about Caring for other people &/or our planet. Regardless of one's particular political affiliations, these groups (and many more like them) are all making a *moral* difference for our world – and thus all of them (and any others like them) deserve all of our support.



Bonus Activity: Feel free to support the brilliant work of Will Tuttle as well ... www.worldpeacediet.com



March 19 ... getting Fed

Eat lunch at a local soup kitchen* ... Remember to interact with the workers there as though they are long-lost Friends. Indeed, they ARE!



*Many churches have information regarding your community's soup-kitchen schedule(s).

March 20 ... providing Sustenance

Volunteer at a local soup kitchen*... Remember to interact with the patrons there as though they are long-lost friends. Indeed, they ARE!



*Note that many local churches have information regarding your community's soup-kitchen schedule(s).

March 21 ... getting Grace-full

Today is a day for moving Grace-fully, pausing every hour to move slowly & purposefully for one (1) full minute. For this activity to be truly effective, ***slow down*** and divide your actions into their component movements, making each motion an act in & of itself. *Pay careful attention* while doing so ... Thereafter, for two (2) additional minutes, watch others move and see them as Grace-full Beings as well (even though they might be moving at an apparently hectic pace – even though they might be moving at “full speed”) ...





*To fully live is to **move mindfully** through each moment: to walk with Peace in your Heart, letting each step gently kiss the Earth with gratitude; and to greet each person encountered as though he or she is a long-lost Friend -- allowing every glance to smoothly caress a deeper knowing, and every word to softly touch a shrouded Soul.*

March 22 ... Redefining Needs

Redefine your “survival needs” today ... Eat frugally for breakfast. Make a small “brown bag” lunch consisting of granola, yogurt and fresh fruit. Drink only water or tea all day (and lots of it) ... Remember, the goal is not to suffer, but rather to realize how little your body truly *needs* to remain healthy & how little you truly *need* to be truly happy.



Bonus Activity: Tonight, head to a local park bench and sleep there under the stars.

March 23 ... Asking to Assist

Go the entire day today actively looking for opportunities to serve others. At least once every hour, *ask a stranger* if there is anything you can do for them.



March 24 ... Disengaging from Gossip

Radically refuse to gossip today by listening for others gossiping around you and then choosing to openly *defend those who are being attacked*. Such a defense is as simple as providing an alternative explanation for the criticized behavior or openly hypothesizing a positive reason as to why the talked-about actions could have taken place.



Bonus Activity: Go three (3) hours straight today without discussing or listening to anything about someone else. Push such words away gently by saying, "Let's talk about something else."

March 25 ... Securing the Self

Embarrassment, a self-imposed shackle on any real Freedom, is anything but objective. Indeed, there are no patently “inappropriate” or objectively “embarrassing” actions. Yes, decisions that purposefully harm or provoke others are indeed immoral, and yet all other “shameful” choices are only made so by arbitrary public opinion – never immutable fact. As such, every hour today, choose to do something harmless that the “masses” find to be embarrassing or shameful or inappropriate or even repugnant (e.g. laugh loudly “for no reason”, pick your nose, “pass gas”, make strange noises or odd movements, etc.). These things are not “right” per se, of course (unless they happen to *bring others mirth or joy*), and yet Freeing yourself from your fear of embarrassment certainly is ...



*To Be your Self you must
boldly **BE**lieve in **YOU**rself ...
Shake off your additional to
reawaken the Original!*

March 26 ... Sharing Wonderment

Build a “sand castle” in or near a public park, decorating it as though it were a Gift for God. Encourage children to help you build it and then spend some time playing with them in and around it. When finished, step back and watch them enjoying it awhile before departing.



March 27 ... Renewing Faith

Pause regularly today (at least once every hour) and intently **Watch** people ... Realize that every person you see has dreams. Every one of them has loved and lost. Every one of them has experienced Joy and crisis. And despite their apparent “faults”, every one of them has done at least one amazingly Kind deed ... **Choose to See** how Good they truly Are by acting accordingly today – and smiling while doing so.



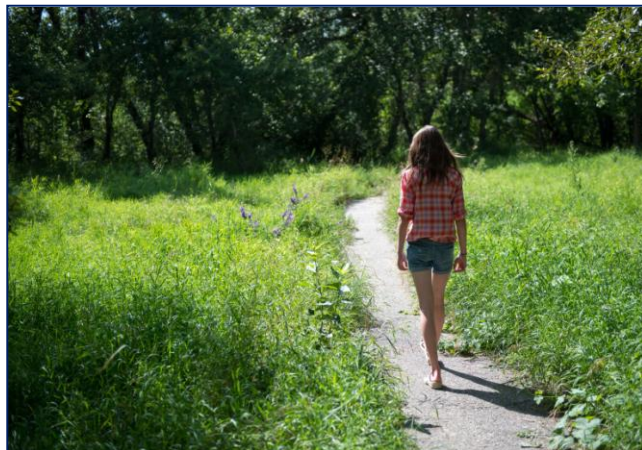
March 28 ... Becoming a local Tourist

Take a backpack this morning and fill it with a camera (if you have one), some snack food, a water bottle (or a thermos) and a map of your town (if you don't have a map, obtain one at a local gas station or download one from the Internet). Then, during the day, go on-line (or to a library) and research your local region for its cultural history and "Sacred Sites." Finally, after work/school, "backpack" through your own hometown. Do "the tourist thing" --- asking local townspeople what there is to see or do; getting the local history from the locals ... When you get home, be sure to contact three (3) friends &/or associates and tell them something amazing that you learned today about your community.



March 29 ... A “random” Journey

Go to a local bus stop, get on the next bus that arrives there, and ride it to “the end of the line”. Get out at the last stop and walk around to ***See what you can SEE*** ... Choose to notice something Wonder-full that you never would have expected to find there ... Finally, do one anonymous Good Deed there before returning. If you are not in a city with public transportation, find a trail of any kind and just GO ...



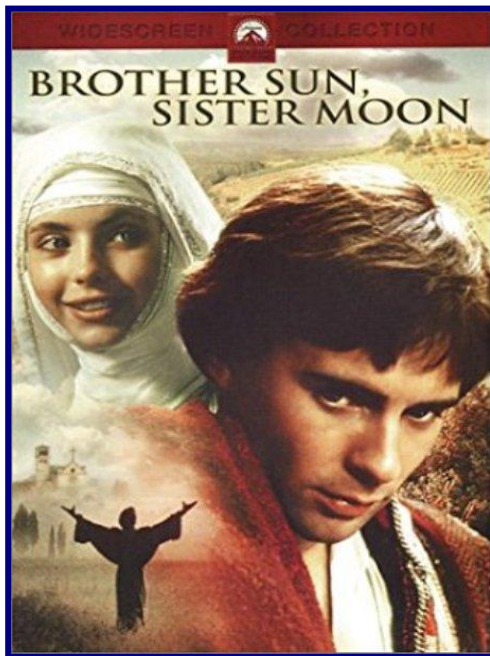
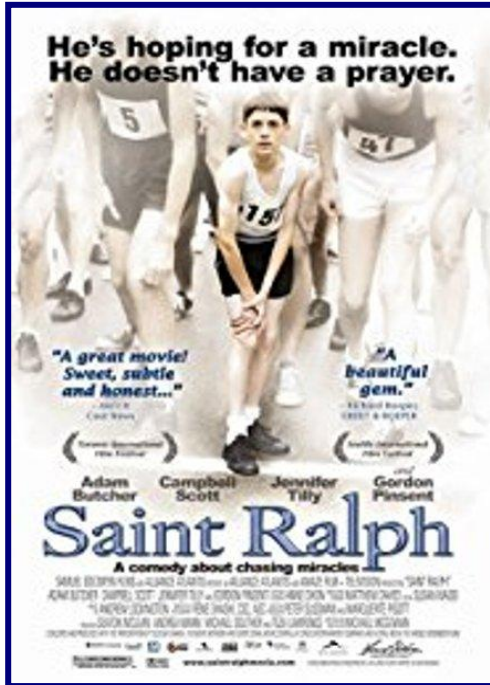
March 30 ... Cleansing the Community

Contact some Friends this morning and let them know that you're planning an impromptu "cleansing" party tonight. Everyone can bring whatever they wish as far as cruelty-free food and drink are concerned, *and* everyone is to bring a sheet of paper upon which they are to write three (3) of their fears, three (3) of their own "transgressions," and three (3) of their regrets. These will be burned at the party (reading them aloud beforehand is powerful -- *and* completely optional). To facilitate this potent release of psychological "dead weight," you can build a bonfire in your backyard, you can go to a local park that has fire-pits, or you can ask your friends for suggestions as to where you could all meet ... Then go & ***Celebrate your Renewal.***



March 31 ... re-Awakening a personal Holiness

At least once every hour today, introduce yourself as “Saint (your name)” to a stranger. Be sure to act accordingly -- by gently and humbly asking if there is anything you can do for that particular person (**Remember** not to carry any money with you when you go).



Bonus Activity: Make your own I.D., giving yourself a new, more Meaning-full name. Let your “Re-Birthday” be “**Now**” and your “Re-Birthplace” be “**Here**”. Other than that, be creative and inspirational. Your mission: use your new identification three (3) times today.

April 01 ... Sensing the Humorous

Go through your belongings (or go to thrift stores) and find three (3) items that relate to three (3) of your friends in a funny way. Wrap these “gag gifts” nicely (including a note of explanation if necessary), and personally give them away this evening.



April 02 ... Keeping it Here&Now

Avoid using either the past tense or the future tense in all your communications today. If someone asks you about yesterday (or anything else in your past), simply state, “I’ve already let that go” or “I don’t exactly remember” or “I’m focusing on the present moment today”. Conversely, if someone asks you about tomorrow (or anything else future-based or speculative), simply state, “I’ll wait and see” or “It will certainly be interesting” (or anything else to similar effect). The more creative your answers are, the better. What is important is that you continue to *re-focus your conversations* into the Here&Now throughout the day.



April 03 ... Returning to Joy

On the way to work or school this morning, scout your town for the “coolest” playground you can find. Then, later this afternoon, go to that playground and ***have fun*** there for one hour. Return again this evening with at least one Friend or family member and have some fun again.



Bonus Activity: Have the courage to invite passersby to join in your revelries.

April 04 ... Co-creating real Wealth

Today is a day to sustain yourself using no money whatsoever (take nothing edible from home to eat either). It is OK to take a sack full of useful items and foodstuffs (e.g. pens, apples, granola bars, brownies, water bottles, etc.) to use as means to barter for your lunch and dinner (&/or whatever else you might fancy), noting that the more creative you are with your “trade goods,” the more fun you’ll have with this activity – and the more meaning you will ultimately get out of it. Attempt to live as “normally” as possible, simply using the method of trade or barter as opposed to that of loan or payment.



Bonus Activity: Eat a good breakfast and take no “barter items” with you whatsoever; simply going about your day **Doing Good** for others – eating only when offered food. Remember to drink a lot during the day if doing this for the first time.

April 05 ... Constructing a Sanctuary

Take a few moments this morning and draw the plans for a one-room personal Sanctuary. Let it contain all the things you would want to have in it to be completely at Peace ... During the day, every hour, pause to envision how it would look and feel; how it would “re-charge your batteries” just by spending a few moments in such a place ... Then this evening, set aside one hour of time to actually build such a “fortress of solitude”. If it’s warm enough outside, build it in your backyard. If not, use pillows from a sofa or a space in your closet. Use the “blueprint” that you drew up this morning and place or hang items there that symbolically represent everything in your plan ... Hang out a while therein this evening -- feeling completely at Peace, and letting this “fortress” be a source of empowerment for all future acts of Service for others.



April 06 ... Preening Politeness

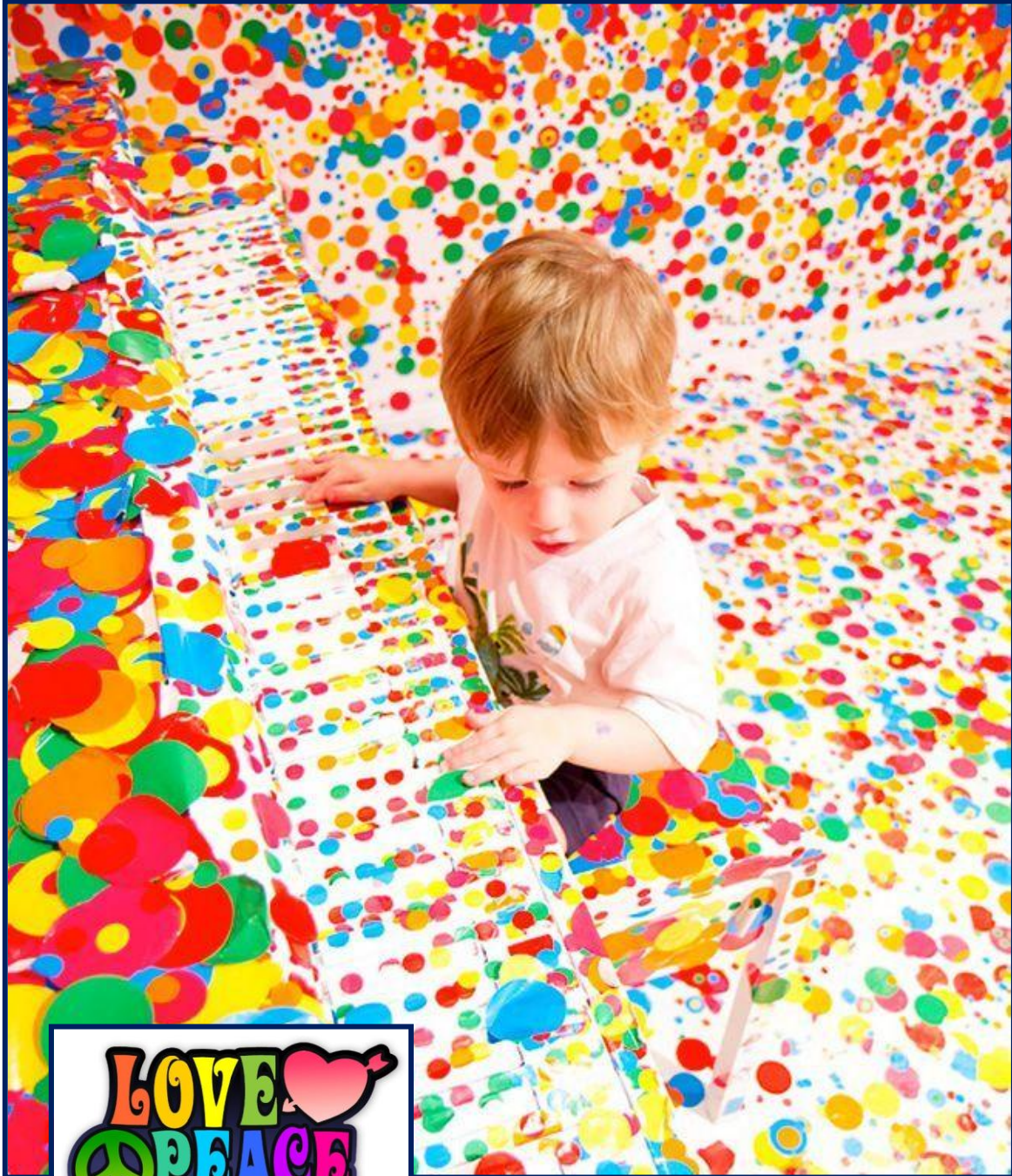
Many of us have been taught that it is “kind” to be either dishonest or superficial to others, to avoid “hurting their feelings” by telling white lies, by being tactful, by being polite etc ... Of course, nothing could be further from the Truth. Not only are such acts completely transparent – leading to far more pain than flagrant honesty would have caused in the first place, they also tend to “carve out” the substance of our relationships; making them hollow and brittle over time, and inevitably leading to their dissolution. When fear grounds our actions, intimacy is always the first victim. And without courageous intimacy, relationships effectively die thereafter ... As such, today choose to replace all temptations to be polite and tactful with “radical Kindness” --- When you listen to another, **pay attention** to them. When you look at another, **deeply See** them. When you speak with another, **be consciously Kind** to them. If you Care about someone, courageously let them know exactly how you feel (i.e. **Be supportive!**). If you happen to feel annoyed by another, have the courage to keep your mouth shut, as opposed to being merely polite or nice.



Bonus Activity:
Choose to sincerely
like everyone you
encounter today.

April 07 ... Cheering up Children

Buy or obtain colorful stickers this morning and distribute them Joy-fully to all the children (and a few of the adults) you encounter today.



April 08 ... Waking UP the Media

Visit three (3) local newspapers &/or radio stations and ask why they don't report more "positive news." Let them know that, even though fear is currently media's best seller, many people are ready to be positively inspired by the nightly news, as opposed to being frightened or saddened by the same.

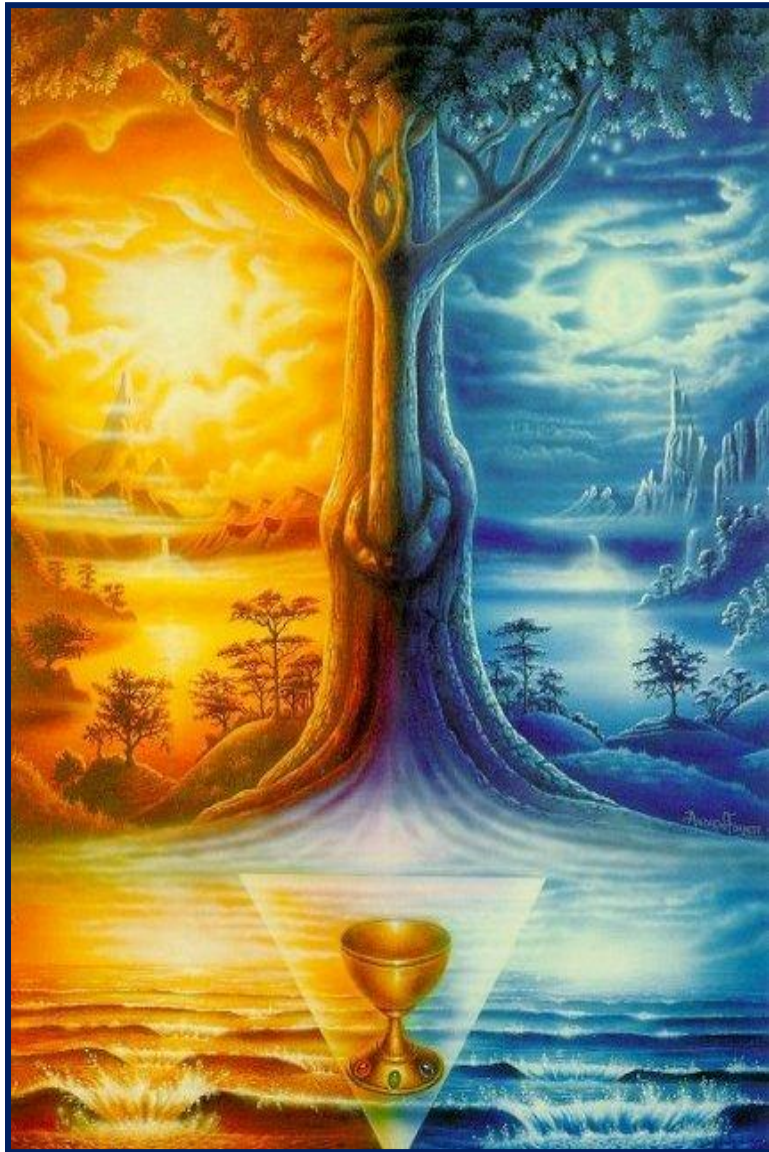


There are many reasons why we humans still can't have "nice things" ... Getting our news from these and other, similar cesspools of information-swill is one of them.

Bonus Activity: Write and submit a story for a local newspaper related to the numerous acts of Kindness you have recently witnessed (or even one particular act of Kindness).

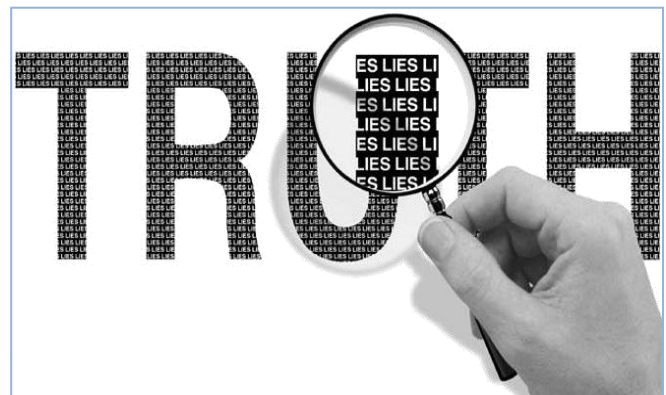


April 09 ... Decreasing Duality



We have all grown up learning to judge between what is “good” (i.e. what brings us “safety” or pleasure) and what is “bad” (i.e. what brings us “danger” or pain). In fact, this distinction is so primal that it influences every analysis, every opinion, and every belief we formulate in our minds. Of course, while such a focus definitely served its purpose during our childhood, we no longer need to see the world from such a primitive point of view ... As such, today is a day to **go beyond dualities** in assessing all the situations you encounter. Today, there are no more enemies, no more obstacles, no more ugliness, no more “mean people”, and no more boring normalcy. To realize this renewed Truth, purpose-fully analyze situations from a foreign perspective; taking the negative judgments you have formulated about three (3) other people (regardless of how “rational” or “justified” they are) and making them positive.

Bonus Activity: List three (3) views you have about the world and openly espouse the opposing “minority” opinion to an associate or a stranger (as long as it is a positive one). Remember to do so not to stimulate a debate, but to remind yourself that you are in control of your beliefs – and not the other way around.



April 10 ... Feeding your Community

Buy (or hand pick) a large portion of fresh produce and divide it into three (3) portions. Give one portion to a friend, one to a rarely seen neighbor, and one to a total stranger. To make this activity more fun, include some unusual veggies in the packages. To make it more powerful, let the vegetables be organic &/or from a local farmer's market. Include a note wishing all three recipients "Good Health and a Meaning-full Life."



Bonus Activity: Buy or pick a similar portion of produce and give it to the wealthiest person you know as well.

April 11 ... Seeing Clearly

Take the time to thoroughly clean all the windows in your house today. After you're finished, pause and really **Look** through them anew, noticing things you have never noticed before.



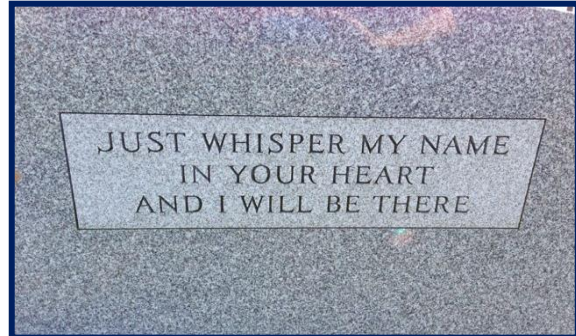
April 12 ... Re-membering Innocence

Today is a day for play -- Go to a park or a field and spin around until you get dizzy. Find a grassy hill and roll down it. On the way home, take off your shoes and splash your feet in a puddle or a stream. *Smile at anyone & everyone* who notices your “unusual behavior” and invite them to join you.



April 13 ... honoring the Community Founders

Gather some gardening equipment, head to a local cemetery that could use some sprucing, and *spruce it up* for an hour or two. Walk around afterwards and look for three (3) epitaphs that inspire you. Jot them down and share each of them with 3 other people – one with a friend, one with an associate, & one with a complete stranger.



April 14 – Knowing the God of LOVE

This morning, read each the following verses aloud to yourself in succession:

“Love thy neighbor as thyself.” ~ from the Hebrew Bible, the basis of **Judaism**

“Love your enemies. Do Good to those who hate you” ~ from the New Testament, the basis of **Christianity**

“Let not your ill-will keep you from acting with Kindness.” ~ from the Koran, the basis of **Islam**

“Better than 1000 others is the one word that gives Peace.” ~ from the Dhammapada, the basis of **Buddhism**

“God is present in every act of selfless Service.” ~ from the Bhagavad Gita, the basis of **Hinduism**

“If a person seems wicked, respond to his evil with Kindness.” ~ from the Tao Te Ching, the basis of **Taoism**

Now read the following quotes to yourself in silence. Reflect on them for a few minutes:

“To LOVE others is to allow them to be themselves.” ~ **Thomas Merton**, Christian Saint

“Those with Open Hearts always have Open Hands.” ~ **Jelahuiddin Rumi**, Islamic Saint

“When possible, be Kind. Kindness is always possible.” ~ **Dalai Lama**, Buddhist Saint

“There is no way to Peace ... Peace is the Way.” ~ **Mahatma Gandhi**, Hindu Saint

“Nothing is softer or more amenable than water ... Be like water.” ~ **Lao Tsu**, Taoist saint



Bonus Activity: Print out these verses & quotes and distribute them today to some of the pastors/priests/rabbis of the various churches, temples, and mosques in your community.

Bonus Activity: Read the verses out loud to a friend, an associate, and a stranger.

April 15 ... The Myth of "Safety"

Cleanse your desire for "security" today. Gather all the warranty papers you can find for the appliances in your home and burn them. Then, if you have one, turn off your alarm system. Finally, call or visit three (3) neighbors this evening, just to let them know that you are there for them if they ever feel the need.

Today I am alive ...
Today I am breathing ...
Today I am conscious ...
Today I have free will ...
Today I will have many
chances to ease burdens ...

And this is more than
enough -- more than enough
to be known as BLESSED.

Bonus Activity: Cancel all (or most) of your insurance policies ...

Bonus Activity: Gather all your family's credit cards, set one of them aside (to use when/if buying plane tickets), and cut the rest of them into small pieces. Start using cash &/or barter for your needs from this day forward.



April 16 ... Breaking "the rules"

One can only start truly Seeking when one stops *blindly* obeying societal laws, cultural regulations, &/or religious dogma. Rules are not "made to be broken", and yet they *are* never to be blindly followed either. In fact, they are never to be *followed* at all. Rather, they are to be consciously and volitionally *fulfilled* ... As such, today is a day for you to **renew your Freedom** by choosing to "leave the stable quietly" (there is no need to flaunt your "disobedience"). This morning, take a few moments to list the rules that you most frequently obey (e.g. traffic laws, paying for goods & services, not assaulting others, etc). Your goal today is not to break these laws, or even to skirt around them. Rather, your mission today is to live "above" them (e.g. being overtly kind to others precludes the need to obey the laws prohibiting assault). As an alternative, you can fulfill laws & rules voluntarily – not because you must, but *because you want to* (e.g. driving slower than the posted speed limit not to avoid a traffic ticket, but to respect fellow drivers) ... Basically, today is a day for Being (or driving or walking) courteous – all the while being conscious that you are not "obeying the law" when doing so; you are *transcending* it.



"Always have the moral fortitude and the Courage of will to **Do what is Right**, especially whenever the well-being of another sentient being is at stake. For society's punishments are miniscule compared to the gaping wounds we suffer whenever we look the other way in the face of injustice, oppression, or abuse ... Indeed, if there exists any law or regulation that affirms or mandates a wrong be done to those who are innocent or unwilling, then that is a law or a regulation that needs to be broken; broken openly, broken repeatedly, and broken with great fervor -- until that rule itself breaks and fades away -- until that shackle of weighted wrongness is finally replaced by a new norm that is light and fair and just." ~ inspired by Martin Luther King Jr.

April 17 ... on Forgiving the “powerful”

Write a few short notes of forgiveness – one to a local city prosecutor, one to a local judge, one to your local mayor, one to a local broker/banker, and one to a local evangelical preacher. Do not mention why you are doing so or what “offenses” you are forgiving (the recipients of your letters will know their transgressions far better than you). Indeed, all of these professions are steeped in wrong-doing (i.e. condemnation of others is patently “wrong”) and as such, they could all use lots of unconditional Kindness. So let each of them know that someone cares for them regardless of how many people they happen to condemn or mistreat or harm or injure while “on the job” ... Let them know that they are loved anyway, by letting them know that they are forgiven.



Bonus Activity: Deliver these notes to their respective “perpetrators” in person. Do so with a gentle smile -- and even a heartfelt hug if you’re feeling so inclined. Heaven knows these folks could all use one.

April 18 ... Civil Disobedience

Today is a day of peaceful protest – a day for you to be *truly* patriotic. Indeed, if you are an American citizen, there are still quite a few practices either promoted or supported by your government that are patently hypocritical and/or that violate its own governing Constitution. Rather than ignore them, today is a day to **take a stand for Justice**. Either find your own issue or “adopt” one of the ones listed below and peacefully protest for its cause today. Make posters and stand outside your local center of government. Stage a “sit-in” or a one-day hunger strike. Chant or remain silent – it makes no difference. **Remember** simply that your protest must be peaceful to be powerful. Railing in anger against the immoralities of your government will only be met with resistance. What you hate or express indignation against will inevitably defend itself, and in truth the only disobedience that has ever proven to be truly effective is the disobedience that is overtly “civil.” As such, whenever you protest remember to **extend Compassion** for your lawmakers – especially those who have succumbed to greed and arrogance and forgotten that they are here to Serve, not to be served.

So, as promised, here are some ideas for your protest: *It is illegal (as defined by the U.S. Supreme Court) for the IRS to tax private income ... *It is impossible for a “Christian nation” to involve itself in *any* war ... *The death penalty directly violates the 8th Amendment of the U.S. Constitution ... *It is hypocritical to have cigarette use be legal while marijuana use is illegal (both or neither) ... *It is immoral to have the technology available for an immediate shift to earth-friendly sources of energy and not to do so ... *It is both hypocritical and immoral for animal abuse of any sort or kind to be in any way legal or acceptable.




Bonus Activity: If you are feeling exceptionally bold today, invite the media to participate in your efforts. And if you are feeling truly patriotic, call your friends and invite them (as well as any strangers on the street) to join you as well.





THE WAR
WILL BE FOUGHT BY THE RIGHTEOUS
WHO STAND
CRITICIZED BY HIS UN-ALIKENESS

METHOD MAN



ANONYMOUS
for the
VOICELESS
animals • environment • health



ANONYMOUS
for the
VOICELESS
... until every cage is empty



April 19 ... Sprucing your Refuse

Buy some lavender &/or peppermint essential oil(s) today and sprinkle them liberally into your garbage cans before placing them on the street.



Bonus Activity: Pick a pail of fresh flowers and leave it for your trash collectors to find ...

April 20 ... Deepening Comprehension

Pause every hour today for two (2) minutes, paying close attention to others' body language while you do so. Watch their hand gestures and facial expressions from afar and attempt to decipher what is being discussed (or at least the general emotional tone of their conversation). Incorporate your observations into your own communications by making conscious hand gestures and being aware of your body posture throughout the day while you are speaking.



All people smile in the same language.

Proverb



April 21 ... Humbling the Ego

Take a few moments and think about your appearance's "strong suits" – the physical traits that other people seem to find attractive &/or the traits that make you feel most attractive yourself. List your "top three" (3) on a sheet of paper -- and then set out to completely hide them from view today.



April 22 ... piercing Perception's Veil

Go on a 30 minute+ “gloom-roam” this evening just after sunset, paying attention to how different the world looks and feels when the light rests gently between day and night ... Share your impressions with at least one friend or family member before going to bed.



Bonus Activity: Set your alarm and awaken to another short “gloom-roam” tomorrow morning just before sunrise.



April 23 ... Beautifying the Neighborhood

Plant flowers in a local park or field (transplanting them from another, “under-appreciated” location is OK). Be sure to pick up any trash around the newly spruced area after you’re done.



April 24 ... Accepting What IS

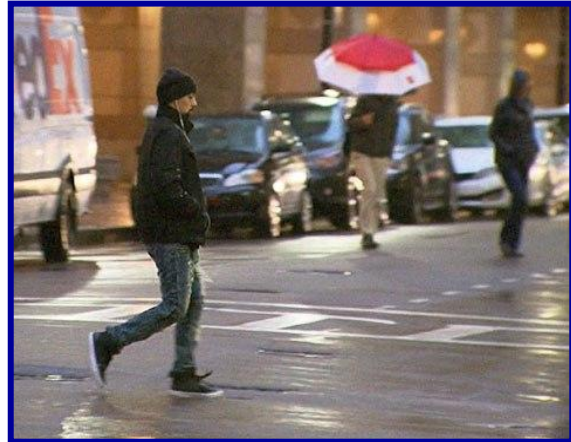
Go the entire day using as few adjectives as possible (ideally none at all). If you do happen to use one, pause and re-view the thing, the person, or the situation you labeled and remove that descriptive judgment (even if it is “positive” or “accurate”). See the items, beings, or places anew and ***accept them as they are***. Avoid limiting their Being with your subjective descriptions, focusing only on what actually *is*, not your comparisons or judgments or interpretations thereof ... To enhance this experience, at least once every hour, pause to pick one item and describe it with a few “obvious” adjectives. Then, while still looking at it, consciously remove each one of those descriptors from your thoughts. Afterwards you should be left with at least one moment of wonderment -- truly Seeing that object as it truly IS.



Bonus Activity: Take a shorter book from your personal collection, cross out all the adjectives therein, and leave it to be found by someone else. Include a short preface-note related to Being in the Moment by Accepting all that is ***as IS***, and challenging whoever finds the book to read it all way through.

April 25 ... Freedom in Motion

Jaywalk creatively, blatantly, and Care-fully three (3) times today.



April 26 ... co-Creating a Forest

Plant a tree(s) in a local park or field. If you don't have the means to acquire a tree, go into a local forest and transplant several saplings ... When you're done, take a few moments and envision what that section of the park or field will look like in fifty years -- when your tree(s) has grown. As you depart, pick up any litter/trash you see and take it with you.



Bonus Activity: Gather a few friends and some gardening equipment and go to several plant nurseries. Ask them for a few plant-donations for a “neighborhood beautification project.” Head out with your new plants and make a section of a local park truly Wonder-full.

April 27 ... Freeing your True Self

Honor can only exist when it is given voluntarily. Love and Kindness for others cannot be powerful when we are acting out of a sense of obligation. With this in mind, take a few moments this morning and write down all the vows you have taken in your life (e.g. marriage vows, promises made to children or family members or friends, the Pledge of Allegiance, and any church-based litanies, etc). During the day today, pause every hour to “flesh out” your list, trying earnestly to get every one of your vows and promises down onto that piece of paper ... Later this evening, review them all, light a fire, and **burn them** completely – freeing yourself from their shackles. Now you are free to Love your wife/husband *because you want to*. Now you are free to Love your country voluntary *because you want to*. Now you are free to Do Good for your friends *because you want to*. Now you are free to worship your God *because you want to*. Now you are truly powerful once more – because now you are once again truly Free.



"If there is any fixed star in our constitutional constellation, it is that no official, high or petty, can prescribe what shall be orthodox in politics, in nationalism, in religion, or in other matters of opinion or force citizens to confess by word or deed any particular faith therein."

~ via **The Supreme Court** of the United States

(West Virginia State Board of Education vs Barnette, 1943)

April 28 ... Renewing your Relationships

This morning, contact everyone on yesterday's "vow-list" and verbally re-affirm your Love for them (*not* your commitment to them). Then, choose to go forth and *act accordingly* today, by doing something anonymously Kind for three (3) of them.



April 29 ... Hearing Honesty

Today is a day for hearing everything “naively.” Assume that everyone you meet ultimately has good motives (whether they actually do or not is irrelevant), and that everything you hear from them is completely True. Thereafter, **act accordingly** -- and radically -- at least three (3) times today (e.g. answer all rhetorical questions as though they are literal, emote powerful Compassion for all exaggerations, offer to help anyone having an “irrational meltdown,” etc) ...



April 30 ... Cherishing the Living

Three (3) times today, head out on walks with the intention of being kind to – &/or “saving” – any wildlife you happen to encounter along the way (e.g. help turtles cross the road, move earthworms from the sidewalk back to the earth, refuse to kill mosquitoes, gently compliment all barking dogs for being so loyal to their “owners,” etc) ...



May 01 ... “Positivizing” your Living

Today is a day for focusing on your attitude ... The ego is primarily fixated on ensuring your survival, and it primarily does so by having you focus on the “dangers” and/or the “undesirables” in your environment, that you might then avoid the former or repair the latter. These subconsciously generated distinctions are constant and automatic, and yet you also have a neocortex (the part of the brain that helps make you truly “human”) – a neocortex that can override your brain’s more primitive functions. And all that is required to do so is a bit of “re-programming” ... With this in mind, begin to *re-focus your awareness* today by consciously replacing your fearful &/or negative thoughts with courageously positive ones. Basically, every time you think a critical or a tentative or a fearful thought, choose to *pause* and hear the word “**Cancel**” --- and then *replace* that negative thought with a positive one – and then go forth and *act accordingly*; with great boldness and great Caring.

Positive Thoughts
+
Selfless Intentions
+
Care-full Deeds
=
a Meaning-full LIFE
& a Joy-full LIVING



May 02 ... a very real Relaying

Find a favorite short story or long poem (if you don't have one yet, go to the library or go on-line and find one). Take your selection this morning to a public location and read it aloud – slowly and with feeling (train stations are good for this one) ... Thereafter, during the day, replace all Internet, telephone & cell phone activity with person-to-person Communication ... Finally, head after work/school to a different location from this morning's and read your poem again – intending to have your reading inspire others to experience uncontrollable bouts of mirth &/or engage in courageous acts of Kindness.

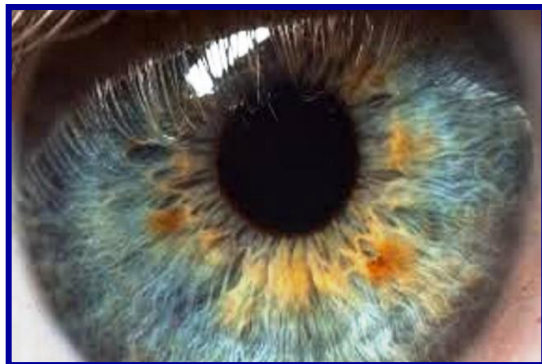


May 03 ... Re-Focusing on the Moment

This morning, stare into the center of a flower (preferably a rose) for 30 seconds. Throughout the day thereafter, pause at least once each hour, find a different item, and repeat this 30 second re-Focusing ... This evening, light a candle at home and stare into the space between the wick & the flame for 30 seconds. Finally, before going to bed, pause for 30 seconds in front of a mirror and stare into your own pupil ... Attempt to extend each of these altered States of Being until you *feel Calm* within – and thereby *exude Calm* to others nearby.



Bonus Activity: Find a friend or an associate (or even a stranger) willing to enliven this exercise with you, and do so by staring into each other's pupil(s) for the 30 seconds.



May 04 ... Taking the High Road

Three (3) times today (once this morning, once this afternoon, & once this evening), pick a destination within walking distance and set out towards it – being sure to *take the “long way”* ... Pay attention to what you would have missed had you been more “efficient.”



May 05 ... Awakening their Hearts

This morning, paint or draw a big sign that says “Free Hugs.” This afternoon, go stand for one hour with it in the middle of town to see what happens. You don’t have to say anything or explain yourself – just smile gently &/or give gentle free hugs.



May 06 ... Unconventional Eating

Today, eat all “utensil food” with your hands & all “finger food” with utensils. Smile at others while doing so, & act as though everything is normal if asked why you’re doing so.



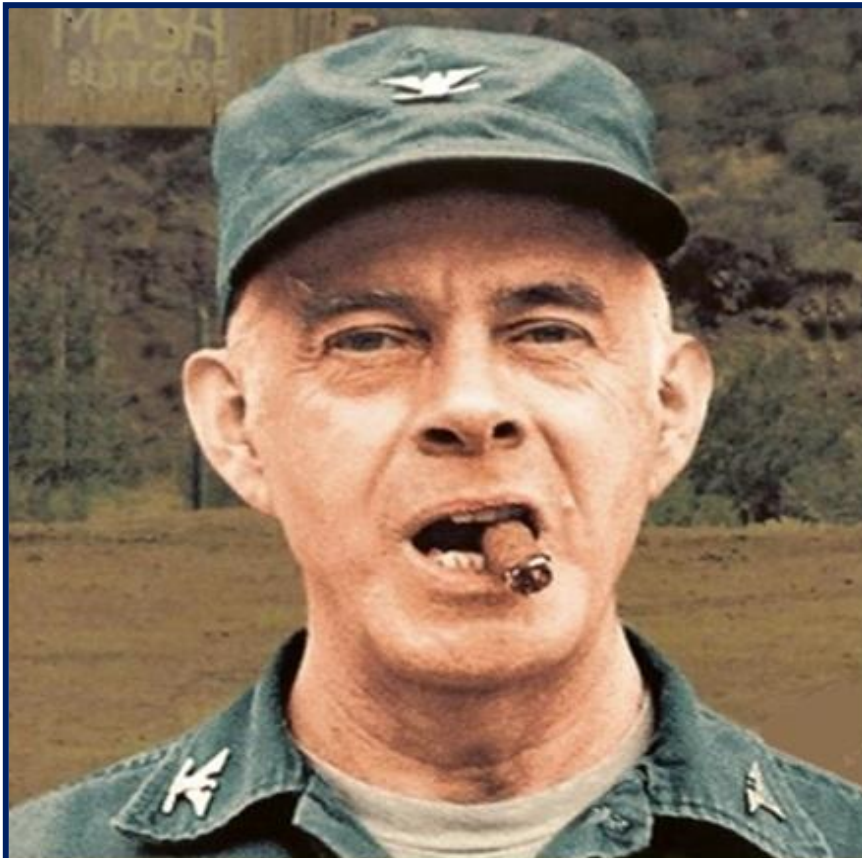
May 07 ... Overture to the oft-Overlooked

Leave a surprise (e.g. a dish of vegan cookies, a nice pen, a music CD, etc.) to be found by your mailman this morning. Include a personalized note of **Gratitude** with your gift.



May 08 ... Cleansing your Speech

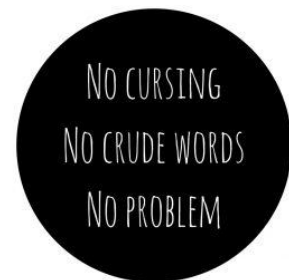
Pause a few minutes this morning to think of the most common “curse words” you have used (or still use) in your life. If you don’t curse at all, think of some of the one’s you hear most often around you ... Next, pick a few of them and come up with an unusual, “clean” alternative for each (e.g. “God Bless it!” in place of “God damn it!”, “Sustenance!” in place of “Shit!”, etc). Be creative, and be sure that your alternatives are positive as well as inspirational (humorous is good too) ... Finally, at least once per hour today, use one of your new, Wonder-full replacements -- always doing so loudly and with dramatic vigor.



- * HORSE HOCKEY!
- * ROAD APPLES!
- * GREAT BALLS OF FIRE!
- * MULE MUFFINS!
- * BUSLOAD OF BUSHWAH!
- * HELL BELLS!
- * CROCK OF BEANS!
- * MULE FRITTERS!
- * MONKEY MUFFINS!
- * BUFFALO BAGELS!
- * BUFFALO CHIPS!
- * HOT MUSTARD!
- * HOT SAUSAGE!
- * PIGEON PELLETS!
- * PONY PUCKS!
- * BEAVER BISCUITS!
- * COW COOKIES!
- * BULL COOKIES!
- * PIG FEATHERS!
- * JUMPIN' JOMPERS!

- * SUFFERN' SADDLESOAP!
- * SUFFERIN' SHEEPDIP!
- * SCUTTLEBUG IS AS COMMON AS COOTIES IN YOUR SKIVVY!
- * GREAT CAESAR'S GHOST
- * GREAT MOTHER McCREE
- * WHERE IN THE NAME OF CARRIE'S CORSET
- * WHAT IN THE NAME OF BEELZEBUB IS GOING ON HERE
- * WHAT IN THE NAME OF SWEET FANNY ADAMS
- * WHAT IN THE NAME OF MARCO 'BLESSED' POLO
- * WHAT IN THE NAME OF SAMUEL HILL
- * WHAT IN THE NAME OF GREAT CAESAR'S SALAD
- * WHAT IN THE NAME OF GEORGE ARMSTRONG CUSTER
- * HOLY HEMOSTAT
- * JUMPING JESEPHAT!

*Wise Words from
Col. Sherman Potter
(M*A*S*H 4077)*



May 09 ... Honoring the Saints

This morning, read up on a few modern-day Saints (e.g. Mahatma Gandhi, MLK, Peace Pilgrim, Thich Nhat Hahn, etc). What message(s) do they have in common? Find one quote from any of them that resonates with your True Self and write it down. Then, every hour today, find one associate or one stranger and repeat that quote to them, listening to their comments (or lack thereof) without comment ... Smile as you depart (and hug them farewell, if feeling exceptionally courageous).



Bonus Activity: Do some research into the lives of Saints, those contemporary, those recent, & those more ancient. Find one of them who best stands for the moral values that **You** represent. Adopt this Saint as your own, and regularly incorporate his or her ideals into your everyday actions (it helps to adopt his/her name as your own middle one) ...



May 10 ... Deeper Laughter

Today, choose to laugh heartily and to let laughter be your “reaction of choice.” Do so while eliminating all worries related to others’ possible disapproval thereof. If unsure about an event or occurrence, always assume the humorous &/or guess the most Joy-full alternative. Find the “funny” in the everyday ... Basically, at least once per hour, have both the courage to laugh out loud and the humility to do so wholeheartedly.



Bonus Activity: Take a book of jokes or a compilation-book of your favorite comic strip (“Calvin & Hobbes” is great) and go read it on a public bench. “Get lost” in your reading to the point where you regularly laugh out loud, allowing your community be re-minded of Joy.

May 11 ... Re-Building Community

Today, re-introduce yourself to three (3) neighbors. Bring along some homemade baked goods or other house-warming-type gifts. As a goal, try to find out one thing about them that you didn't know before. As you depart, make sure they know that you appreciate them and that you are there for them if they ever need you.



May 12 ... Detaching from Hope

Having faith in Life to inevitably support you is Love-enabling, while hoping for specific outcomes is not. With this in mind, list the three (3) top goals you have for your life – one short-term, one mid-term (1 year from now) & one long-term (5-10 years from now). Write them all on a piece of paper & take them with you today – and purposefully do *absolutely nothing* that relates to fulfilling them. Refer to them every hour & consciously have Faith that, as long as you take life one act of Kindness at a time, either these goals will be fulfilled or something “better” will come to fruition. After all, the only way to live a fulfilling life is to seize the day, and the only way to seize the day is to literally seize *this* day (and this day only) ... Tonight, read your goals one last time, affirm your newfound commitment to the Here&Now of your life, and let your future-based goals go by burning them.



May 13 ... The Flower Gremlin

During the day today, gather bundles of wildflowers ... This evening, after it gets dark, place them all around your neighborhood – on doorsteps, on windowsills, in newspapers, on car windshields, etc. Remember to place a few on your own property as well. Thereafter, for the next few days anonymously enjoy your neighborhood's reactions thereto.



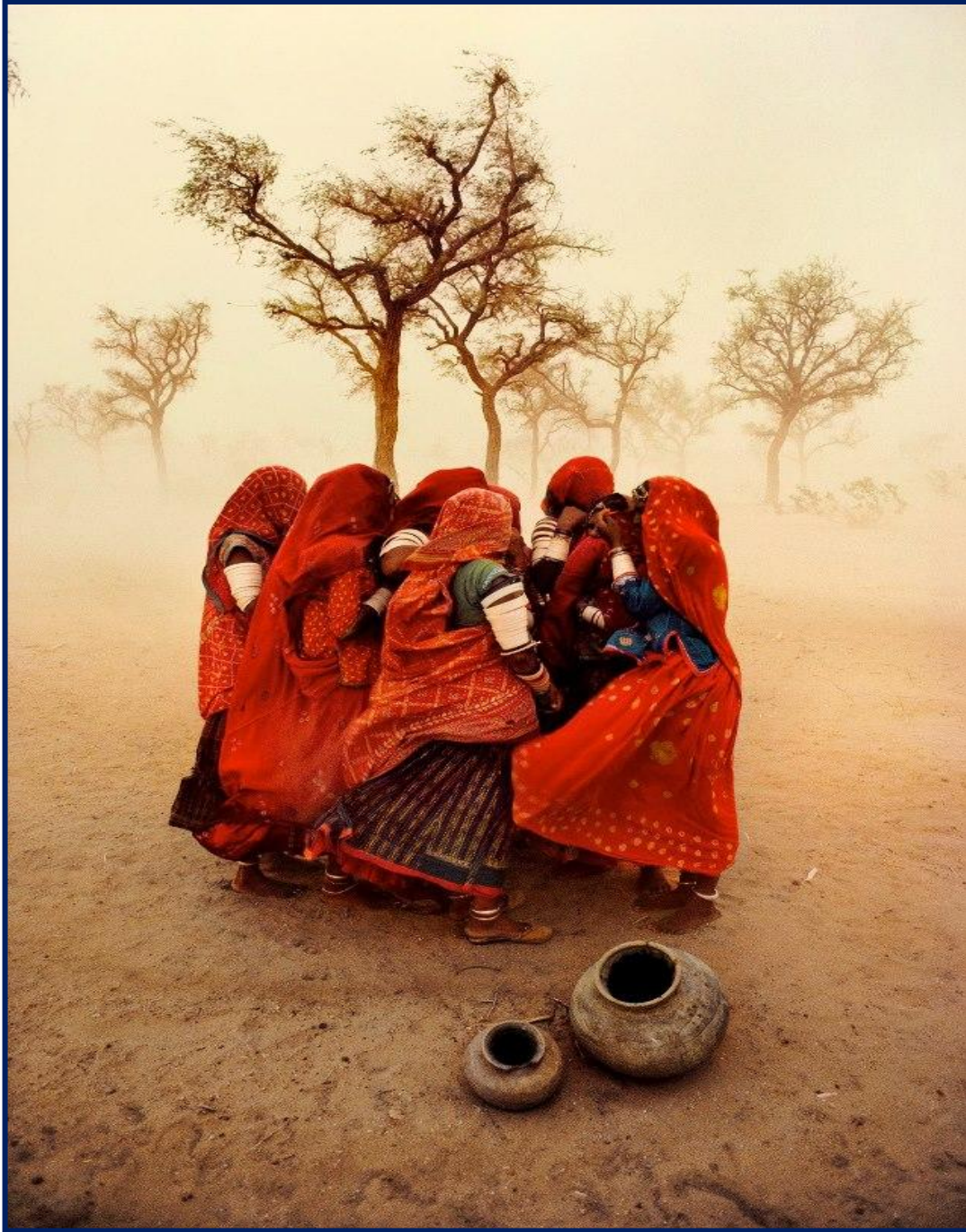
May 14 ... The Gift of Zen

This morning, go for a walk and look for 5+ special stones (They needn't be large – mossy ones that look like mountains are the best). Then, this afternoon go and buy or acquire one big bag of sand (the whiter the better). Finally, this evening, in “special corner” of one of your neighbors’ yards or in a local park, anonymously make a small Japanese Rock Garden -- leaving it to be found and enjoyed by others thereafter.



May 15 ... Serving Sister Cities

Today, travel to a nearby town to which you've never been before & look around. Ask some residents there about the greatest difficulty facing their community. Then, before departing, anonymously do something about it for them.



Bonus Activity: Research a city outside the U.S. that has a “crisis” that touches your Heart. Do something today for the citizens of that town as well.

May 16 ... Caring for the Home-Free

Offer to buy a homeless person lunch today, continuing to offer until someone accepts.



Bonus Activity: Buy lunch for yourself as well and eat it alongside them.

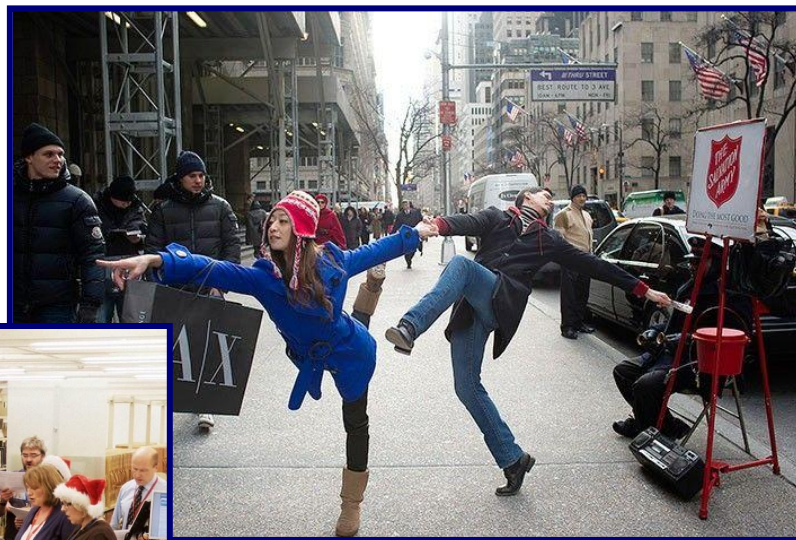
May 17 ... Referencing the Positive

Today, choose to eliminate negativities in your speech, replacing any references to anything “bad” or “terrible” or “disappointing” things with the words “interesting” or “unideal” or “challenging” ... And if you happen to let a negativity slip out, no problem. Simply repeat the sentence and replace your negativity with either a neutral word or a positive one.



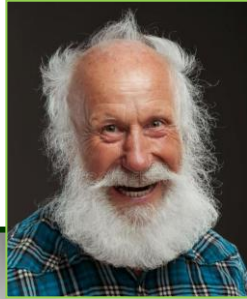
May 18 ... Challenging the “Norm”

At least once per hour today, act “inappropriately” (e.g. hum in a library until “shushed”, dance smoothly around the inside of a church, skip through a cemetery, speak gregariously with total strangers, pray in public with a smile on your lips and your eyes wide open, greet strangers warmly with a hug, etc) ... **Remember** that your goal is not to offend or annoy or disturb or scare others (though your actions might inadvertently do so), but rather to **free yourself** & any witnesses to your actions from the shackles of “appropriateness.” Remember as well to engage only those actions that truly speak to who you have chosen to BE. If that means engaging in a “normal deed”, so be it --- Just be sure to consciously act because you *want* to, not because you’re “supposed to.”



May 19 ... The Gift of Sincere Smiles

Make today a day of smiles --- smile when meeting others, smile when making eye-contact with strangers, smile when answering the phone, smile when talking with associates, and even smile when you're just "standing around." The average toddler laughs &/or smiles over 400 times a day -- attempt to exceed this number today (that's one smile every 2 minutes over 14 waking hours).



May 20 ... Making Contact

This morning, learn one good, clean joke that you find rather humorous. Then, write it down on a piece of paper. Go forth today and ride elevators for 30 minutes at a time (at least 3 different times in 3 different elevators), telling your joke to the folks who ride along with you, staring at the ceiling or “counting floors” therein.



May 21 ... Awakening Volition

This morning, take a few moments and list your three (3) primary duties to society. Write them down on a sheet of paper ... Then, next to each one, note that ***you are now completely free*** from these self- & society-imposed obligations. Finally, set out to *willingly* fulfill each of them (in some way that is self-sacrificial for others) before the day is through.



May 22 ... Walking with Heart

Whenever you set out to walk anywhere today, commence your walking with the “Heart Walk.” To do so, simply pause before setting forth, place both hands over your heart, feel your heart-beat for a few seconds, and then gently “fall” into it by leaning forward as you set out. Let your feet automatically move forward lightly underneath you as you continue onward, feeling the heavy and often fearful self-interest that normally motivates you being replaced step-by-step by the much more potent and much more soothing energies of Caring & Compassion.



May 23 ... Gifts of Inspiration

Sometime this morning, buy several dozen multi-colored ribbon dancers, garden spinners, pinwheels, &/or kites (no balloons please). Next, take a sharpie and write inspirational words on them (e.g. “Love”, “Joy”, “Wonder”, “Happiness”, “Peace”, etc). Feel free to decorate them as well (glue & glitter work great) ... Finally, during the day give them all to the strangers you meet, encouraging each person who receives one to pass it on to another who might need some wonderment &/or cheering up.



May 24 ... Unconventional Vector

All day today, choose to move like various chess pieces. In the morning, travel only diagonally like a bishop. In the afternoon, always move eight steps forward and two steps right or left, like a knight. This evening (after school/work), spend lots of your time where you already are by moving for only *very* short distances in any direction, like a king.



May 25 ... Neither borrowing nor lending

Sometime today, borrow a friend's car and drive it to a car wash. Get it thoroughly cleaned, fill it with gas, and return it (without using it for any personal errands). If you don't have the money for the car wash &/or don't want to drive, ask to borrow the car while your friend/neighbor is away and clean it thoroughly in their driveway before they return.



Bonus Activity: Ask to borrow some flour from a neighbor, bake something with it & give that treat to them when “returning” the flour.

May 26 ... to CARE for the Temple

Your body is the agent through which your life is lived (and through which all of your Good Deeds are performed), and as such it must be actively cared for in order to make your life potent and thereby meaning-full. With this in mind you might be tempted to pamper your “Temple” today – you might be tempted to shower a bit longer than usual &/or eat lots of raw fruits & vegetables throughout the day (and absolutely no animal flesh or secretions) ... You might be tempted to drink lots of spring water and absolutely no alcohol or make an appointment for a full-body massage (or even a simple shoulder-rub from a friend) ... Later this evening you might be tempted to spend some “quality time” alone in peace while listening to your favorite music, (while being kind to your mind by turning off the TV) ... And yet these practices, while all healthy to varying degrees, are not ways in which you can truly CARE for your Temple – seeing as how your Temple can only be truly Cared for while it is being used to *Care for others*.

"Your body is the Temple of the Holy Spirit; the Spirit who lives in you and who was given to you by God ... So no matter what you eat or drink or do, do it all for the glory of God." ~ Paul (1 Cor 6:19 & 10:31)



"Those who Love the Father are those who Love me, and those who Love me are those who Love others as purely I Loved ... Whomever would find and enter the Kingdom of Heaven must cease striving for personal glory or pleasure or wealth or comfort, and instead willingly & joyfully sacrifice the same for the peace & joy of others." ~ Jesus Christ (John 13:15-17 & Matthew 16:24)

Bonus Activity:

Today, enable a friend or an associate (or, even more powerfully, an “enemy”) to receive some of the pampering mentioned above.

May 27 ... Serving UP “Humble Pie”

This morning, list your life’s major accomplishments. Then take your list with you and, at least once each hour throughout the day, pause to reflect on all the people who (and all the forces that) enabled your “successes” to come to fruition. Jot these “silent helpers” down next to each “accomplishment” on your list ... Finally, make it a point to write, call, visit &/or email these individuals/forces to thank them for enabling you to succeed in Life.



*Every true success takes a village ...
Remember to remember accordingly.*

May 28 ... Looking UP

As you go about your day today, keep your sight focused above shoulder height as much as possible. Notice the myriad of wonders you never before realized while living life looking straight ahead or down at the ground.



Bonus Activity: At least once per hour throughout the day, point out your Wonder-full re-Discoveries to another person(s).

May 29 ... SEEing Humanity's Goodness

Go about your day looking for the often-subtle-yet-omnipresent ways people are Kind to each other. At least once per hour, point out your observations to another person(s) so that they too can witness the “radical Kindness” that surrounds them every day ... There is always Loving deeds nearby ... Choose to *look for them* today – and if you can't find one, **Do One!**



May 30 ... activating “Golden Core Vision”

Every conscious being on Earth represents a dynamic interplay between two “selves” – the self-centered “ego-self” (concerned solely with its own survival via enhanced pleasure, secured comfort, &/or insulated safety) and the selflessly caring “True Self” (or conscience -- concerned solely with engaging ways to serve others; to relieve their burdens or enhance their Joy). It is relatively easy to see the ego-self in action around you, and yet the True Self often remains hidden from view. Realizing this, choose to *See others* for Who they truly *are* today, as opposed to the self-centered person they might be embodying or “acting out.” At least three (3) times today, choose to engage this “Golden Core Vision” by doing something Kind for someone who is acting less than Kind.



Bonus Activity: Ask at least one friend, one associate, and one complete stranger for permission to look into their eyes. Do so for a few moments, choosing to *See* their True Self while doing so, and depart with a heartfelt “I See You.”



May 31 ... Seeing something Beauty-full

Go all day today without looking into a mirror. Instead, carry a small hand-mirror with you and encourage others (at least 3 different people at 3 different times in 3 different places) to pause & gaze *into their own eyes*, using the introductory phrase: “Do you want to see something Beauty-full?”



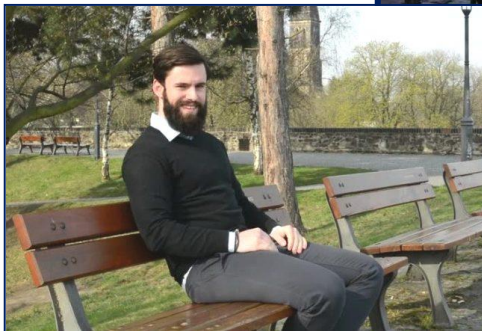
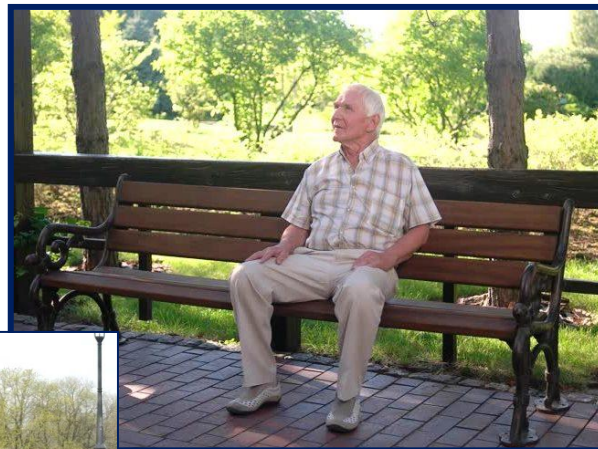
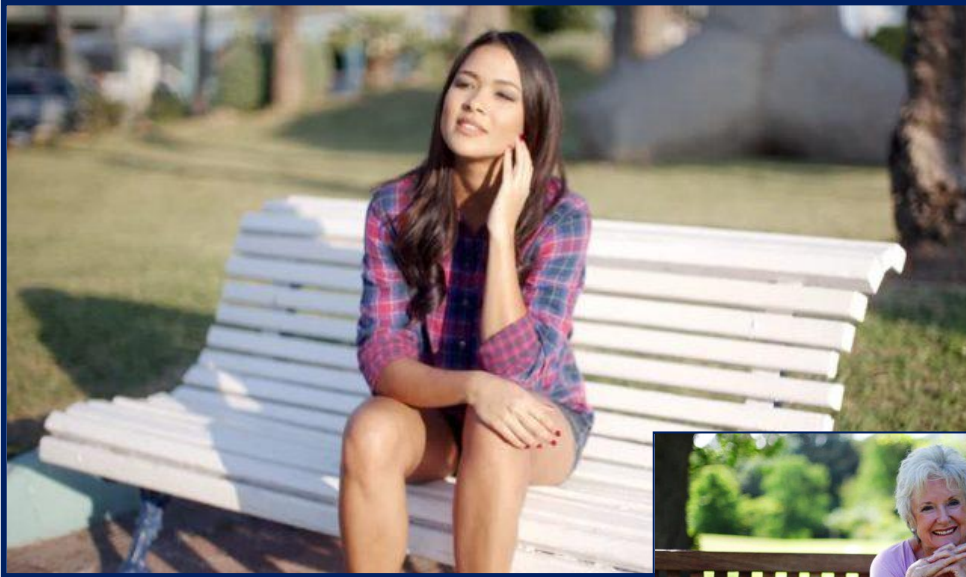
June 01 ... meeting real Need

This morning, make eight (8) low-cost “lunch bags” (containing a vegan sandwich, a granola bar, some soy yogurt, a piece of fruit, a bottle of water & an uplifting cartoon &/or quote in a card). Thereafter, distribute these “Blessing Bags” to the first eight (8) homeless people you encounter, **remembering** to look them in the eye and let them know that they too are Loved while doing so.



June 02 ... re-Discovering what's Important

Today, leave work at least two (2) hours early to handle “an important personal matter.” Upon departing, spend the first half of the work-time missed alone in a park, museum, or church – someplace where peace and reflection come easy to you. Afterwards, spend the rest of your “bonus time” by (either anonymously or directly) being Kind to all the strangers you meet.



June 03 ... Buying for Two

All day today, whenever you purchase anything, be it lunch or a newspaper or a cup of coffee, buy a second one and give the “extra” to a stranger.



June 04 ... Talking the TALK

Today is a day for “enlightened” conversation. Unusual queries stimulate the person asked to ponder their lives anew; to re-enter the Here&Now & re-assess Who they truly Are ... With this in mind, replace all your typical verbal banalities with meaning-full questions &/or statements. Instead of the typical (& these days meaningless) “How are you doing?”, ask people something intriguing – something that provokes a little introspection &/or enhanced Self-Awareness (e.g. “Have you done anything new today?”, “Have you learned anything new yet?”, “Are you on your Way?”, “Have you found Peace?”, etc) ... Additionally, if someone appears distraught, instead of the relatively meaningless “Are you OK?”, offer up something different – offer up something sincerely Caring (e.g. “May I assist You somehow?, “Is there anything I can do for You?”, “How can I Help?”, etc.).



"In every instance, to be Kind is far more important than to be right. Indeed, far more often than not, what people need is not the brilliant person who speaks but the Caring one who listens." ~ via F. Scott Fitzgerald

June 05 ... The Divine Doorman

Spend the day opening doors for others (with a smile). Essentially, refuse to pass through any door without first opening it for another person.



June 06 ... Enlightening the News

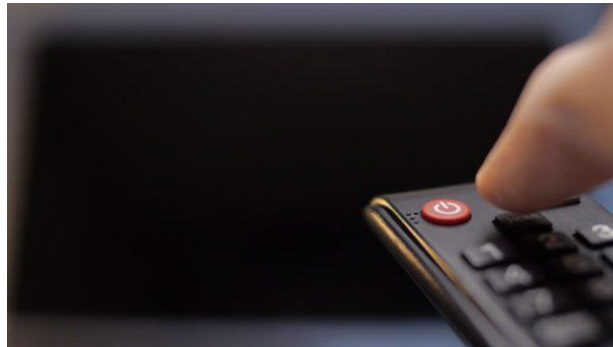
Though we'd like to believe otherwise, the news heard on our radios, seen on our TV's, and read in our newspapers is always negatively slanted & rarely provides us with an accurate view of our immediate community or our world in general. Indeed, for every "tragedy" witnessed in the mass media, there are literally thousands of Kind deeds that go silently unreported. For every "suicide bomber" in the world, there are literally hundreds (if not thousands) of sincerely kind people striving to forgive their enemies and enable World Peace ... With this in mind, watch the news this morning and calmly reject any stories that portray humanity as violent &/or aggressive &/or dangerous &/or "in danger" – and replacing them all with alternative, positive, uplifting explanations to describe their same events.



Bonus Activity: Better yet, *stop watching ore reading the "news" entirely*, and devote that time to actively serving your family, your friends or your community instead.



unplug 



June 07 ... Kindness to the Unkind

Your mission today starts with buying or making the nicest gift you can afford. Thereafter, think of the one person who is causing you the most pain in your life (or is annoying you the most, or who simply dislikes you the most) and write out a note saying that the item is to be returned to him/her (include his/her address). Finally, attach the note to the gift and leave it somewhere near that person's residence or place of employment (or even near their desk at work/school) and let it find its way to them ... **Note** that it is essentially irrelevant that the person *actually* receive your package. Just leave it to be found and assume Faith-fully that it will somehow get there.



June 08 ... obtaining Self-Acceptance

List the three (3) ways that you would “improve” yourself if you could; writing them down on a small piece of paper as you think of them. Thereafter, set that piece of paper on fire and set out to “*flaunt your flaws*” today (Respect-fully, of course, without causing yours self or others any direct harm thereby) ... *Note* that this is **not** an excuse to cease striving to Be your True Self, but rather is a powerful way to give yourself the unconditional Acceptance needed to Do so.



acceptance is a verb



June 09 ... Living "Under the Radar"

Practice stealth today, going the whole day being seen and heard as little and as rarely as possible ... To that end, at least three (3) times today *do something outrageously nice* without anyone else witnessing you doing so.



"The truest expression of Goodness resides in altruism, and the truest expression of altruism resides in anonymity." ~ inspired by Eric Gibson

June 10 ... gifting Edible Art

Sometime this morning, procure several different varieties of fresh fruit & a jar of agave nectar or molasses, then – at some point later in the day – take a sharp knife and head to a public park or square. Using the fruit as “building blocks” and the nectar/molasses as “glue”, make a sculpture of sorts, being as creative as possible ... When you’re done, write a note underneath your masterpiece that says “Dear Mother Nature, Bon Appetit!” and leave it for the locals to enjoy (and ultimately, for the local birds and rodents and insects to eat).



June 11 ... the Courage to Let it IN

Just for today, release a large portion of your fear by leaving *all* the doorways in your life unlocked (e.g. to car, to home, to safe, to windows – and to your Heart) ...



True and lasting Joy only comes into our lives during deeds designed to bring Joy to others; flowing effortlessly through the glowing portal of selfless courage that by its very nature remains ever unlocked & indeed slightly ajar ...



Bonus Activity: Leave some of your “valuables” out in the open while doing so. If they are still there upon returning, do not be relieved, but rather see them as Gifts re-given & appreciate them anew.

June 12 ... Quenching Road-Rage

Make a large jug of lemonade, put it in a cooler with a bag of ice & some cups, and head out at rush hour this morning to give away some cool refreshment during traffic jams ... Do the same at rush hour this afternoon.



June 13 ... Getting deeply Clean

Today is a day to cleanse your “Temple” ... Cut your fingernails & toenails. Shave carefully. Sit in a sunbeam for 15 minutes. Pause every hour to drink a tea or glass of spring water and go outside (or open a window) to breathe in fresh air. Eat only raw fruits **or** raw vegetables all day. When you arrive home this evening, take a brisk, 30-minute walk. Afterwards, shower and scrub thoroughly from head to toe. Rinse off with cold water & air dry in your favorite arm chair or sofa. Thereafter, remember that a powerful Temple is only as good as the Good it does for others ... So go out tonight in your freshly cleansed “House of Worship” and celebrate its sacredness by doing something courageously Kind for the first three people you meet.



June 14 ... *SELF-Identification*

Note the “top 5 faults” of others in your life (whether they are all exhibited by one person or 5 separate people makes no difference). Next note the “top 5 Virtues” you see in others as well. Write all ten (10) of these traits down on a piece of paper, starting with the words “You are...” before them. Then go in front of a mirror and read each of these sentences aloud to yourself; looking yourself in the eye after each one is read. Have the Courage to honestly assess how the “faults” relate to your own past or present behaviors, and how the “virtues” embody the foundation of your True Self – who you always have Been and who you always will Be ... Now go forth and re-Appreciate the people who were the original inspirations behind these sentences – *Seeing* them *without* seeing their “faults”; *Seeing* your own Goodness in their own.





The person looking back at you in the mirror is the *only* person responsible for deciding what you will do with the time you have been given -- how many of your moments you will use to help reduce the suffering of others; how many of them you will essentially waste reaping fleeting comforts &/or hollow pleasures for yourself. As such, it is the person looking back at you in the mirror -- that person and that person alone -- who is 100% responsible for what you DO in life, and as such he or she is the *only* person responsible for how truly Happy you are or ever will be.

June 15 ... Expanding your Vision

Our brains receive and process thousands of bits of information every second – information related to an almost infinite amount of stimuli. Through this enormous mass of data, our neocortex sorts through them all and chooses one or two per second upon which to focus. It is these very few bits of information that we directly notice & analyze in each moment of your lives. And these are the ones we primarily use to construct our own unique – and extremely limited – views of Reality ... Today, choose to see or hear peripherally instead. Pause every hour for a few minutes and pay close attention only to those things that randomly “catch your eye” (or ear) ... **Notice what you notice** – notice the Beauty – notice the Oneness – notice the Love – and then choose to **act accordingly**



June 16 ... Easing Olfactory Dis-ease

Obtain lots of incense (preferably a scent that you personally find to be pleasant) and take it to your nearest garbage dump, recycling center, &/or waste management plant. Light it all & place it around that site(s) ... If one of these 3 sites isn't available, take your incense and place it in public dumpsters &/or garbage cans.



"Let us pray that our lives become like incense sticks, spreading a beautiful fragrance to the lives of one and all." ~ Amma

June 17 ... A most righteous Repentance

Regardless of your religious beliefs (or even complete lack thereof), head to a local church and confess to a priest today ... In some cities, I've noticed that many churches are locked during the week. If this is the case for you today, most have "hot-lines" in the phone book where a priest can be accessed "in an emergency." If so, do so ... Then, after you're finished with your confession, let the priest or pastor know that you are available to take *his* (or her) confession as well. Finally, even if they refuse to take you up on your offer, thank them sincerely for listening to you & make sure they know that they too are forgiven anyway.



June 18 ... fast & friendly Service

Enter a local restaurant that serves relatively healthy food, order the least expensive item on the menu for yourself (you don't have to eat it if it's not healthy or to your liking), and then treat the next three people in line to the tastiest cruelty-free (i.e. vegan) option on the entire menu.



June 19 ... Crossing to the Other Side

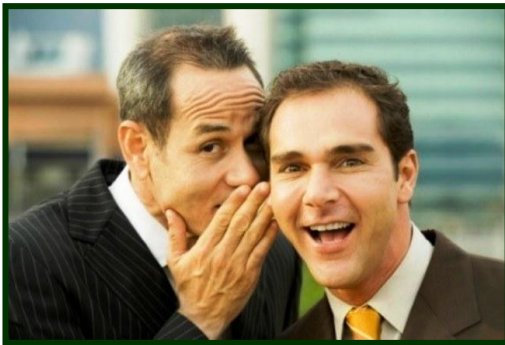
Make a “Gift Basket” today, being both creative and Caring, including some note related to the priceless worth of unconditional Kindness ... Now take your basket and give it to the pastor of a “rival Faith” --- if you’re an atheist, take it to a Baptist reverend. If you’re Jewish, take it to an evangelical Christian preacher. If you’re Christian, take it to a Buddhist monk or a Jewish rabbi. If you’re a Hindu, take it to a Muslim leader (&/or vice versa).



Bonus Activity: Hang out with whomever you give the basket to & engage them in conversation. Remember to be unconditionally Kind and gently Humble. Stay with them until you’ve found at least one major commonality between your faith (or lack thereof) and theirs (if needed, feel free to reference the info from April 14th above) ...

June 20 ... preaching Posi-Gossip

Ask friends and co-workers to share with you the last time they did something nice for another person, place, or being. Then, take your favorite story heard and spread it around as “positive gossip” all day (“Guess what I heard ...”)

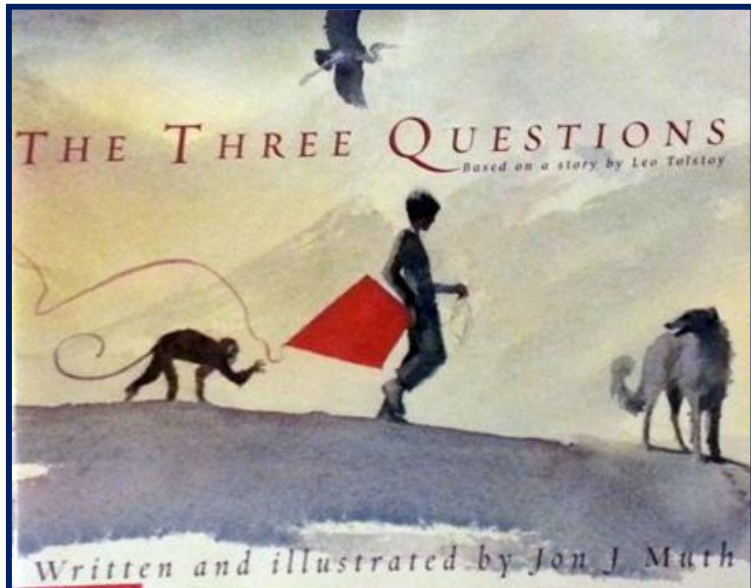
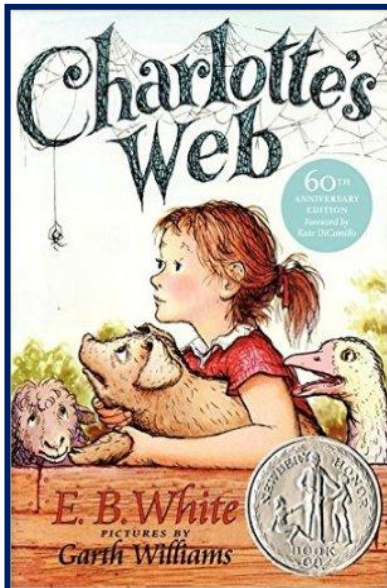


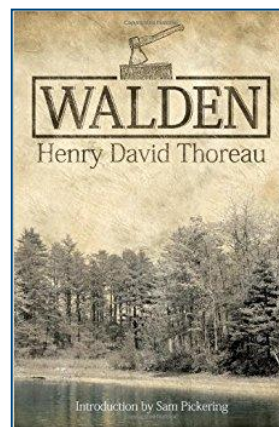
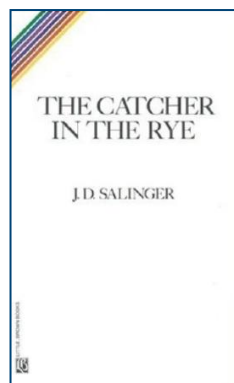
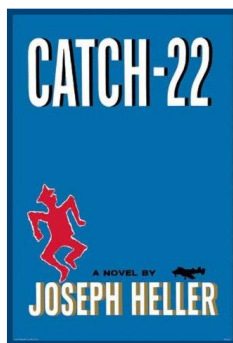
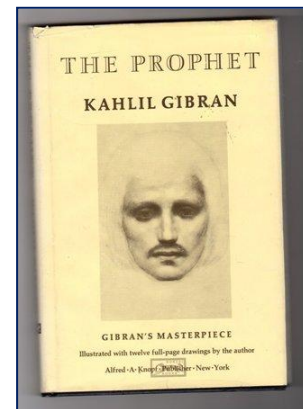
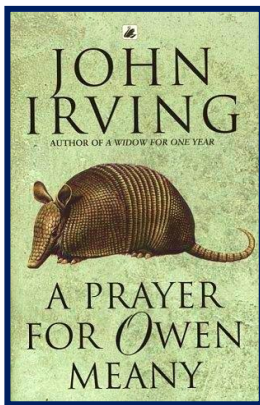
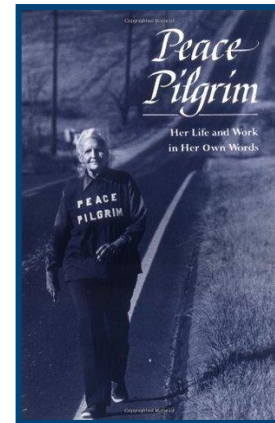
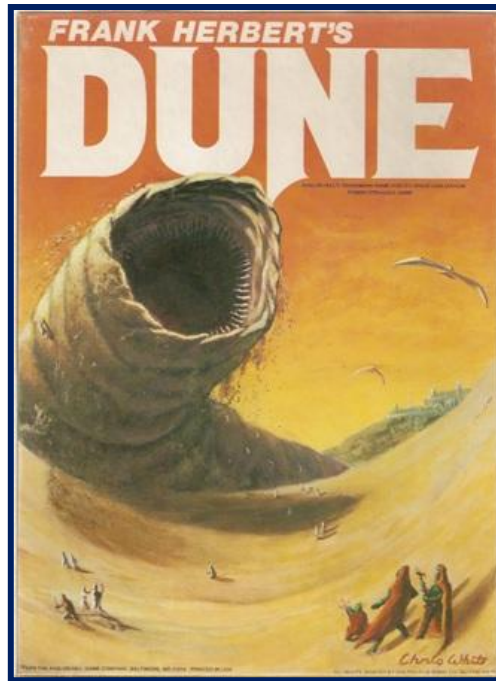
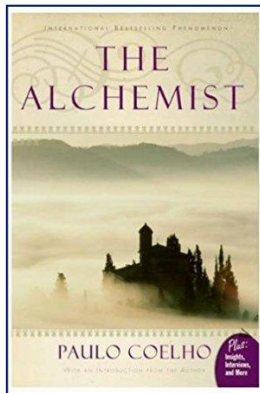
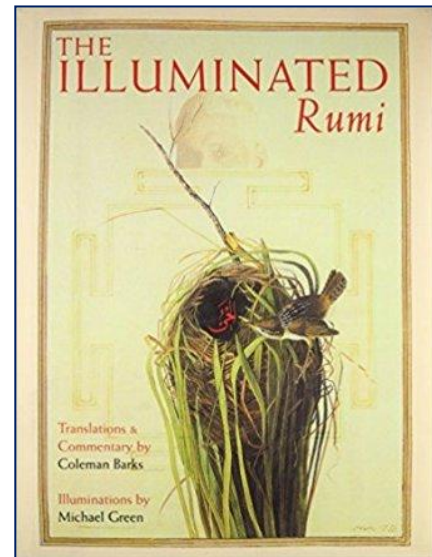
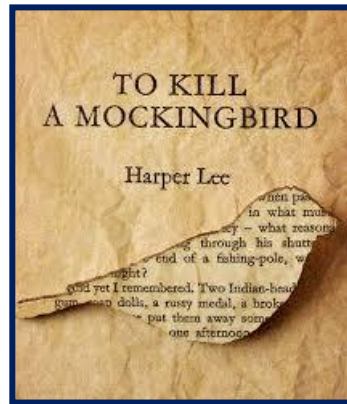
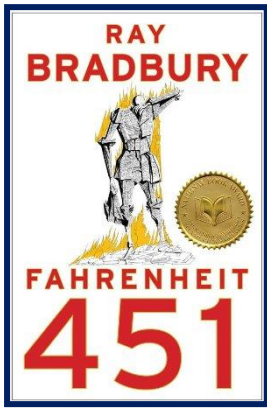
Bonus Activity: Write or contact the person who inspired the story you used & let them know that their Good Deed has inspired others as well.



June 21 ... The Gift of Wisdom

Take a copy of your *favorite book(s)* to work/school today. Throughout the day, write uplifting comments in the margins of the same (using a quote book to help if necessary, though little stories related to your personal deeds of Kindness are more powerful). At the end of the day, take your tome(s) and donate it to your local library (or, better still, give it away to a complete stranger) ...





June 22 ... Cleansing the Castle

Cleanse your “Sanctuary” (i.e. your home) today and be thorough when you do so. Avoid seeing this activity as a “chore” (or as a series of chores). Instead, choose to see it as an honor – as a privilege. **Hint:** start with the corners that you don’t normally get to when cleaning up your usual way ...



Bonus Activity: Throw out all your chemical-based cleaning products and replace them with “green” alternatives (which are more effective and are often cheaper as well). Go on-line to easily learn about “green cleaning.”

Bonus Activity: After you finish cleaning, invite a neighbor over for tea and fellowship.



June 23 ... Bowing Low

Spend the day bowing to everyone you meet – both upon greeting them and when taking your leave. By bowing, you are reminding yourself to Honor others as brothers & sisters. We all have pains and joys. We have all done amazingly wonderful deeds and we have all either perpetrated or enabled great evils. Remember this commonality in your interactions today. Bow deeply to others and show your Love sincerely.



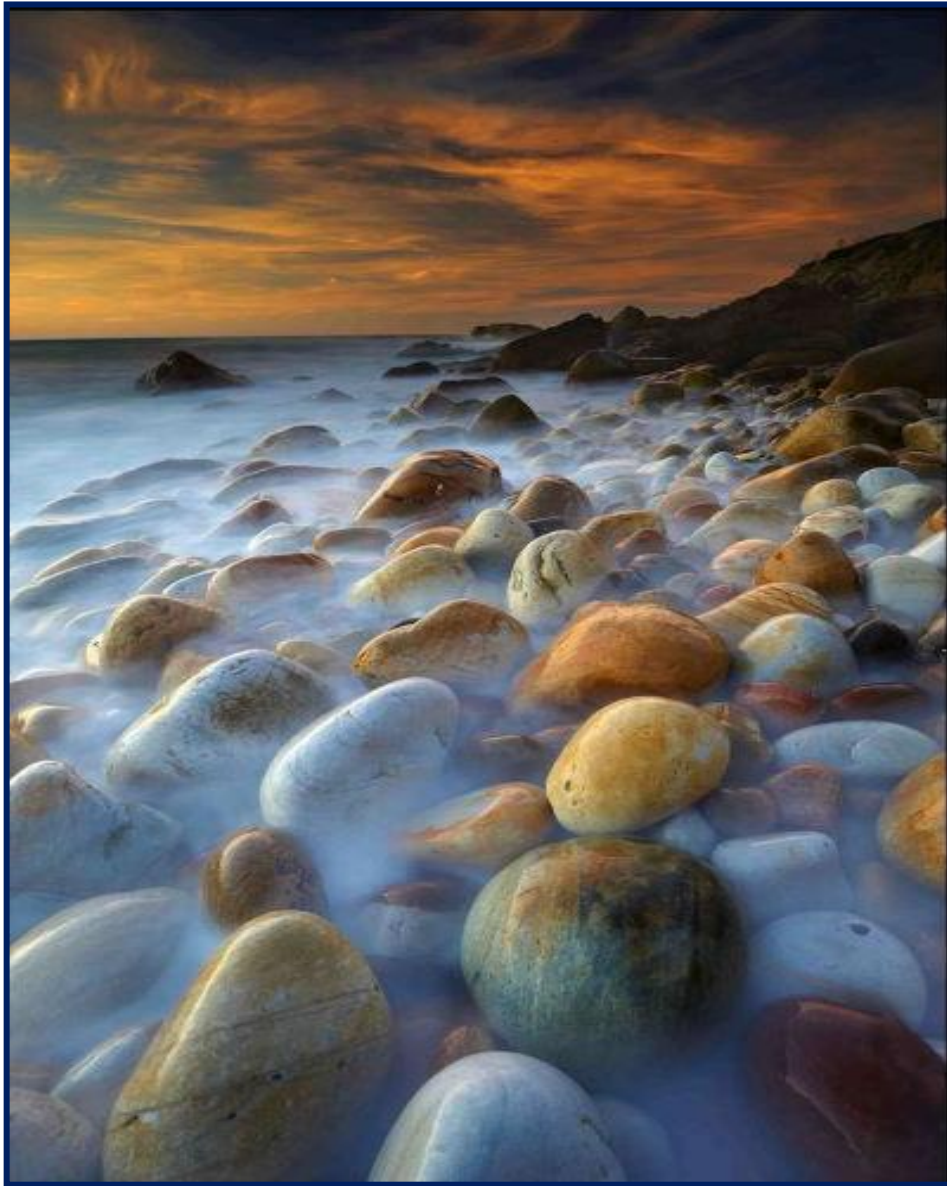
"Remember to be gracious to all strangers, for thereby many have entertained angels unawares."

~ via Hebrews 13:2



June 24 ... Looking for the Liminal

Pause every hour today to focus for a few moments on either someplace “liminal” (the apparent boundary between two apparently separate entities or regions) ... Gaze at the line of the horizon. Look for the line boundary that separates light from shadow. Hear the silence between others’ words &/or the space between the notes of the music on the radio ... You must “soften your senses” to do this, and yet it, like anything else in life, becomes clearer the more it is practiced. As you gain proficiency at this task, you will come to understand that ***there is no actual separation*** between anything; that the “borders” you have been seeking are not the places where one entity ends & another begins, but rather the places where the two become ONE!



Bonus activity: Choose to See the ONEness around you throughout the day, and choose to ***act accordingly*** thereafter ...

June 25 ... renewing Faith in Humanity

Go to a kindergarten or an elementary school (any grade 3rd or lower) and ask to volunteer for (or at least sit in on) a class. Ask the children questions about what is Important to them and – most importantly – **Listen** to their answers ... If so inclined, ask the teacher to share stories with them about your own acts of Courage &/or Kindness. Choose to See in them a great hope for the future – the Truth that our species still has a chance to “turn things around.” Now go forth and **act accordingly**; remembering that children listen to the behaviors they See performed, not the words they hear uttered.



June 26 ... Appreciating Sustenance

Eat no food all day today, from waking this morning to going to sleep at night ... **Hint:** drink lots of green/herbal tea and water. Donate the quantitative equivalent of all the food you would have eaten to a local food bank.



Bonus Activity: While fasting today, choose to buy breakfast, lunch, & dinner for three (3) different homeless people ...



June 27 ... Solace in Kindness

Today, buy a gift certificate for three (3) movie tickets and give it to the next homeless person you meet thereafter.



"Pass never by another man in need, for to him you can be the Hand of GOD." ~ Proverbs 3:27



Bonus Activity: Buy four (4) movie tickets for a show this evening. Take one friend with you and find two homeless people who want to see the show, and all of you go together.



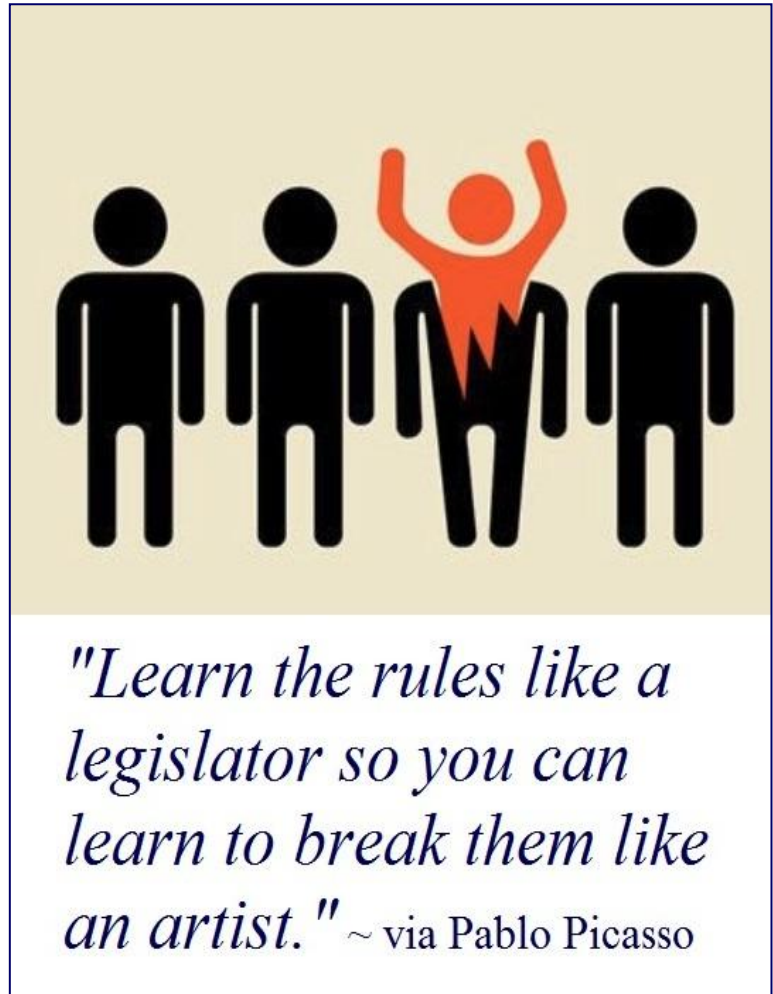
June 28 ... Allaying Stress

Go to a local airport, train station, or bus terminal and offer to help stressed travelers carry their bags. Keep offering until someone accepts your offer.



June 29 ... flaunting Freedom

Take a few moments to list all the things that you currently feel “forbidden” from doing. Find three (3) of them that you can perform without harming anyone else and quietly do them anyway – “forbidden” or not ... *Feel free* as well to invite passersby and witnesses to join you.



June 30 ... Patience for Parking

Wander around town today until you find and feed three (3) expired or expiring parking meters – and feed them anonymously.



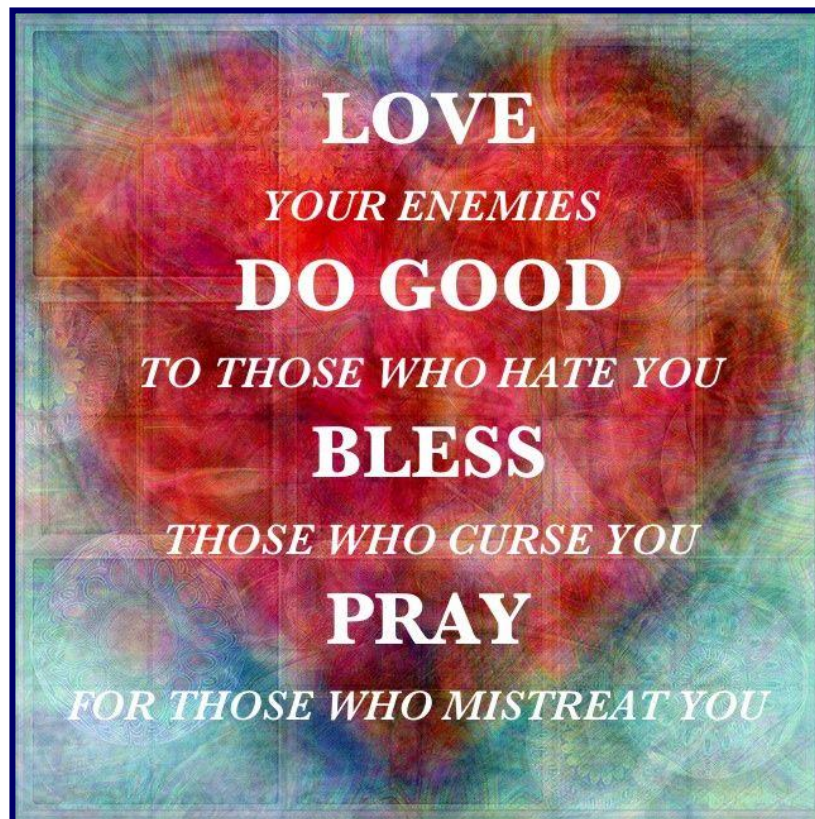
July 01 ... Stretching body, stretching Soul

Pause this morning to consciously stretch for five (5) minutes. Take off your shoes and “scrunch” your toes into the floor/carpet. Interlock your fingers, raise your arms over your head, and turn your palms to the sky. If there is a bar from which you can hang, do so three times (each time for 30 seconds, to ease gravity’s constant stress on your spine) ... Be creative with your stretching, remembering to be thankful for your Life while doing so – and then, once you are finished, dedicate the rest of your day to stretching your comfort zone related to Giving to others ...



July 02 ... Loving your “Enemies”

Every “enemy” we have ever had in our lives and every “criminal” we have ever judged has a secret history of pain and struggle for Goodness that – if we were truly aware of it – would make us blush over the raw incorrectness of our condemnation. And indeed, as human beings it is possible for us to choose instead to look upon the “weaknesses” of others with empathy. For it is a patent Truth that we all are born into fleshly vessels that, by their very nature, tempt us to engage in selfish “wrongdoings.” And while this is no excuse for the evils that we and others have committed, we can **choose to extend Kindness** nonetheless. Goodness doesn’t condone evil, and yet it *does* extend Compassion to the mistakes that evildoers make ... So keep this in mind today, realizing that the arrogant in your life were taught powerlessness, and are ready to receive your **Respect**; that the stern in your life were taught anger, and are ready to receive your **Gentleness**; that the aggressive in your life were taught helplessness, and are ready to receive your **Encouragement**; that the shaming in your life were taught manipulation, and are ready to receive your **Caring**; that the malicious in your life were taught cowardice, and are ready to receive your **Compassion**; that the condemnatory in your life were taught hopelessness, and are ready to receive your **Acceptance**; that the superficial in your life were taught avoidance, and are ready to receive your **Intimacy**; that the deluded in your life were taught hypocrisy, and are ready to receive your **Honesty**; and that the evil in your life were taught fear, and are ready to receive your **Love** ... And with this in mind, list five (5) people who “hate”&/or who annoy you. If you are one of the few who hates no one & you are not currently annoyed by anyone else, choose three (3) people who “hate”, are annoyed by, &/or radically misunderstand you. Then go forth and do an anonymous kind deed for each of them today.





"It takes incredible Courage to be Kind to those needing Kindness the most -- namely, to those who merit our Kindness the least. And how just it remains that it is only in exuding such selfless gentleness to such 'enemies' that we come to know any real measure of Success in life; for the only real Victory in any conflict comes solely to those who choose to transcend their enmities -- to those who set down their weapons and open their arms instead -- to those who choose to subdue their opponents without ever coming to blows." (inspired by Lao Tsu)

Bonus Activity: A powerful way to Serve is to make injustice visible to those who are perpetrating it. And the only way to effectively do so is to **forgive those perpetrators publicly** in the moments that they are doing so. With this in mind, look for acts that are unjust &/or unkind &/or callous today. When you see one, choose to courageously and loudly (and gently) forgive its "perpetrator."

be kind to
unkind people.
they need it
the most.

July 03 ... Wondered Watching

Every hour today, pause & look to the heavens, gazing intently into the wonders of the sky for three (3) full minutes; watching the wind & the clouds during the day and watching the moon move across the sky at night. Each time you do so, point out a particular wonder you “re-Discover” to at least one friend, associate, or stranger.



July 04 ... Courageous Appreciation

Go to a public performance and be the first person (and perhaps the only person) to give it a standing ovation. If a public performance isn't handy, go to the movies, sit in the front row and do the same once it's over. And if the movies aren't handy, go outside, look for something amazing in nature or on the street, and then give Life itself a standing ovation in its honor -- In fact, even if you do find a public performer &/or a movie theater, do the latter regardless.



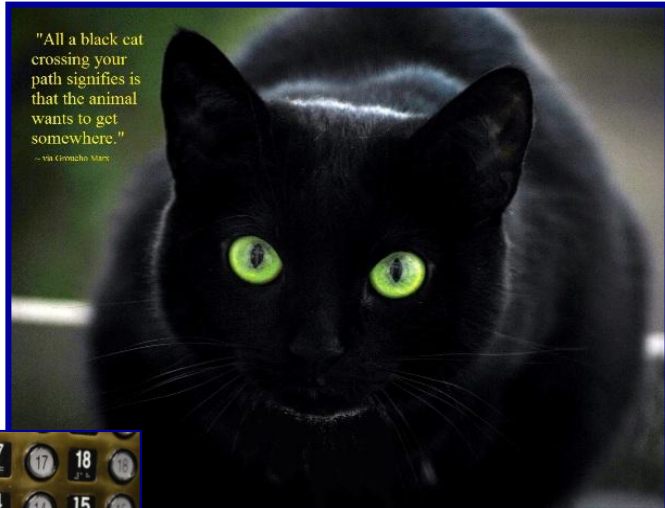
July 05 ... Peace-full Pastor

Today go forth and be a “pastor” for a day, by going about and actively Blessing all that you see – both those things that obviously need Blessing (e.g. others' stress, fear, pain, anger, sadness, etc.) and those things that do not (e.g. all things Beauty-full & Wonder-full) ...

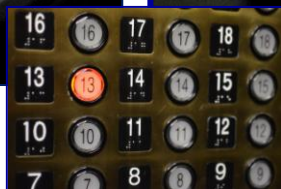


July 06 ... Manifesting "Misfortune"

It is important to remember that the most difficult situations are the moments that inevitably give our Happiness its greatest potency and our lives their fullest Meaning. With this in mind, spend the day today bravely manifesting "bad luck" – walking under ladders, breaking mirrors, wearing the #13, &/or chasing black cats. Do so not as some sort of Destiny-masochist, but as someone who knows that to live in fear is to call disaster to you; that to live in fear is to make your Love impotent. **Free yourself from fear** instead – and when "bad luck" does come your way (rest assured, it will), choose to do some powerful Good with it when it does.



"All a black cat crossing your path signifies is that the animal wants to get somewhere."
- via Cronocho Stars



July 07 ... Feeding the non-Needy

Make a simple yet tasty lunch, package it up niftily, and then head out and give it to a “well-dressed” stranger. Include a small gift therein – along with a note encouraging its recipient to do something similarly selfless for someone else they encounter today.



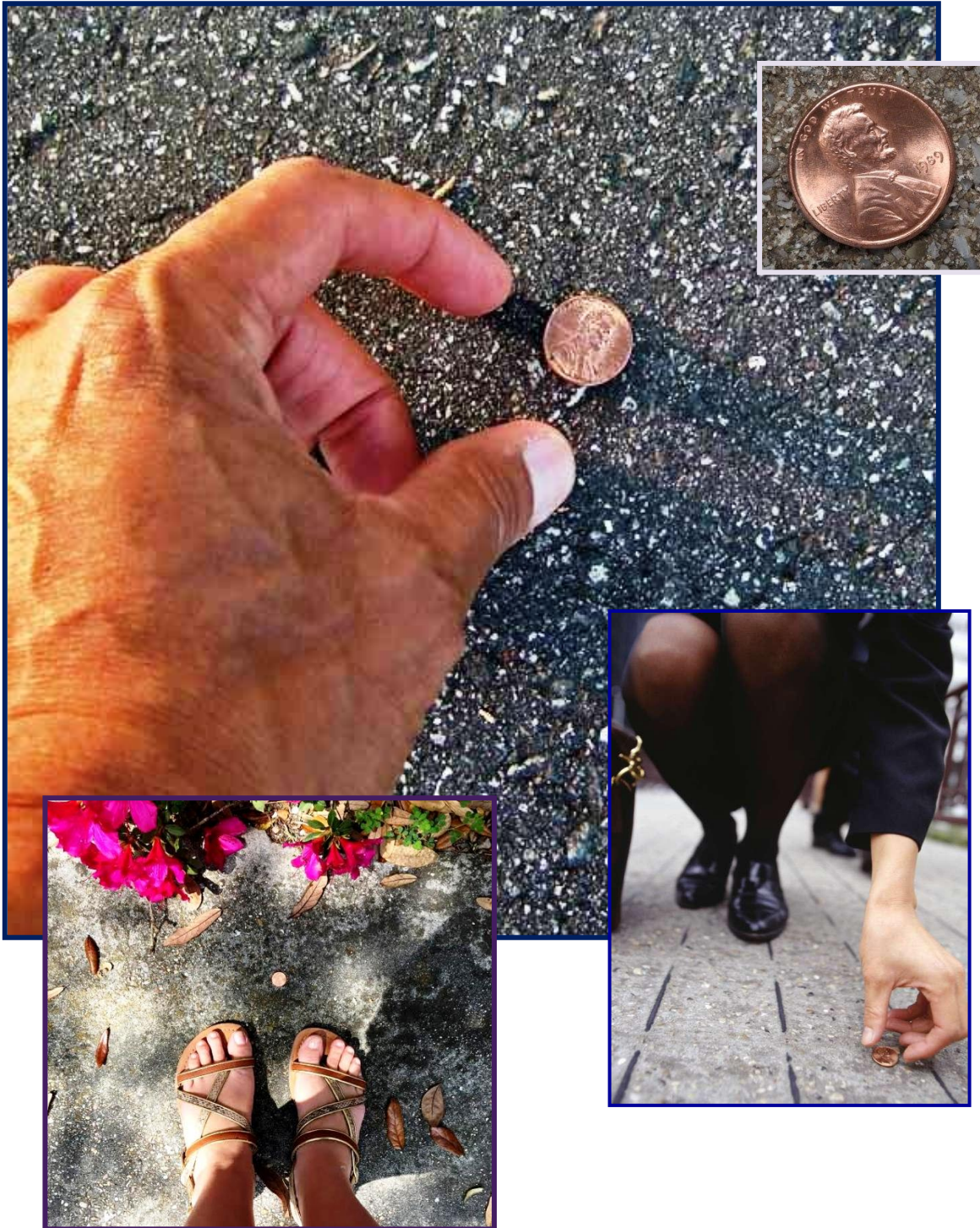
July 08 ... Sustenance on the Street

Eat all your meals today (including your breakfast) while sitting on a local street corner; remembering each time to regularly offer to share your meal with some of the strangers who pass you by ...



July 09 ... spreading Good Fortune

This morning obtain three (3) rolls of coins and leave “good luck pennies” to be found by others throughout the day. Be creative where you leave them (but not so creative that they won’t likely be found) ...



July 10 ... re-tanking the Soul Jar

Every hour today, pause whatever you're doing to slowly drink a glass of water ... Drink only water for the entire day, and at some point this morning give three (3) associates glasses of water as well ... Finally, this afternoon, buy some bottles of water and give them to strangers on the street on your way home from work/school.



July 11 ... Testing your Truth

Make a list of five (5) things you're "certain" are True. Then, throughout the day, actively seek to disprove them. **Note:** If you don't have "success", either you aren't trying hard enough or your list is too "weak" ... Be flagrantly honest and equally courageous with this task. On the way home, look around at anything related to your list of "facts" and see them anew – remembering the Truth that your "absolute truths" are not so absolute anymore.



"There is really no such thing as 'the voiceless'; only beings who are ruthlessly silenced or deliberately unheard."

~ via Arundhati Roy

"THE IDEA THAT SOME LIVES MATTER LESS IS THE ROOT OF ALL THAT IS WRONG WITH THE WORLD."

- PAUL FARMER

I like meat!

Animals don't like being killed.

I'd miss cheese!

Calves miss their mothers.

It's inconvenient for me!

It's inconvenient for animals.

It's my personal choice!

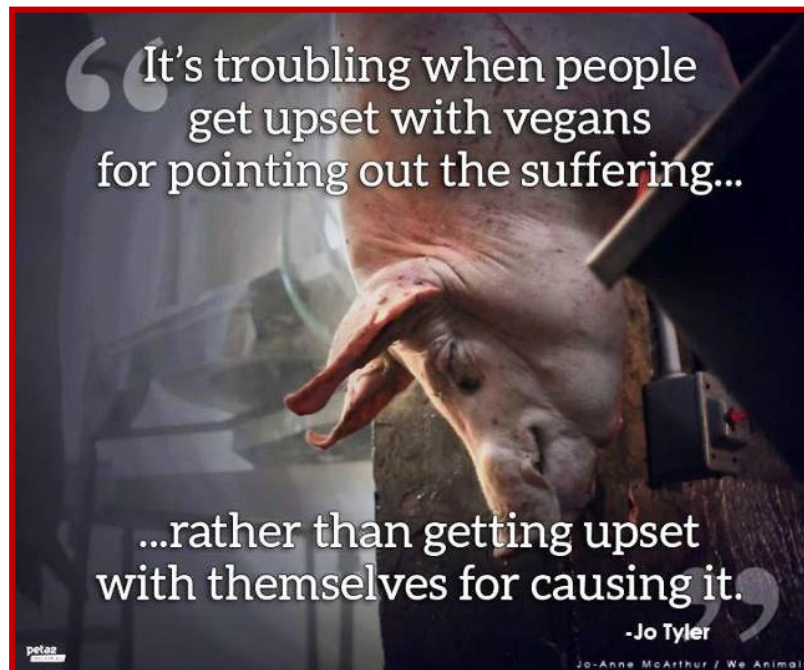
The animals don't get a choice.



veganism becomes the obvious choice when you focus on the victims and not on yourself.



www.vegansidekick.com



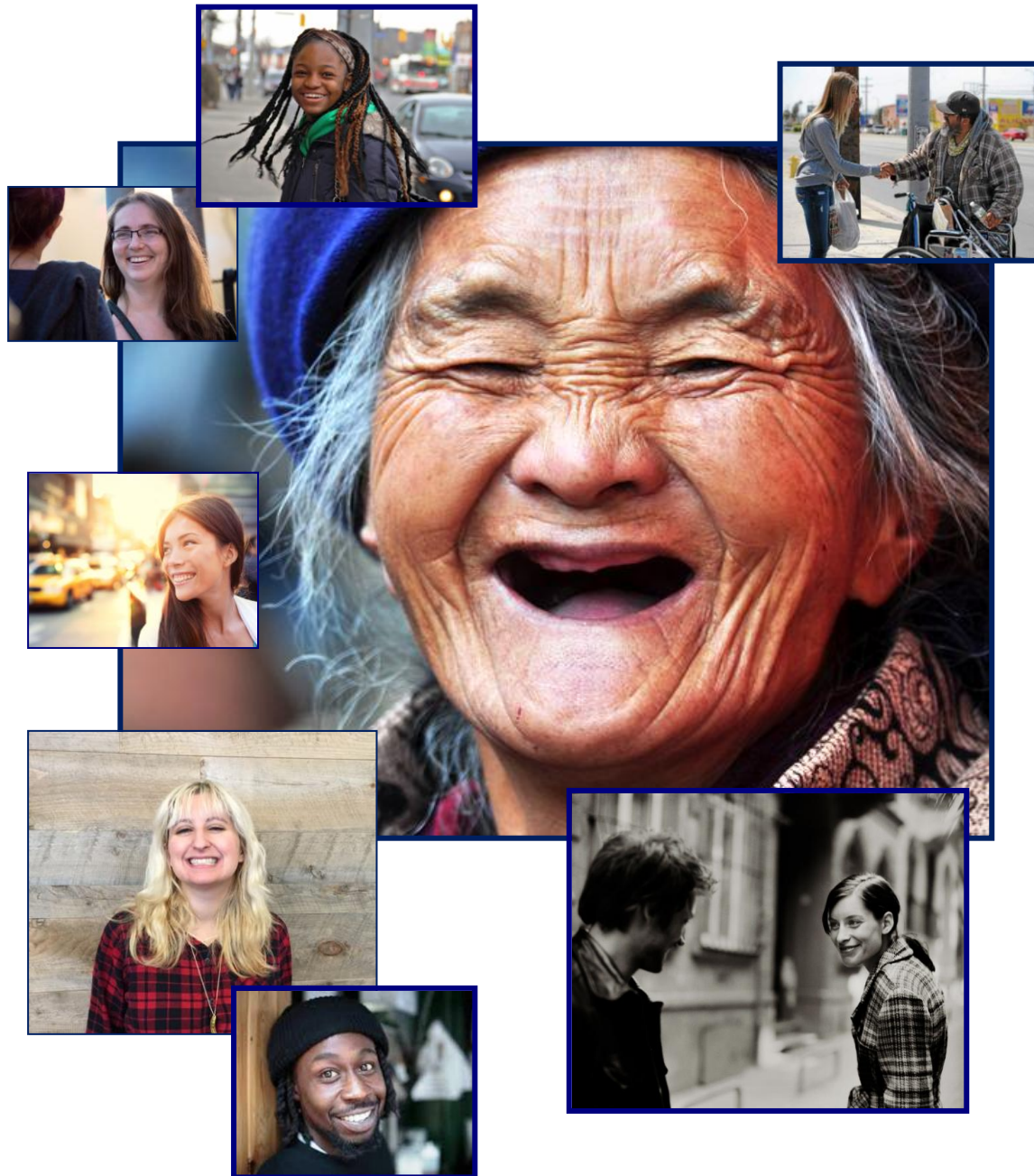
July 12 ... re-scanning the Here&Now

So often we focus solely on what we are doing -- and so rarely on where we actually **Are**. As such, every hour today choose to pause and fully take in your surroundings with a 360-degree, slowly-rotating visual “scan.” Afterwards, close your eyes and describe your surrounding “reality” from memory. Then repeat your same “scan” – this time deeply **Seeing** what you’d been missing before.



July 13 ... Noticing the Beauty-full

Our minds have been so filled with preconceptions related to “beauty” & “attractiveness” & “sex appeal” that we have forgotten the abject **FACT** that *everyone* is objectively Beauty-full in his or her own way(s) ... With this in mind, actively remember this today -- choosing to *See* every person you encounter as Beauty-full. Linger with each of them and gaze upon them gently and persistently until something wondrous about them is found, not only about their person (which is relatively easy), but also about their appearance (which is a bit more difficult in our GQ/Cosmopolitan-indoctrinated society). At least once per hour today, mention these positives to those you so *See* (though not nearly as potent, it is acceptable to Do so anonymously) ...



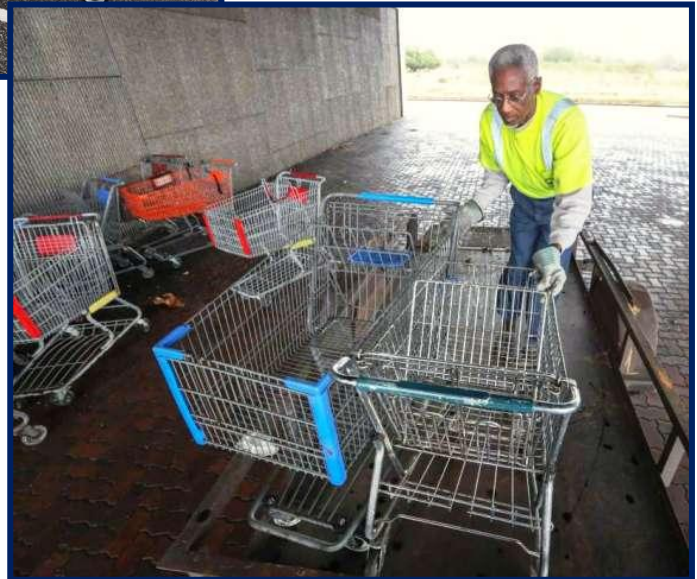
July 14 ... Revealing your real Self

Take a few moments this morning to list what you consider to be your “faults” – those personality traits that you are ashamed of &/or regularly hide from others. Then choose one of those characteristics and completely expose it for all to see. Do so courageously and do so respectfully, remembering that the goal is not to shock others or bring them discomfort (though this might indeed inadvertently occur), but rather to honestly *let them See who you truly Are*.



July 15 ... Cleaning up the Carts

Roam around your neighborhood/town today until you find a parking lot with three or more unreturned shopping carts. Take a few moments and anonymously “clean them up”.



Bonus Activity: Approach departing shoppers in that same parking lot & offer to return their carts after they are done loading their groceries into their cars.

July 16 ... Sweets for Strangers

Make some of your favorite vegan baked goods and give them to someone you know. If you don't know how to make your favorite baked good as a vegan, learn today. If you don't have time to learn, buy a similar vegan version thereof from a local store (attempting to do so from a small, independent bakery – if possible) and give it away thereafter...



July 17 ... *Respecting Society*

One doesn't have to look very far to see that real **Respect** is a dying art in our society. Gratitude is being replaced by feelings of entitlement, and the honoring of our elders is being replaced by "setting them aside" in nursing homes. In essence, we are a culture that is forgetting how to treat others with Dignity & Honor. With that in mind, regularly show others extreme Respect today – doing so to elderlies, parents, friends, teachers, associates, and *especially strangers* ... How you Do so is up to you (e.g. ask their advice, ask their opinion, ask for their life-story, offer to help them, relay your Gratitude for their presence in your life, etc); simply be creative in your Honoring of them and the lives they are leading.

"Being respectful to children -- empathizing with them when they are hurt or frustrated, listening to them intently whenever they speak, being Kind to them whenever they are near -- does not count as 'pandering' or 'coddling' or 'spoiling' them in any way. In fact quite the opposite is true: for to do so is simply to treat them with the basic dignity they deserve; the same fundamental dignity due to every other sentient being as well." ~ via Rebecca Eanes

got respect?





Bonus Activities: **Respect** your teachers (past or present) by honorably challenging three (3) things that you've been taught --- **Respect** the military by actively denouncing war --- &/or **Respect** the authorities by "violating" three conventions of "normal behavior." For every time you do so, you are actively remembering that fear has nothing to do with **Respect**; that real respect is always freely given, always courageously enlivened, and almost always unconventionally fulfilled.

July 18 ... *The constant Compliment*

Today, pause every hour to give a sincere compliment to an associate or a stranger. This evening, do the same for all your family members & friends.



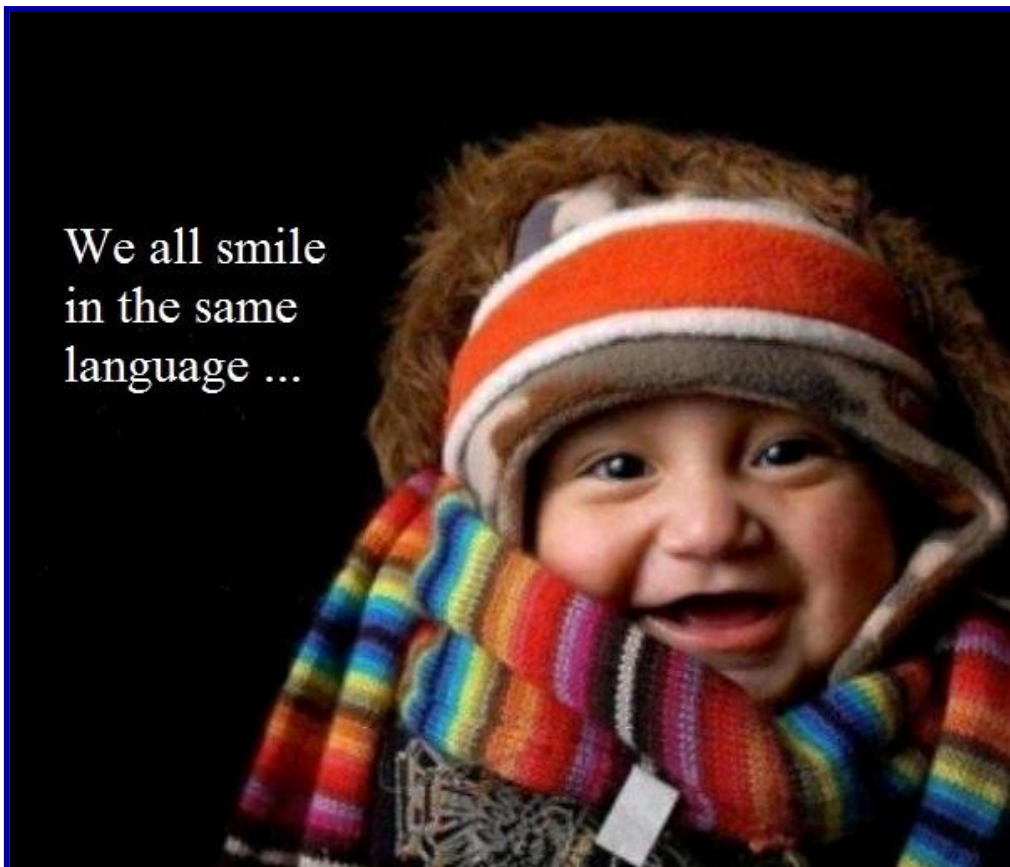
We can only rise above our doubts & worries & troubles by lifting others up and through their own ... Today is the only *today* you will ever have or know, so when you see something nice -- or beautiful, or noble, or brave, or caring -- ***say something Kind.***



July 19 ... clearing UP Communication

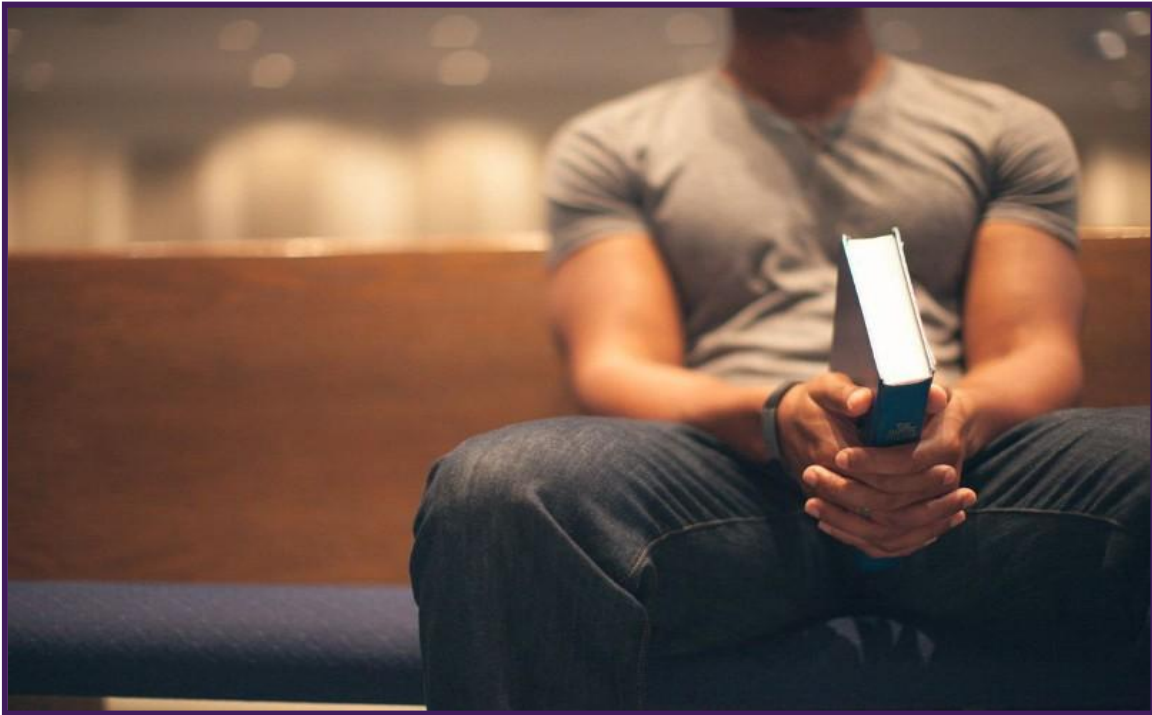
Focus on speaking slowly and clearly today. Every hour, pause at least once to consciously slow down your speech, choosing as well to speak concisely, creatively, and caringly.

Remember to make eye-contact intensely with your listeners when you are speaking, and with all those who are speaking when you are the one listening ...



July 20 ... Peace-full Preaching

Go to three (3) different churches that are local, yet unfamiliar to you. Enter and sit in silence while envisioning unconditional **L**ove being preached there during an upcoming service (whether that theme is likely to be actually relayed is irrelevant – choose to internally *See & Feel* that LOVE being preached and, at least for that moment, it will be so) ...

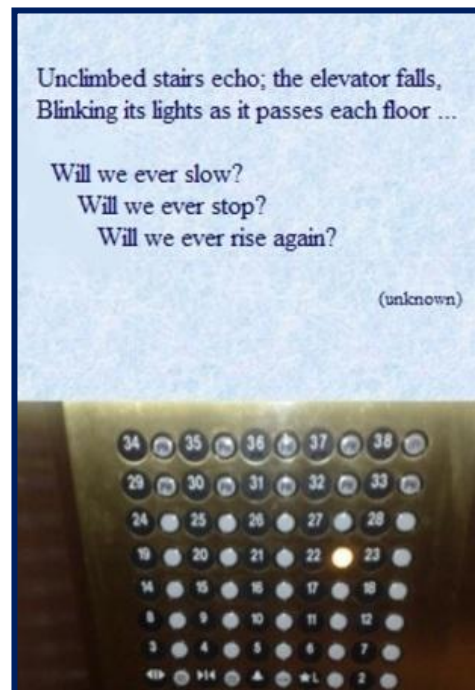


Bonus Activity: Contact the preacher (or reverend, or pastor or rabbi or imam) of those churches or temples and ask what their next sermon will focus upon. If “unconditional Love and the perfect Forgiveness of GOD” is not their answer, ask them when that particular theme will next be preached ... **Remember** to give them a hug before you depart.



July 21 ... Speaking to Wonder

This morning, got to a local library (or go on-line), find a short poem that is both uplifting & personally inspirational to you, write it down on a piece of paper, and carry it with you throughout the day ... Refer to your poem frequently and memorize at least a small portion of it by this afternoon ... Finally, after arriving home this evening, recite it as passionately as you can three (3) different times for three (3) different friends or family members.



Bonus Activity: Recite your poem three (3) different times in an occupied elevator (or other public venue of your choice).

July 22 ... “de-stranging” strangers

During the day today, invite a “mere associate” and a friend of his/hers out to lunch or dinner. Continue inviting candidates until someone accepts your offer ... Enjoy getting to know them as more than mere “associates” thereby.



July 23 ... Cleansing Conflict

Take a moment to remember the last three arguments you had. Today, contact the “opponent” of all three of those altercations. Even if you aren’t able to sincerely admit “fault”, choose to openly apologize for your role in escalating those conflicts.

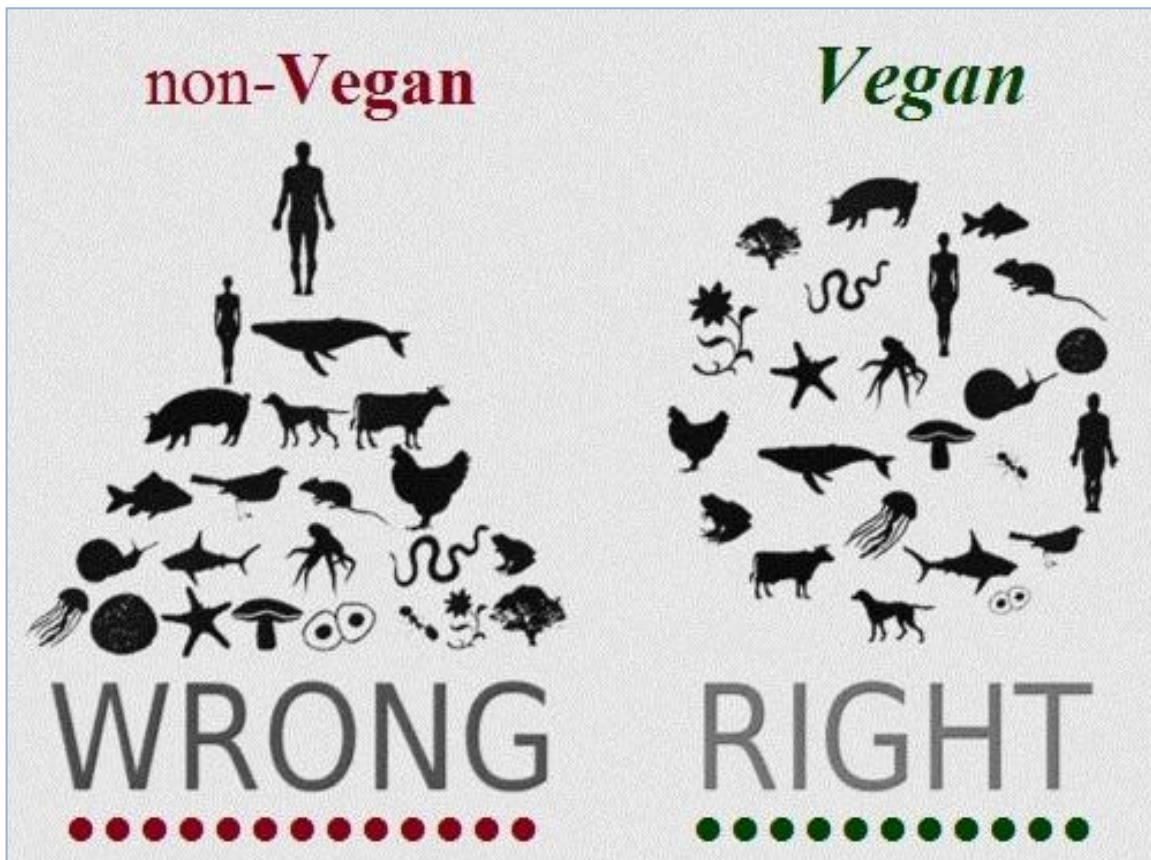


Apologizing doesn't have to mean admitting that you are wrong and the other person is right. It simply means that you are willing to value your relationships more than your ego -- that you are willing to place the Peace of the other over the comfort of yourself.

Bonus Activity: Do something anonymously kind for each of your three (3) aforementioned “ex-enemies”.



Bonus Activity: The best way you can apologize to all the animals you have caused to suffer in your life is to **Go Vegan...**



To all my non-human animal cousins
-- to all the innocent beings who I, via
ignorance or callousness or pettiness
or greed, caused to be enslaved,
abused, mutilated, and murdered ...
I am so sorry it took me so long to
wake up ... **Peace** to you all.

July 24 ... Cleansing the Community

This morning, gather enough materials to enable several people to wash cars. During the day, create a few big signs that read “**Free Car Wash**” and then this afternoon “set up shop” on a nearby street corner and offer car washes for a few hours to whomever stops by. Engage car owners in conversation and let them help you wash their own cars or the cars of others. If asked, let others know why you’re being kind & encourage them to creatively Do the same.



July 25 ... Caring for the Children

This morning, contact various children's hospitals or clinics to find out when they have visiting hours. During the day, gather some flowers, toys, games &/or books to take with you, and this afternoon go visit one of them. Leave the flowers at the reception desk, distribute the toys to the children most "in need" (ask a nurse for help), and then ask permission to play with the children &/or read them a few books before you depart.



Bonus Activity: When you are there, ask the children questions about Life in general: what makes them Happy, what is the one thing that means the most to them, etc. Remember to *listen intently* to their answers, and then choose to go forth and *live accordingly* thereafter.

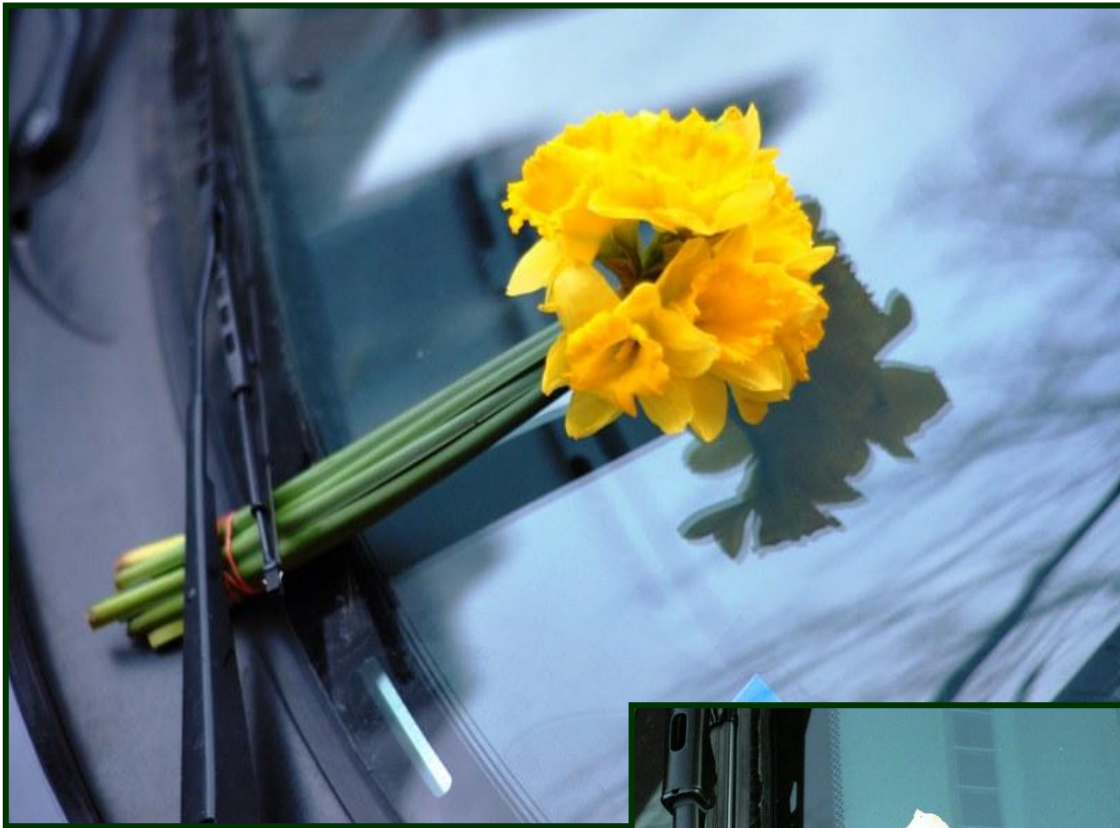
July 26 ... an unusual Eating

Find the most unusual utensil in your house and take it with you today. Better yet, find something to use as a utensil that normally serves another purpose. Then, at lunchtime, head to a fast food restaurant (preferably one with healthy, cruelty-free vegan options), order a meal and eat it only using your unusual utensil (whether with a smile or straight-faced makes no difference) ... Finally, as you're leaving go to the employees who cooked the meal and thank them for the Wonder-full food.



July 27 ... *The Flower Gremlin II*

Buy or pick 24 flowers and leave them (maybe along with an anonymous note of Kindness) on 24 different car windshields. Avoid focusing your efforts on only one parking lot, attempting to spread their Goodwill throughout your entire community instead ...



July 28 ... *succinct Speaking*

It is an oft-overlooked fact that much of our language is completely unnecessary. With this Truth in mind, go the whole day by saying only “Yes”, “No”, “Hmmm,” or smiling in silence. Do so not to cause others annoyance or irritation (though these might indeed be inadvertently engendered), but rather to re-realize how priceless the spoken word truly is ... Experience throughout the day how much can be said with very little, and remember this lesson when you engage in speech in your days that follow.



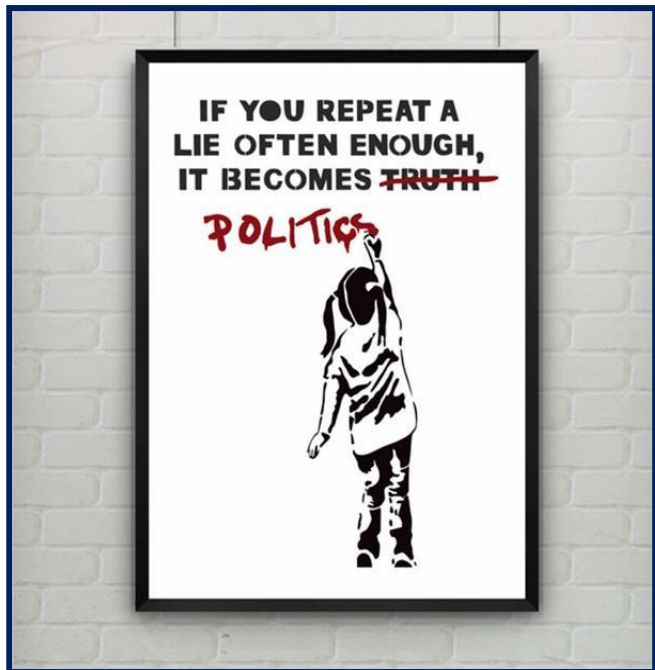
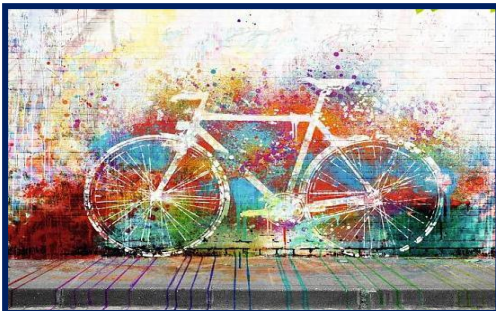
July 29 ... bidding the ego Farewell

This morning, think about your “old self” and some of the more petty or self-centered behaviors that you used to exhibit (and maybe still do at times). Send that “small self” Compassion for its fear-based living. Send it thanks as well, realizing that without it, you probably would not have survived the emotional traumas of your childhood. **And**, now that you are an adult, it is time to remove the ego from its position as primary decision-maker in your life. So during the day today, regularly ask your ego what it would like as its “final meal.” After work/school, obtain the necessary items to make a cruelty-free version thereof. Later this evening, cook for your ego and serve it its delicious “coup de grace.” Eat it with great pomp and fanfare (e.g. dress up beforehand, make a grandiose toast to the ego before digging in, etc). Honor your ego and the role it has played in bringing you to **Who you Are** today. As the meal comes to a close, wish your ego well – seeing as how your True Self will by “taking over” your primary decision-making responsibilities from now on.



July 30 ... soothing the Drear

For all its “efficiency” & “productivity”, our man-made society has generally lost its ability to lend us focal points that are beautiful or wondrous. In essence, the bigger the city, the drearier it gets -- with grime, shadow, & concrete seeming to dominate most cityscapes. It’s as such no surprise whatsoever that the average city-dweller seems to act accordingly ... With this in mind, buy several soothing posters (or use your own – with nature photos/portraits being “best”) and take them to various “bad” parts of town, hanging them anonymously in all the dreariest corners you can find (subway & bus stops are great for this one).



July 31 ... Honoring local Heroes

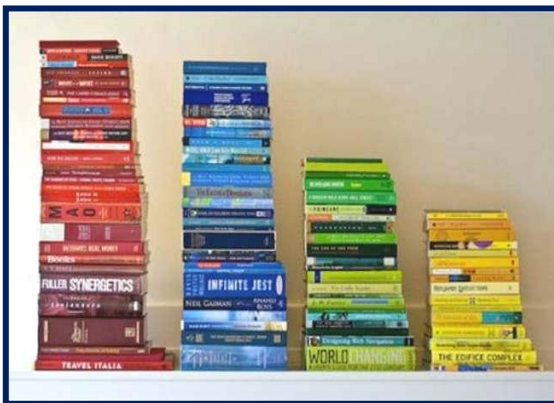
Do some research related to the recent good deeds done in your community (check back-issues of your community newspapers &/or ask your neighbors). Draw up a "Good Samaritan Certificate" and decorate it. Couple it with a small Gift and a note of congratulations, and anonymously leave it on the doorstep of one of the local Do-Gooders revealed by your search.



"Heroes are made by the paths they choose, not the particular abilities or advantages with which they are born ... In fact, anyone can choose to sacrifice their own comfort or safety to help a weaker being in need, and that means that anyone can become a Hero -- in any place & at any time." ~ via Brodi Ashton & Fred Rogers

August 01 ... Freedom from Fees

Head to your local library today and ask to anonymously pay some outstanding late-fees &/or other fines for another patron(s).



Bonus Activity: While you're at it, donate a few of your own books while you are there.

August 02 ... Wonder-Weeding

Upon setting out this morning, take along some gardening equipment and look for a yard or park or garden that needs some sprucing. Later, on the way home from work/school, head to the place you found and give it 30-60 minutes of your caring attention – cleaning what needs to be cleaned and sprucing what needs to be spruced. Finally, before going to bed this evening, wait until its dark out and secretly go clean up a neighbor’s garden or lawn as well.



Bonus Activity: Mow a neighbor’s lawn while they are out of town or at work.



August 03 ... Wonder-Graffiti

This morning, go through a quote book (or go online), find a favorite inspirational &/or positive quote, write it down on a piece of paper, and take it with you when you head out the door. On the way to work/school, obtain a box of colored chalk (or take some colored chalk with you if you already own some). Then, at various times during the day, walk through your community writing your quote in public places (e.g. sidewalks, buildings, elevators, etc.) ... Do this at one location where you've never been before, one location where you last remember feeling annoyed, and one location you visit regularly.

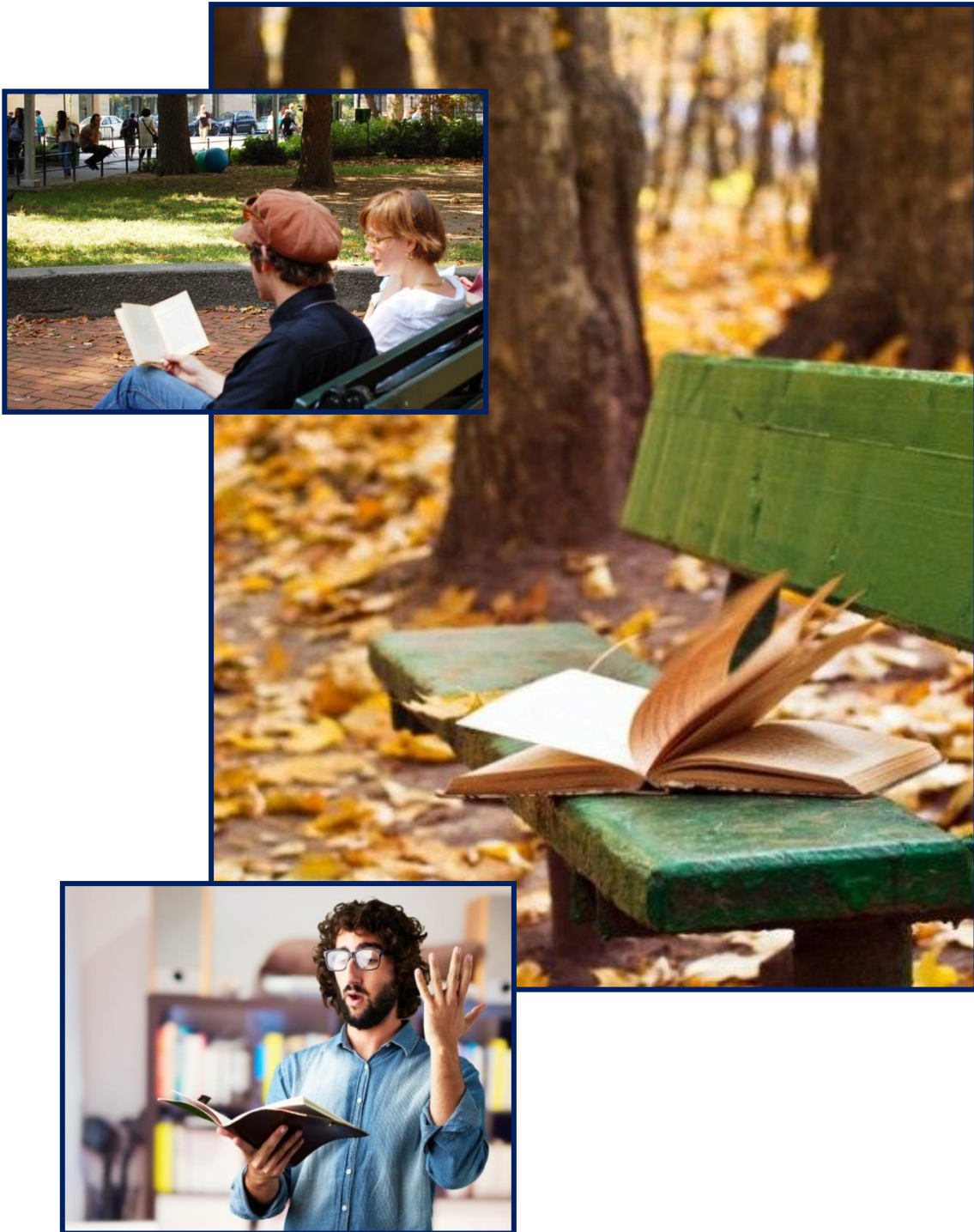


Bonus Activity: For the daring, do the exact same activity -- using paint -- on any worn-down, decrepit &/or abandoned building(s) in your town.



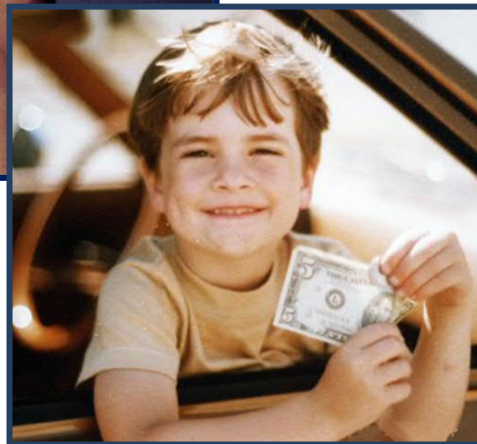
August 04 ... An unconventional Performance

Take one of your favorite books with you this morning ... Every few hours, go sit on a public bench (or in the “break room” at work) and read it aloud – backwards. Do so for three (3) minutes, three (3) times, in three (3) locations.



August 05 ... True Tithing

Mail at least \$5 to three (3) different “random” people today, along with a note encouraging them to match your Gift and use the money to *Do something Good for a stranger*. If really strapped for cash, send only one person \$10 with the same note attached.

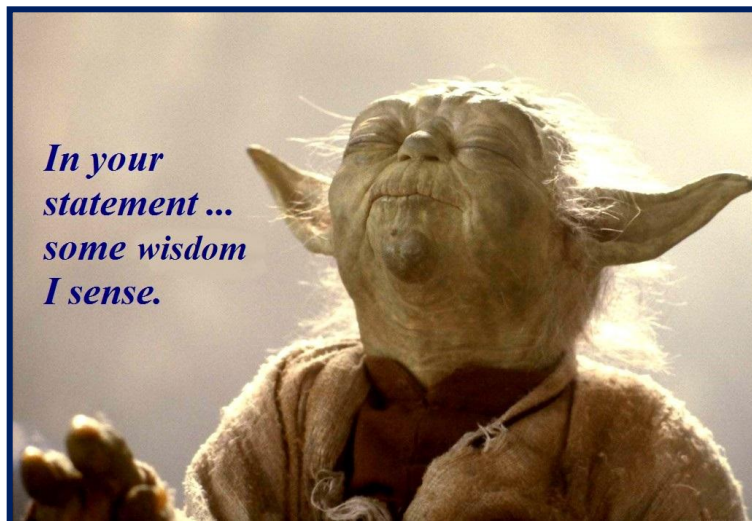
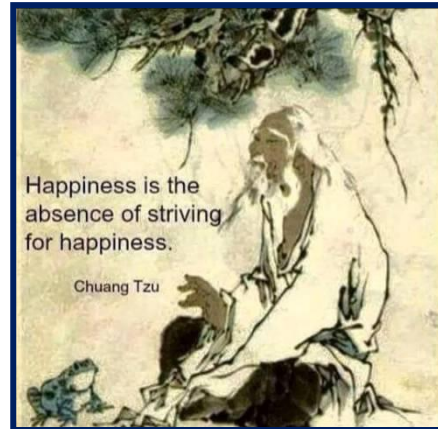


August 06 ... metaphorical Communication

Human beings are essentially “herd animals,” and as such we tend to mimic each other’s speech patterns &/or vocabulary. As a result, our words often become overused until they lose much of their potency (if not all of their deeper meaning). With this in mind, choose to speak cryptically today --- intermittently using silence, cliché & colloquialism when speaking to others (research the latter two on the web if you wish &/or look up Japanese Koans for inspiration) ... **Remember** that your intentions are not to confuse or to annoy (though both might occur inadvertently), but rather to *inspire others to Listen* anew and think originally about their own ways of communicating.

**TO BE POSITIVE IS
TO BE MISTAKEN
AT THE TOP OF
ONE'S VOICE**

AMBROSE BIERCE





What you are doing is always speaking so loudly that others can't actually hear what you are saying.

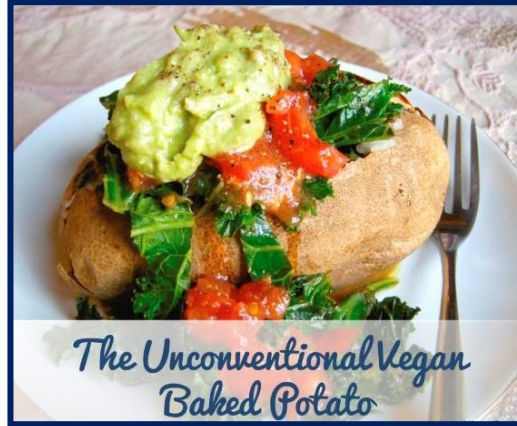
August 07 ... Purpose-full Humilifying

Even though actual **H**umility has nothing at all to do with humiliation, it is often useful to “tone down” the ego by “humilifying” it – that is, consciously engaging actions that in which we are not very talented or proficient ... With that in mind, this morning list three (3) actions or activities at which you are not at all gifted or “good,” then choose to boldly engage at least one of them in public today for 10 minutes, doing so three (3) times in three (3) locations.



August 09 ... Goodwill Potatoes

This morning, swing by a local grocery store and buy a big bag of potatoes, some vegan sour cream, some vegan butter, some chives &/or whatever other cruelty-free toppings strike your fancy. Then this afternoon, bake the potatoes as perfectly as you can, pack them into your car/van, and take them downtown to distribute them to the hungry, the homeless, and passing strangers alike.



August 10 ... Reminding others of Giving

This morning, jot down the names and business addresses of three (3) of the wealthiest people in your immediate community (or three of the wealthiest people you know). Then this afternoon, make a modest donation *in their names* (include their addresses as well) to a local charity of your choosing.



August 11 ... a most tender Tooth-Care

This morning, collect all the toiletries that you are not currently using (and have yet to open) and put them into a sack. Then this afternoon, drive or walk around to several local dentists and ask for toothbrush & toothpaste donations for the homeless. Do the same at any drugstores you happen across as well. Finally, take these gifts to the nearest homeless shelter &/or distribute them personally to the homeless men & women in your community.

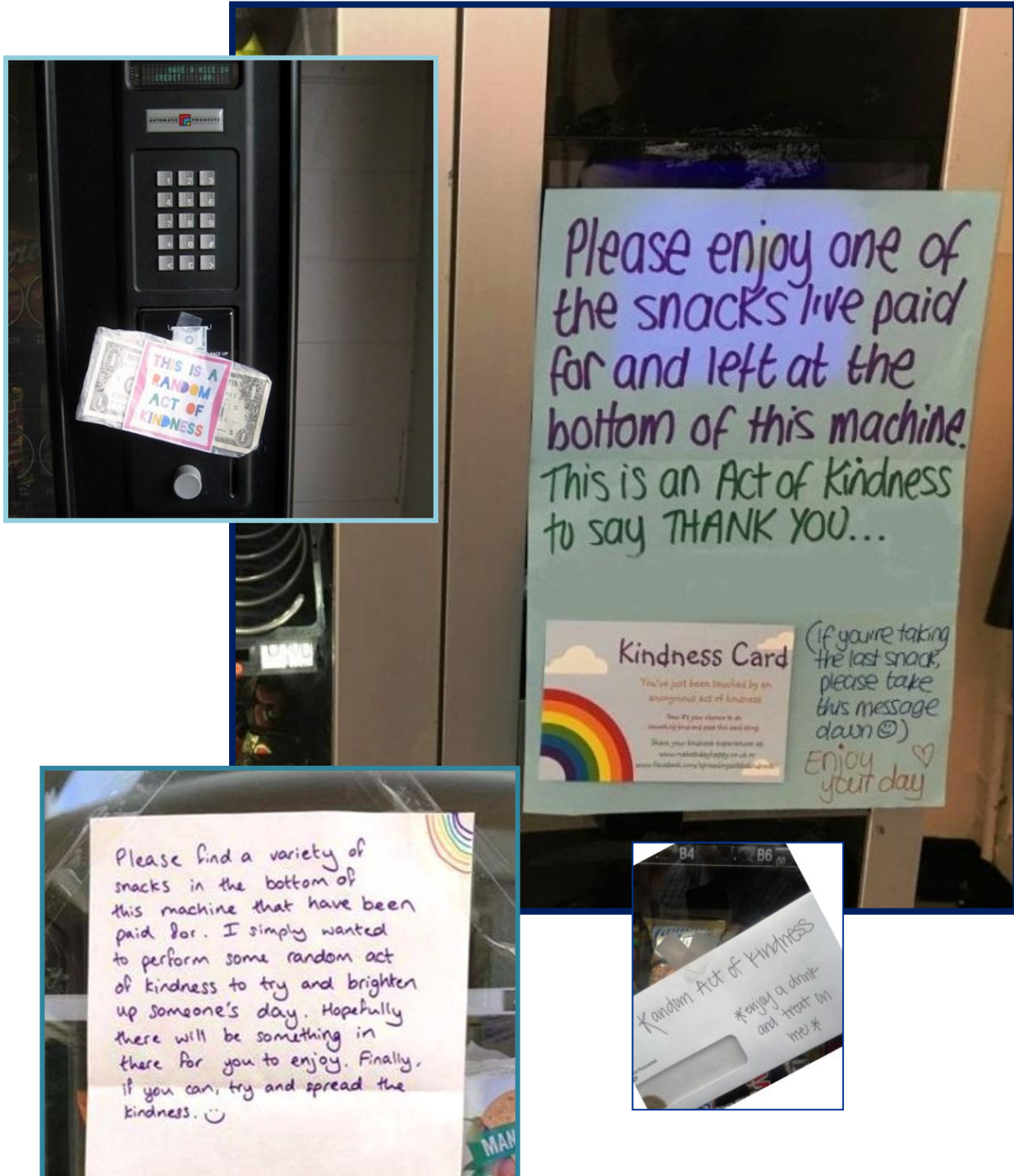


Bonus Activity: Ask the various dentists &/or drugstore employees if they'd like to come with you after work and help with your distribution of their gifts.



August 12 ... a most victorious Vending

Go to three (3) vending machines in your community (preferably ones that have healthy snacks, fruit juices &/or water in them) and insert \$5 into each. Then tape an anonymous note of Kindness over the machines' money slots, explaining what you have done and wishing health & happiness upon the recipient(s) of your gift.



August 13 ... Thanking the un-Thanked

Take time today to *express your Gratitude* to all the service workers in your life (e.g. teachers, janitors, garbage wo/men, mail-delivery people, gas station attendants, librarians, firemen, policemen, ER doctors & nurses, etc), doing so with small gifts &/or verbal thanks ... **Remember** that the more creative you get with the giving, the more potent the Gift becomes.



August 14 ... extending your Family

Even though it is frowned upon by current society, it is not against the law to wish a stranger well. With that in mind, this morning dial six (6) random numbers in the phone book and simply wish anyone who answers a nice day (answering machines count, as long as the messages you leave are sincere and heartfelt) ... Repeat this act with six (6) more numbers at mid-day and six (6) more numbers this evening ... If anyone asks, have the Courage to give them your name, telling them what you are doing & asking if there is anything else you can do for them.

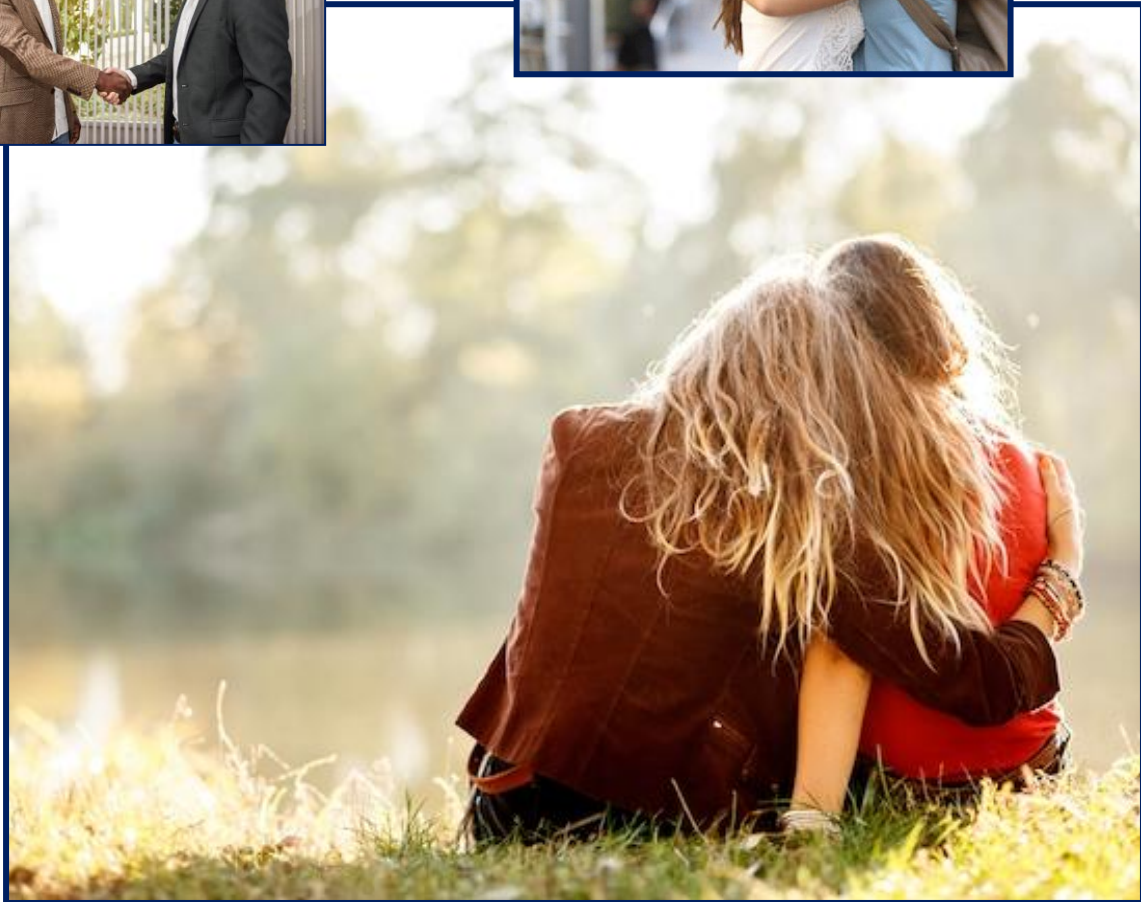


August 15 ... Cleansing our Conversations

So many of our sentences are laced with the poisons of ignorant personal opinion &/or negative “judgmentalism.” With that in mind, go the entire day today without giving a personal opinion of any kind. Lend no advice, offer no analysis, state no critique, make no comparison, proffer no judgment, and elucidate no discernment. If you happen to slip up, no problem. Simply repeat the sentence in which you stated your “certainty” and qualify it into neutrality (e.g. “Come to think of it, I’m not sure that last sentence is true.”). Better yet, go ahead and alter those slip-ups and make them humble statements of “probable positivity” (e.g. “You know, on second thought, it’s just as likely that _____”) ...



*Peace always starts with Kindness,
and Kindness always starts with a
single person who is willing to
stand with open arms and listen
with an open Heart ... Be that ONE
today; be a bringer of Peace.*



August 16 ... Giving others the “victory”

Take a checkerboard downtown and challenge passersby to a quick game, being sure to lose on purpose without letting your opponent(s) know that you are doing so ... If you have no checkerboard, you can do the same thing with tic-tac-toe on a sheet of paper. Most importantly, **be openly Happy for others** when they win ... **Remember** that you are not so much giving others the opportunity to “win”, as you are showing them a greater Gift – namely, the deeper Truth that their victory is yours as well ... Repeat this task for at least three (3) different people in three (3) different locations.



August 17 ... Teamwork Building

Obtain a few non-competitive, sharing-focused &/or teamwork-building games (almost every toy store these days has at least a few) and then drop them off at a local elementary school ...



11 seriously fun COOPERATIVE BOARD GAMES for your next game night

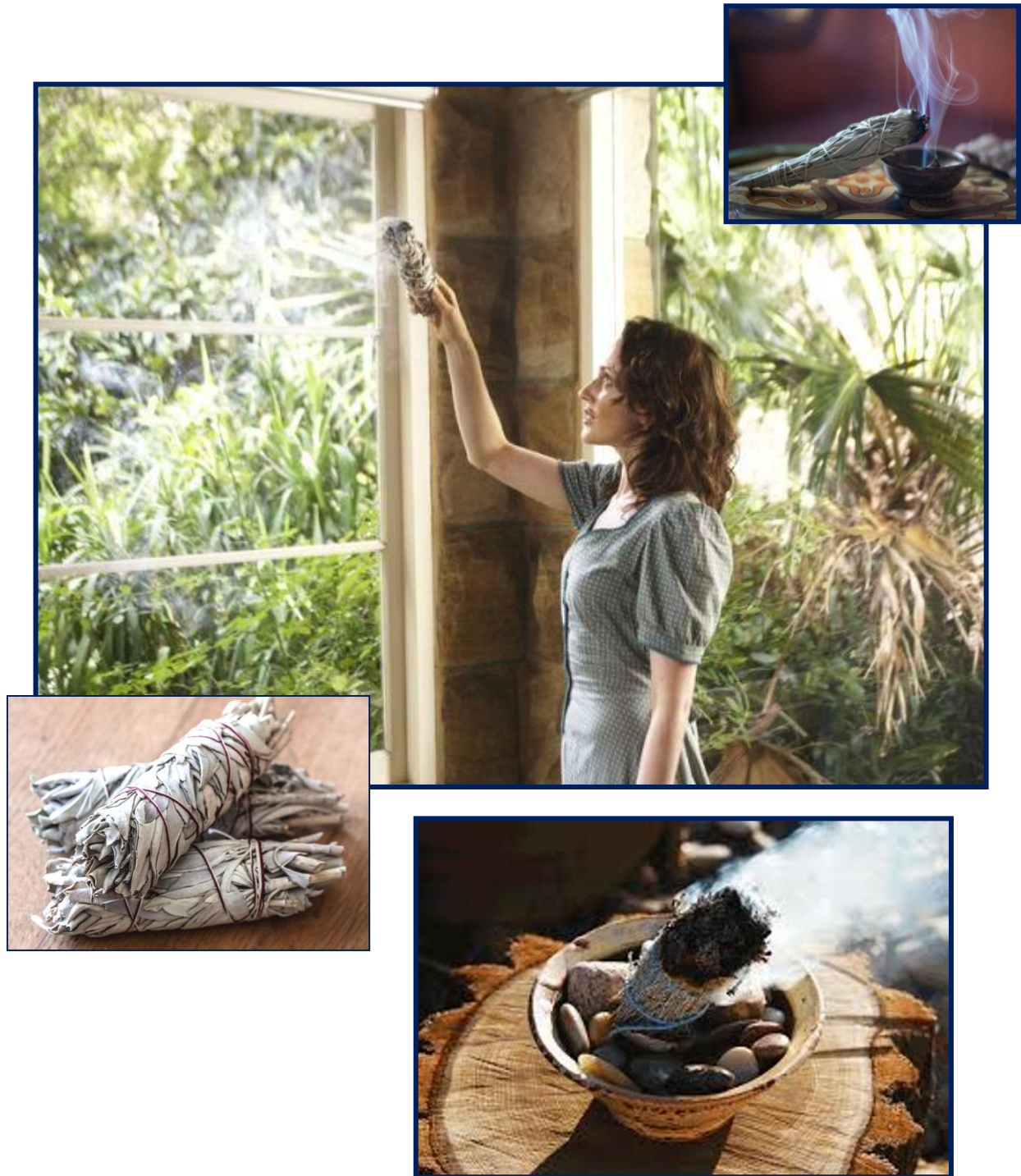


Bonus Activity: Invite three (3) friends *and* three (3) “enemies” to join you in taking a ropes course (or engage in any other team- or trust-building activity with them).



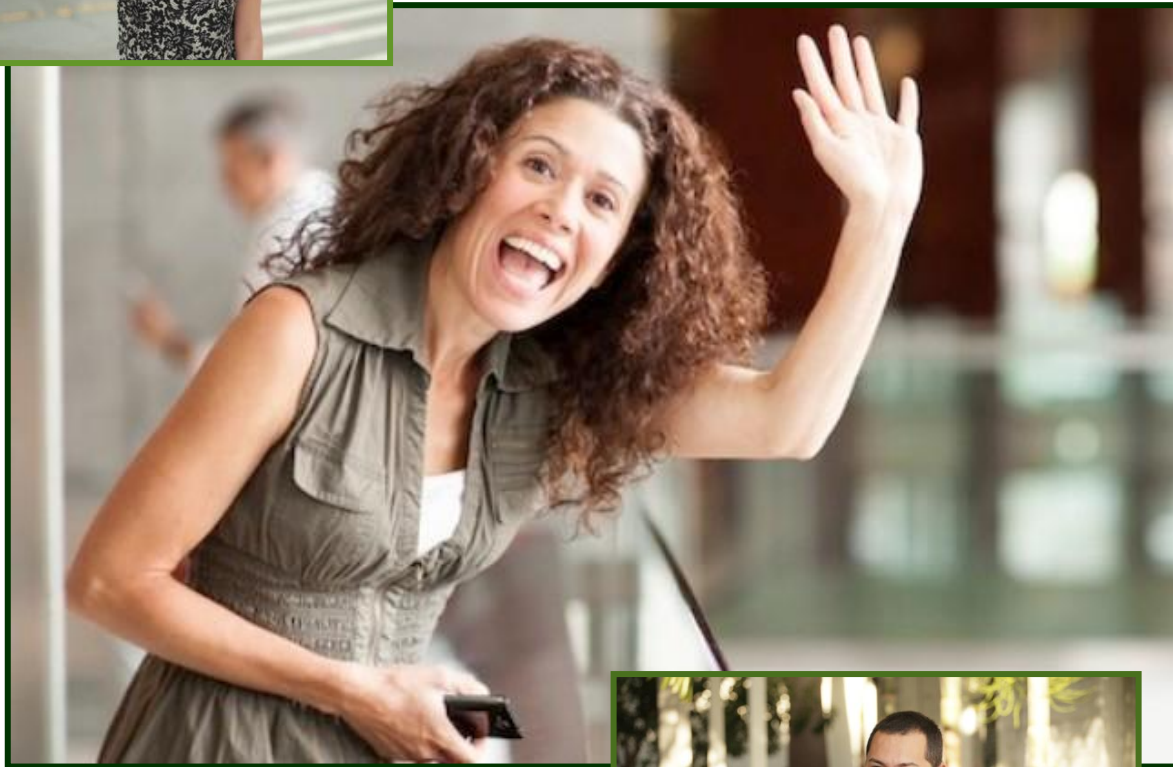
August 18 ... Cleansing the Community II

Buy some white sage (easily found at most health food stores) and take it to a vacant lot, derelict building, &/or any other “dreary” part of your town. Then light it & walk around Purpose-fully and Peace-fully for 15 minutes (or until the sage is burned up) ...



August 19 ... inspiring re-Cognition

Stare boldly at nine (9) different people today until they glance in your direction. Once they do so, smile and wave to them before moving on ... **Remember** that this task is more than getting others to smile back (though this is important in & of itself). It is also re-minding them all on a much deeper level that, even though they don't "know you," you are still a part of one, giant, extended Family.



August 20 ... providing Shelter

Take an umbrella to a local shopping center at midday today and offer to escort people to their cars. If it's raining or gloomy outside, perfect. If it's sunny out, shade on a hot day will feel just as fine ... **Life Tip:** the gaudier the umbrella, the better.



August 21 ... Cleaning for Strangers

This morning, gather all you need to wash a car (other than the water, of course). Then head to an unfamiliar neighborhood and offer to wash cars house-to-house until someone accepts. Wash their car, thank them for the opportunity to be of service, wish them good day, and then leave with a skip in your step and a smile on your face.



Bonus Activity: Go forth today & wash people's cars (Care-fully) without asking them. Simply do so anonymously and then depart with the same smile on your face.

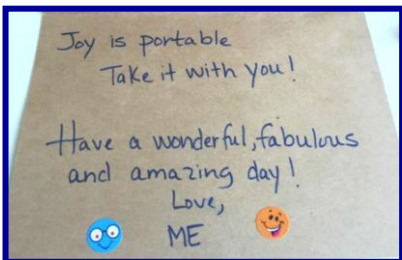
August 22 ... Honoring your Elders

Head to a local nursing home and offer to “pamper” the patrons there --- read poetry to them, paint their nails, sing with them, write letters for them, &/or simply sit and listen to their stories.



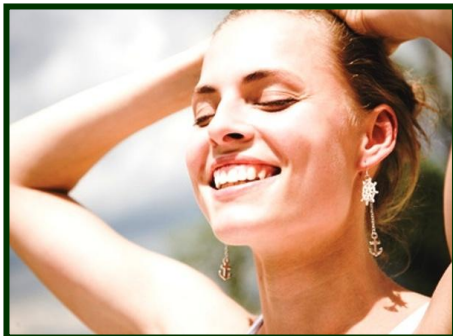
August 23 ... distributing Inspiration

Make nine (9) hand-written copies of an inspirational quote or saying. Spruce them up by coloring them, adding designs, glue & glitter, etc ... Then, during the day today, distribute these nine wisdoms to three friends, three associates, & three complete strangers, encouraging them all to decorate their own Wonder-notes & pass them along to others as well.



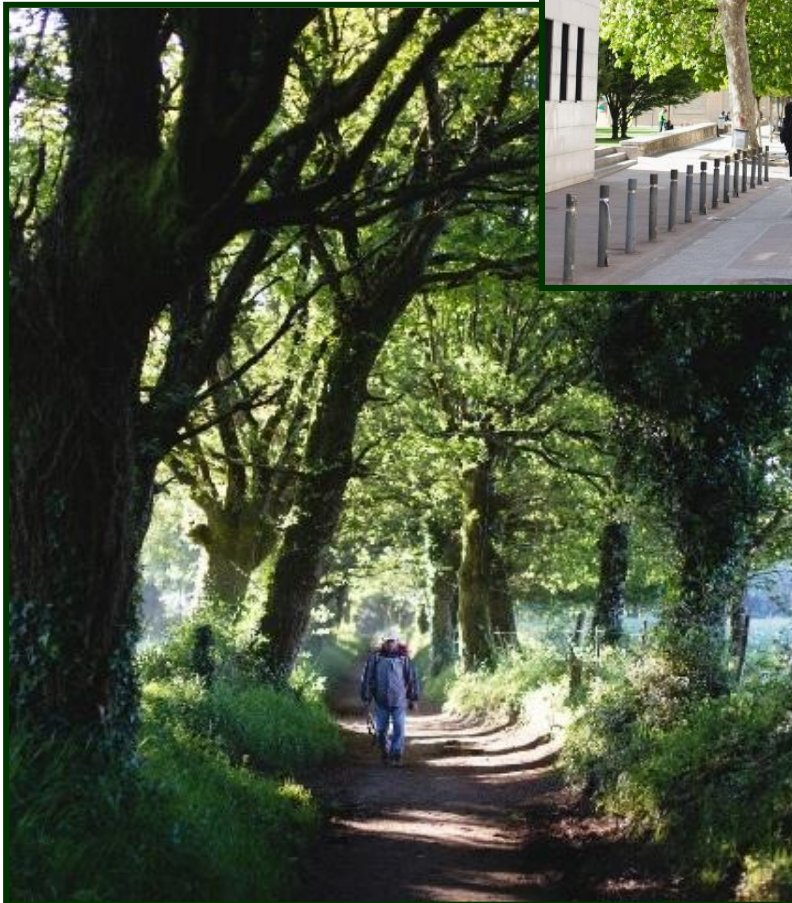
August 24 ... “Simmering” the Soul

Wake and “simmer” in bed for 15 minutes this morning --- vividly **intend to Do Good** today, thinking of ways that you could be courageously altruistic. Then set out to look for similar opportunities. When they arrive, fulfill them ... This evening, go to bed and “simmer” for 15 minutes more before sleeping --- Be Thank-full for your day, thinking about what you encountered. Were there opportunities to extend Kindness that you missed or did not engage? Envision “corrections” to any such self-centered “mistakes” you might have made, and intend to repeat & expound upon today’s successes tomorrow.



August 25 ... the local Pilgrimage

This morning, get out a local map (or look at one on the Internet) and find the “holiest” spot in your town or region (you are allowed to be completely arbitrary in your choosing). Then, later this afternoon take a pilgrimage to that location --- go on foot, walk alone, and travel there “on Faith” (neither taking, nor using, nor accepting any money along the way). **Note** that this task is deeply transformative only when the distanced walked is seen as challenging for you ... Once you arrive, pause and **Give Thanks** for your arrival. Leave a Gift of some sort and return home by any means you wish ... Finally, **remember** to keep this experience “between you and God” (i.e. tell no one else where you went, or the revelations you received along the way).



August 26 ... the Cleaning Spirit

Take some clean soft rags, a squeegee, and a pail of soap & water to a local parking lot today and anonymously clean others' car windows for one hour ...



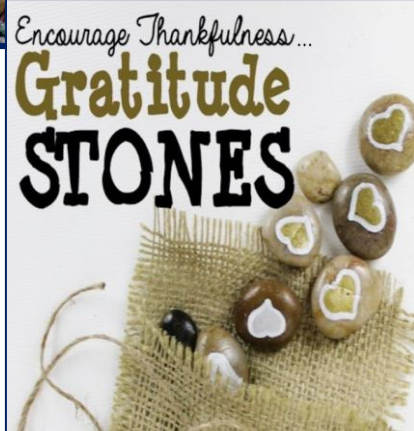
August 27 ... Caring for the Weary

This morning, make a large sign that reads “**Free Foot Cleansing**” ... Later in the day, take some high-quality soap, some high-quality massage oil, and a plastic tub to somewhere public (near some water). Then sit down there with your sign and offer passersby free foot cleansings (If the whole “feet thing” is too much for you, offer to wash & massage others’ hands instead) ... Remain there until you have served at least three (3) people thereby.



August 28 ... Giving the Gratitude

This morning (or if need be, the night before), go outside your home and gather a small bag of rocks (any rocks will do, and yet the more unusual &/or beautiful, the better). Bring your stones inside, choose 18 of the “prettiest” ones, and wash them thoroughly (rubbing them thereafter with a pleasant smelling essential oil – e.g. lavender, orange, sandalwood, etc. is optional) ... Thereafter, during the day distribute three (3) of these “Gratitude Stones” to friends and another three (3) to associates at work/school. This afternoon, take the remaining twelve (12) stones and give them to twelve (12) complete strangers. If asked, inform any or all of the 18 recipients that the stones are to be carried in their pockets, and that every time they happen to touch their stone, they are to remember something for which they are thankful – and then *act accordingly* towards others thereafter.



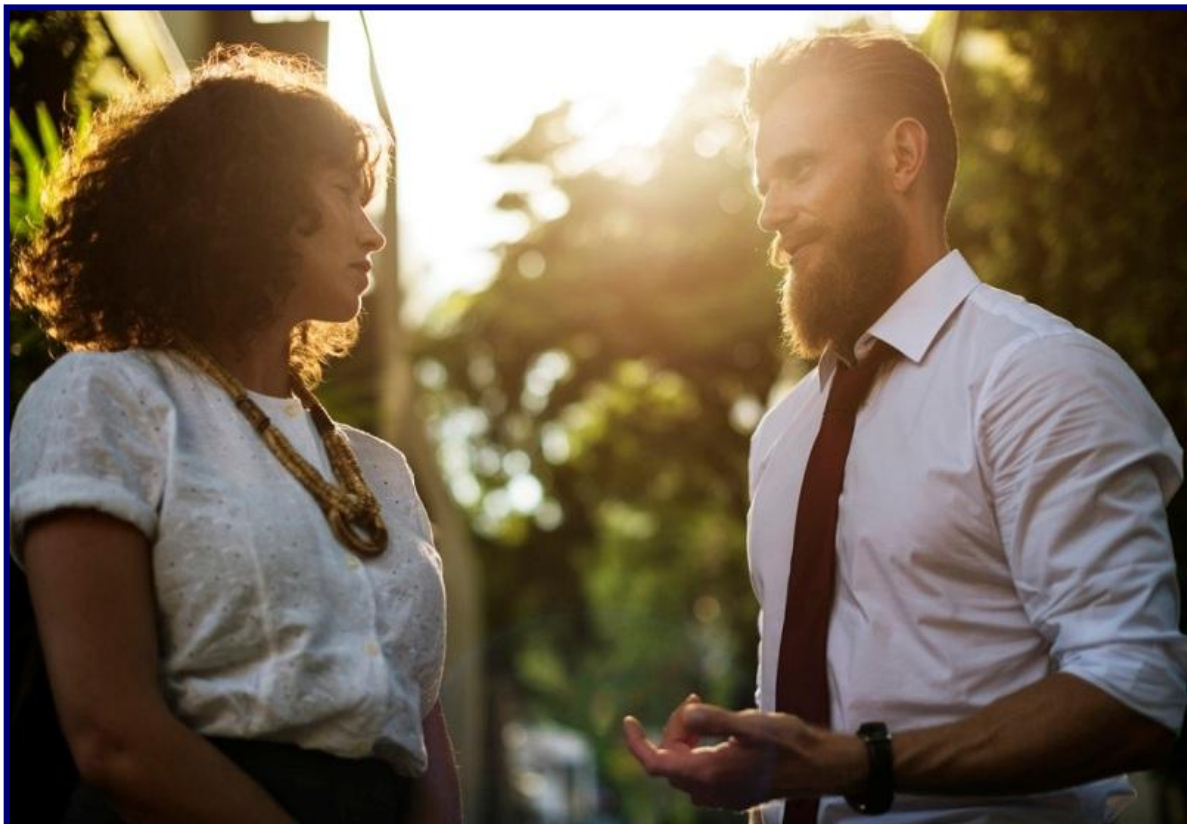
August 30 ... Repairing the Repairers

Head out this morning with some baked goods and a few cold bottles of spring water or lemonade. Give them to the first road-repair crew (or other public servant) you find.



August 31 ... Speaking specifically

The ability to verbally communicate is a blessing we humans often take for granted, and one of the lost arts related to this great Gift is choosing to speak calmly & accurately. With that in mind, choose to go the entire day today without using any generalizations or embellishments whatsoever. If you slip up, no problem – simply refer back to your non-specific generalization and correct it (e.g. “Oops! That was an inaccurate oversimplification. It would be more accurate to say ____”) or return to your prior embellishment and “repair” it (e.g. “Oops! That was a pretty bold exaggeration. I meant to say ____”) ...



September 01 ... Giving UP convenience

Rather than looking for the closest parking spot (or the “best seat” in the theater, or the most comfortable seat in the restaurant, etc), choose instead to park &/or sit in the “worst spot available” all day today. To do so, simply pause before sitting down (or getting in line, or parking your car), find the spot that your ego would normally want for itself, and purposefully head somewhere else – purposefully leaving that most-desired space for someone else.



September 02 ... Caring for the “Temple”

Keeping in mind that the human skin is not “water-proof” like many think it to be (anything applied directly to human skin is at least partially absorbed directly into the bloodstream), discard all your toiletry items that contain animal-based components, artificial colors, artificial aromas, &/or any other “diabolical” ingredients. Then, later in the day, invest in your Health – and thereby your ability to powerfully serve others – by obtaining vegan, high-quality, organic replacements for the items you have discarded.

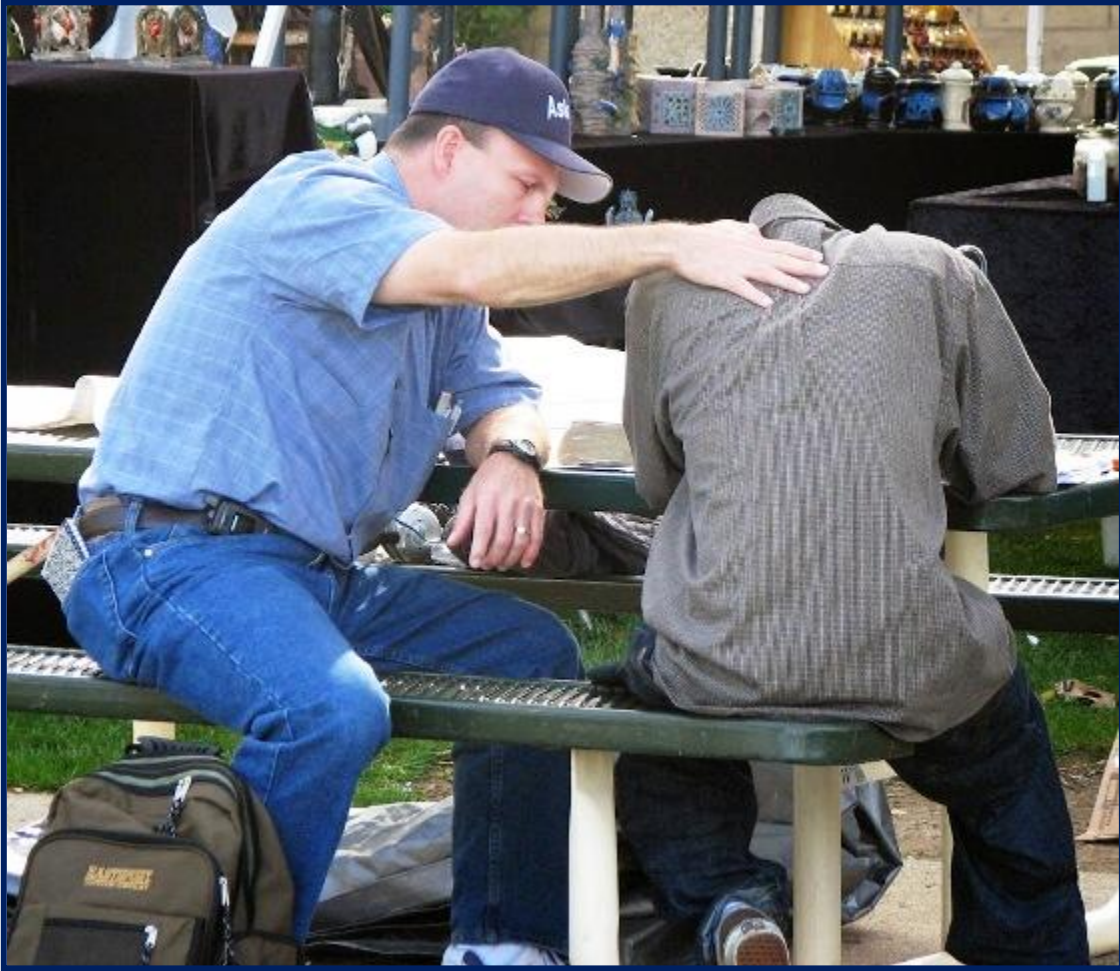


Bonus Activity: Once you discover a particular healthy product that you really like, buy it for others &/or tell them about it.



September 03 ... Finding the “Long-Lost”

Engage three (3) different “home-free” people in conversation today for at least 10 minutes each. **Remember** to *listen more than you speak*, and be both unconditionally supportive & compassionately non-judgmental (offering them neither pity nor advice – only empathy and Kindness) ...



Bonus Activity: Sometime during your three conversations, candidly inform your new “home-free” Friends about either a problem you are having or a challenge you are encountering in your own Life, asking them for their advice on the matter. Again, *listen* to what they have to share and thank them sincerely for their help as you depart.



September 04 ... new Sensations

Though our five “primary senses” are always functioning “in high gear”, our brains have already familiarized us with so much in our environment that we rarely utilize the full Power of the same ... With this in mind, **choose to Sense anew** today --- Look for and **See** a pattern you’ve never noticed before. Listen for and **Hear** an unfamiliar musical artist from a “foreign” genre. Find and **Taste** a dish from an unfamiliar cuisine. Search for and **Smell** a pleasant scent that is new to you. Close your eyes and **Touch** a variety of surfaces, paying close Attention while doing so. After all, what good are your senses if you aren’t going to consciously use them? **Bonus Activity:** At least three (3) times today, share one of your sensory re-Discoveries with another person – and let at least one of those sharings be with a complete stranger.



September 05 ... some Solace for the stressed

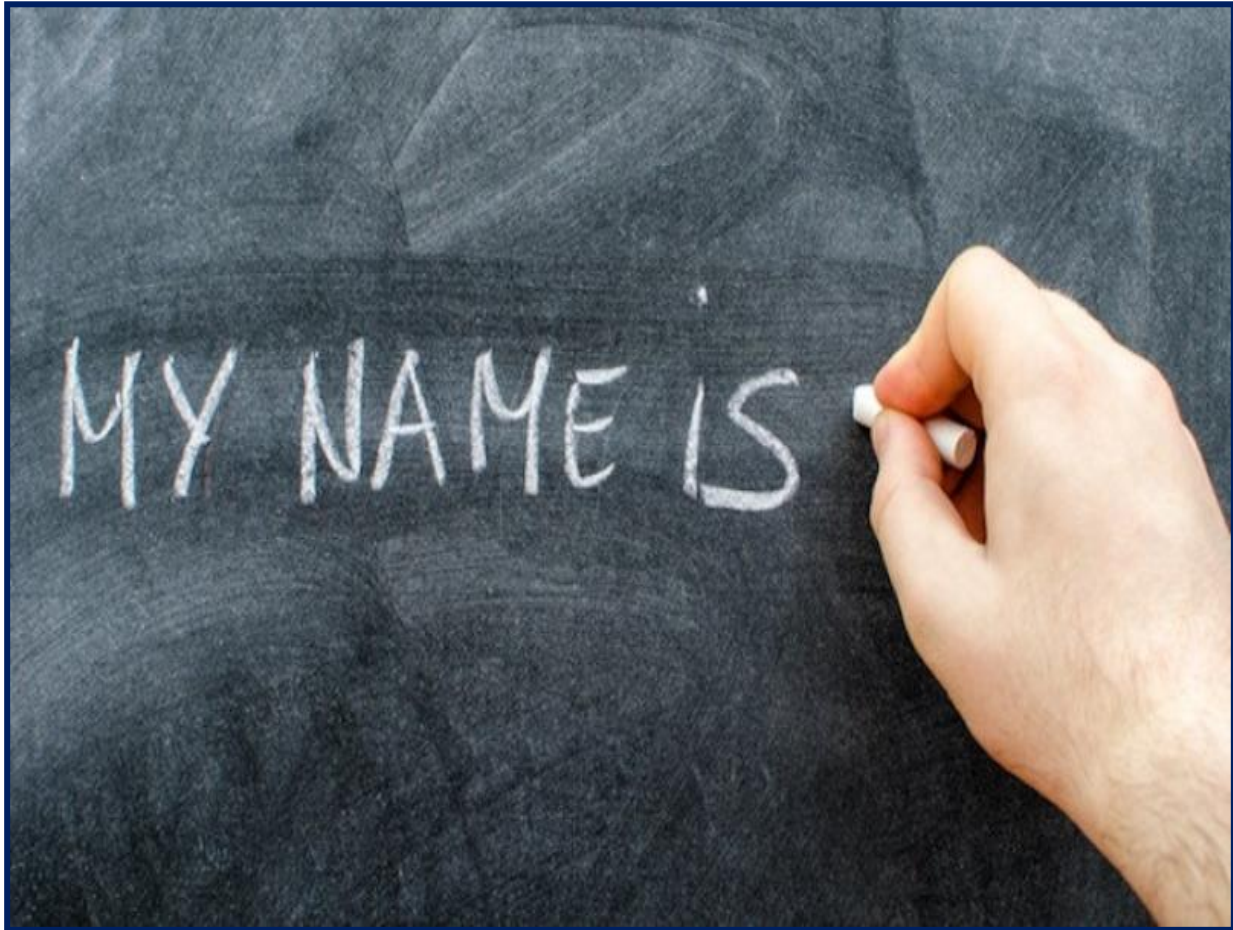
Go to a local hospital Emergency Room today and thank the workers there for their service to your community. Take a flowering plant for their waiting room & a few small gifts (remembering to take enough for several shifts of workers), and bring some interesting inspirational (non-religious) reading material to leave for others in the waiting room as well.



Bonus Activity: Offer solace to the worried or the stressed in that same waiting room. Oftentimes, people just want to vent or be heard, so if any of them start to do so, let them to do so. Avoid telling them that you know how they feel (Remember: you don't!) ... Just Be with them & offer your heartfelt compassionate to them in calm silence.

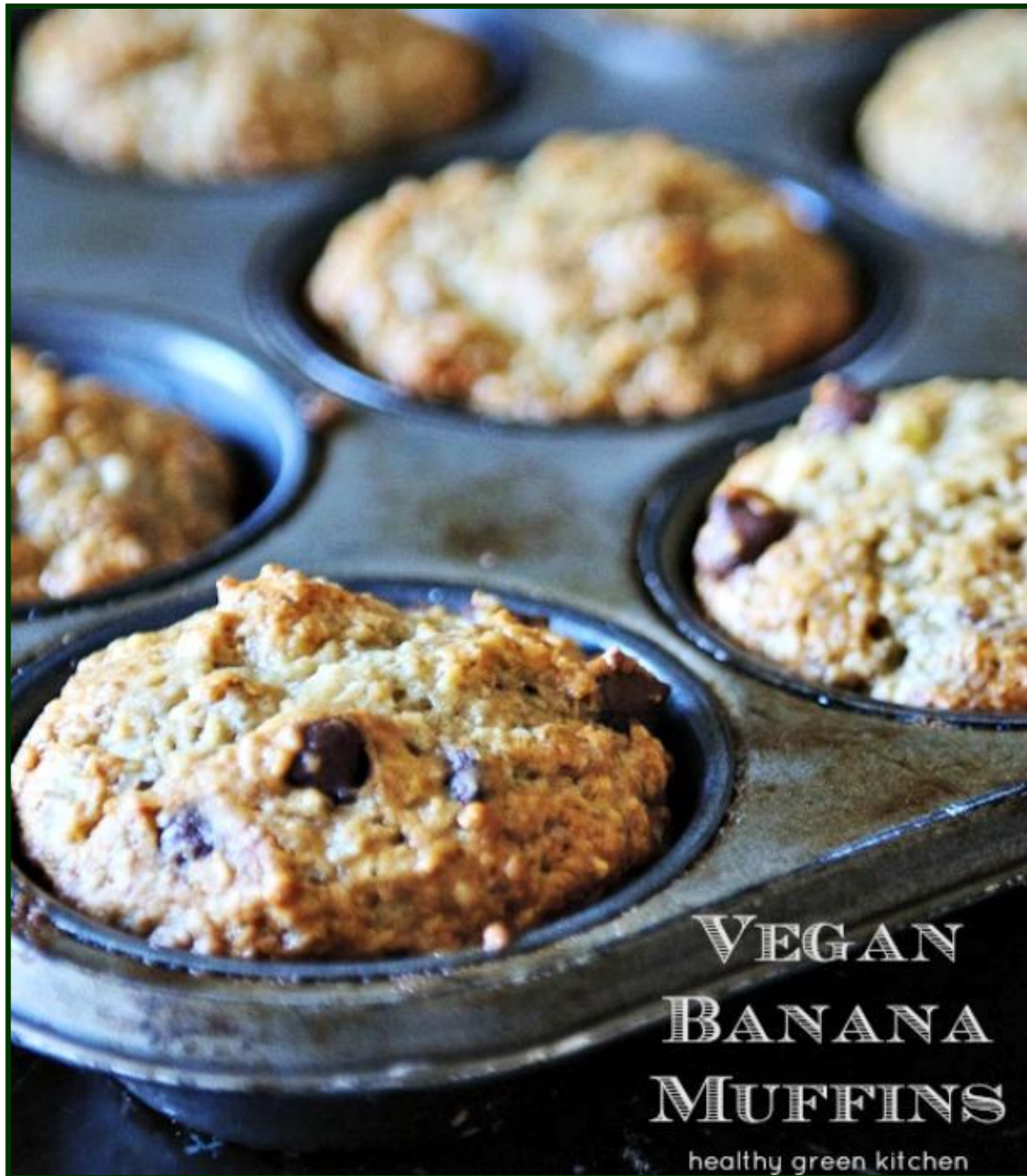
September 06 ... re-Naming your Self

Give your True Self a new name this morning & use it all day. **Remember** to make it Meaning-full (i.e. reflecting the values of Courage, Compassion, & Caring) & let its meaning(s) inspire you to act accordingly throughout the day.



September 07 ... the Muffin (Wo)Man

Call a local soup kitchen this morning and ask them how many people are fed there on a typical afternoon/evening. Bake (or buy) that many muffins and drop them off there just before lunchtime ... Hang around thereafter and “break muffins” with whomever wishes to join you.



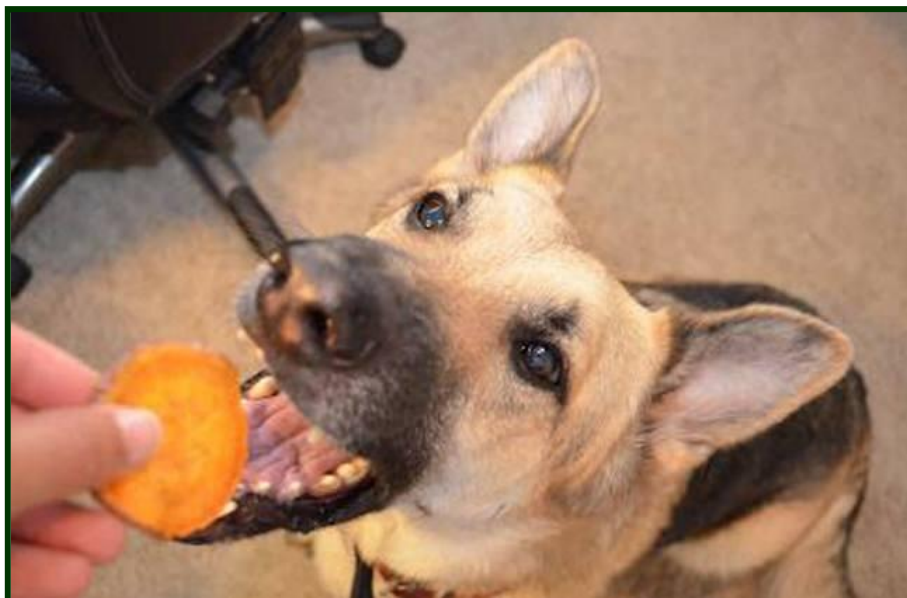
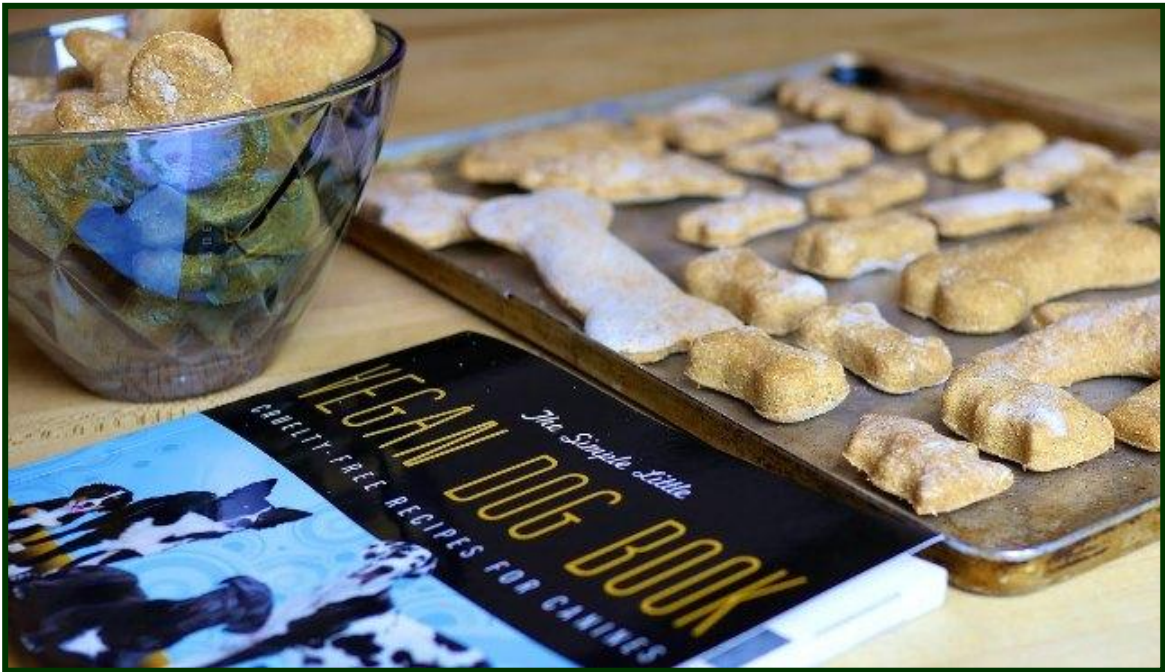


(That's right ... Everything pictured on these pages is 100% **Vegan!**)

September 08 ... Sustenance for the Sentient

Call a local animal shelter this morning and ask which of their animal-care goods are in short supply. Obtain some of them during the day & drop them off there after work/school. Take a few minutes to pet &/or play with &/or walk a few of the dogs & cats before you go ... **Bonus Activity:** Make your own vegan dog biscuits (they are much healthier for dogs than most store-bought biscuits and recipes for them abound on-line) and give them both to the shelter and to any strays you encounter on the street. In fact, make a few extra batches and distribute them to your neighbors who own dogs as well.





September 09 ... re-Awakening Friendship

Today, call one estranged or rarely contacted friend, one estranged or rarely contacted family member, and one associate from work or school just to say “Hello” and ask how they are doing.



September 10 ... *Pseudo-Sentient Sustenance*

Carry a medium-sized plastic cup around today, regularly filling it with water and “feeding” the plants & trees you encounter ...



Bonus Activity: Studies are showing that even though plants are definitely **not** sentient (and thus do **not** suffer when harvested or mowed or pruned), they are still much more responsive to their surroundings than once thought. With this in mind, be extra kind to them while watering them. Play them classical music (which studies have shown they “like” best). Sprinkle some water on their leaves (to simulate light raindrops). Speak with them gently as well -- While they aren't aware of what you're saying, evidence is mounting that trees and other plants can sense the tone beneath our words and that they react accordingly.

September 11 ... exuding Exuberance

Go the entire day being “outrageously kind” (e.g. laughing out loud, smiling at the sky, hugging people “for no reason”, sincerely thanking others for the smallest of favors – or for nothing at all, breaking into song &/or dance, etc.). **Remember** to do so frequently, and **remember** to avoid explaining yourself whenever you Do so ...



September 12 ... a louder Humility

Today, re-member a fundamental sense of Humility by beginning every statement &/or response to any question posed to you with either “Hmmm,” “I don’t know” or “I can’t be sure.”



September 13 ... enCouraging re-Birth

Call an AIDS shelter &/or a shelter for abused women today and ask to be given the birth-dates and first names of some patrons there. Then go out and buy three (3) gifts for the next three (3) birthdays on that list. Then, during the day wrap up those presents, and later this evening give them to their recipients “ahead of time” ... **Remember** to include a card mentioning your unconditional encouragement and support – and **remember** to give them each a hug; a reminder that they too are Loved.



September 14 ... re-Cognizing the Rescuers

Go to a local fire station and thank your local firemen for the service they give your community. Take some small gifts for them with you when you go (make some of them non-perishable & **remember** to take enough for several shifts of fire-people) ...



September 15 ... spreading the Good News

Make a "Good News Bulletin" about the selfless services &/or acts of Kindness you have recently experienced, engaged, &/or witnessed. Then pass it along per post &/or email to your friends and acquaintances, encouraging them to engage in similar activities and asking them if they have any other ideas about how to ease the burdens of others in your community ...



Newsflash: Changing your thoughts and changing your words might indeed "change your mindset," and yet changing your mindset won't truly *change* anything until you have the courage to change your actions as well.



September 16 ... Identifying your Self

This morning, make a large name-tag and write your name on it (“Hi! My name is ___”). Decorate it to the degree that others will notice it. Then wear your “Goodwill Badge” all day, while smiling & making eye-contact with everyone you meet ...



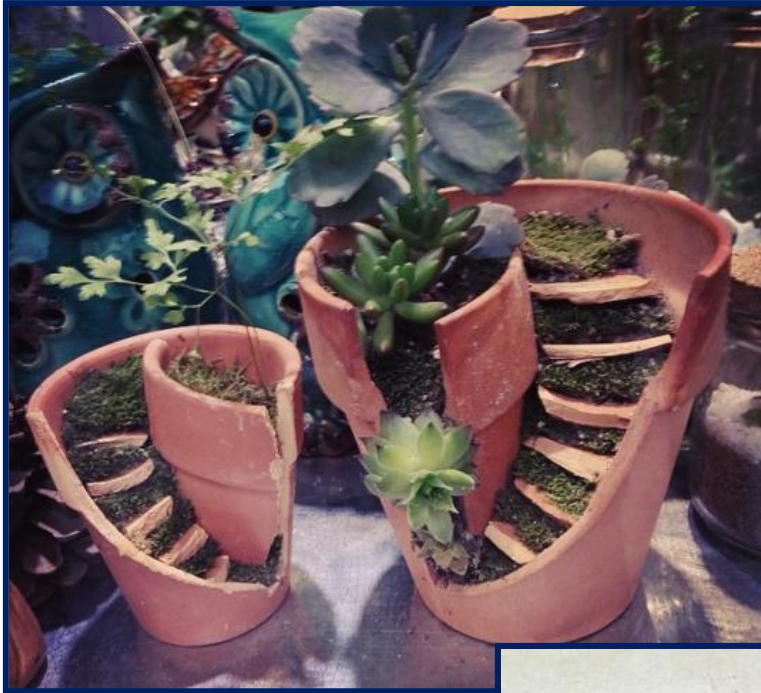
September 17 ... Sharing the Load

Go to a local shopping mall &/or supermarket and offer to carry other shoppers' bags for them. Focus primarily on the elderly and the “stressed-out.” Offer until three (3) people accept ... **Remember** to gently refuse any of their offers to pay you for your assistance.



September 18 ... A more criminal Kindness

Go to a local police station and copy down three (3) names from one of their posted “most wanted” lists. Thereafter obtain a flowering plant, insert a card of humble appreciation, sign the name of one of those “criminals” to the card, and leave the plant in the station to be found ...



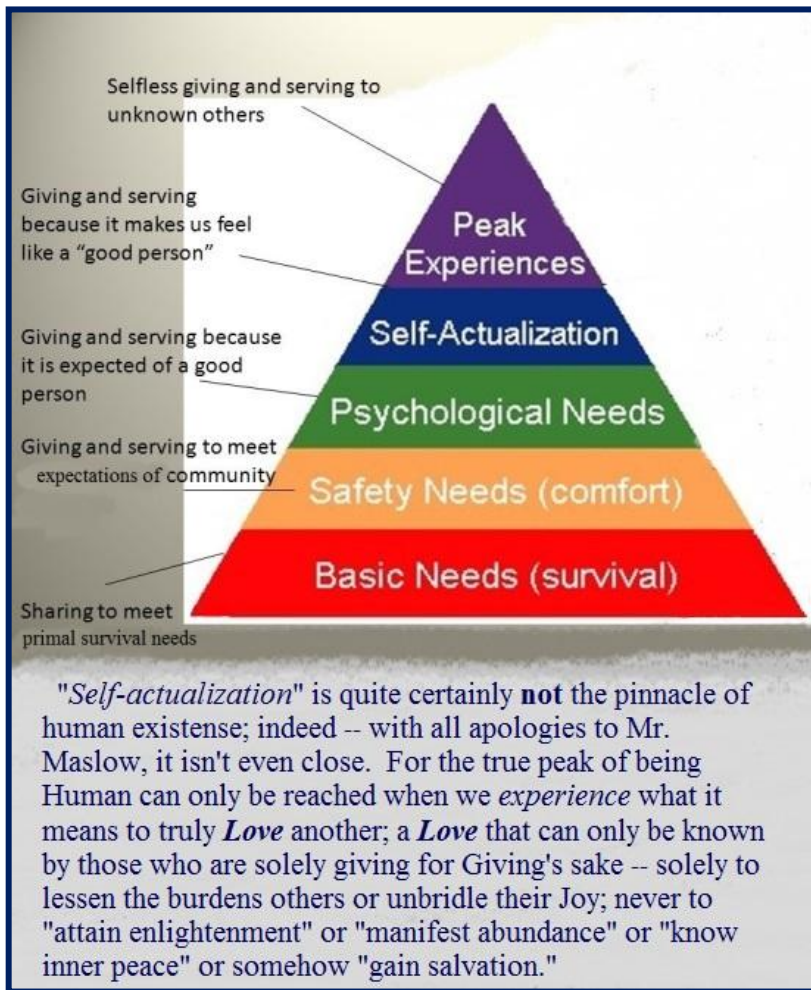
September 19 ... Sustaining local Life

Obtain some high-quality bird-seed and feed the local birds this morning. Later during the day, get some high quality, non-salted nuts and feed the local squirrels as well ...



September 20 ... making Dreams True

Take a few minutes this morning and visualize your own personal "Vocation" (the one selfless job you would engage full-time if you were "wealthy enough", if you "had enough time," & if it "were possible" for you to do so). Take notes while you imagine performing it, being as detailed as possible ... Now go forth today and take at least one small step towards realizing that Life-Mission. It doesn't matter if that step is "insignificant" or "unsuccessful" or "unproductive" --- **Engage It Anyway**. Repeat your efforts at least two (2) more times during the day (either by repeating the same step or by taking new ones) ... Upon going to bed tonight, *know* that if you were to persist in these "small actions", it would only be a matter of time before your "Vocation" would become your Reality.



... realizing that "true Love" cannot ever be found or earned or made or shared; realizing that real & true *LOVE* can only blossom & thrive during the Giving thereof.



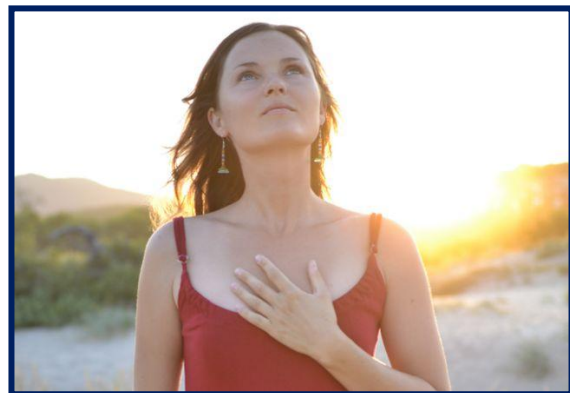
September 21 ... a virtuous Vogue

Today's focus is on **true Balance** ... This morning, for at least part of your commute to work/school, walk "balance beam style" along a curb. At lunchtime, strike an unusual pose in public (one where you can remain comfortably in one place for some time) and remain there in complete silence for three (3) minutes (remember to *Smile while Doing* so) ... This afternoon, for one (1) minute, gently sway back and forth while attempting to remain standing. Then close your eyes and see how it feels to do the same. Then stand only on your right leg for 30 seconds and only your left for another 30 seconds ...



This evening, while you are "simmering" in bed before going to sleep, ponder how you allocate your time and resources between work & "play" & selfless service; how you allocate your acts of service between friends & associates & strangers. Where are you "losing your balance" in this regard? Come up with three (3) ideas related to how you can bring Peace & Harmony back into your life

by bringing Peace or Joy into the lives of others – and see yourself setting those plans in motion later this week.



September 22 ... Easing their Grief

Read the obituary section of your local paper this morning. Later during the day, send your sincere condolences to three (3) mourning families. Courageously include some gentle mention of the Blessings lying in wait at the core of every “tragedy” and wish all mourners a smooth transition from grief to future Happiness. Let them know that you intend to Honor the passing of their loved one by living your Life to the fullest today – dedicating an act of selfless service to their memory and in their honor.



September 23 ... The Gift of Choice

Offer to take a homeless person grocery shopping today (keep offering until someone accepts). Tell them their “spending limit” and then push the cart for them while they remember the Blessing of being able to actually choose what they’ll eat this morning/afternoon. Add anything else to the cart that you think might be useful (*Hint*: an essential oil of a fragrance they find pleasant is an invaluable gift) and give them a big hug after paying for it all and sending them on their way ...

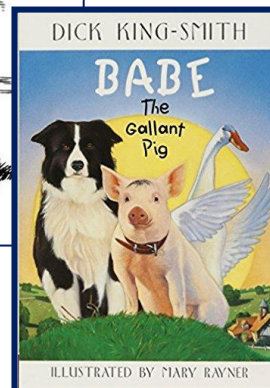
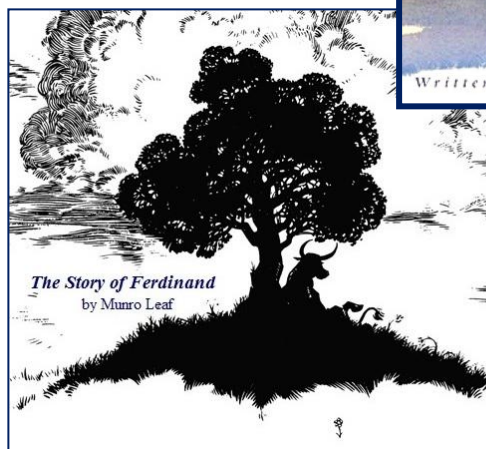
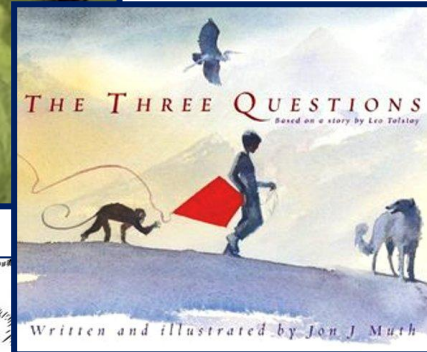
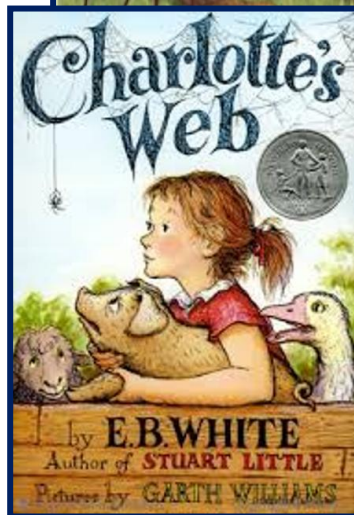
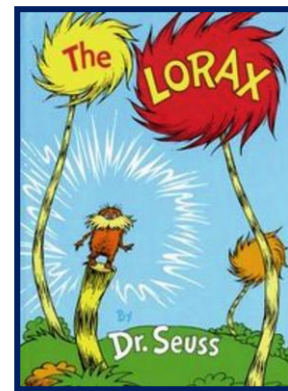
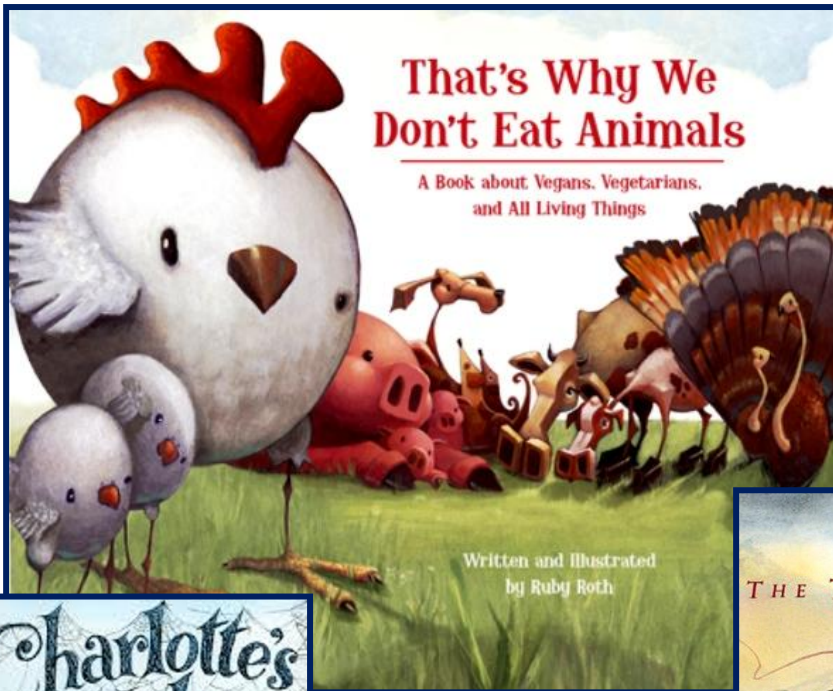


Bonus Activity: If you have the means, offer to pay for a motel room for them for one night. From personal experience, I know that this is an amazingly powerful Gift.



September 24 ... Loving Literature

Buy three (3) award-winning children's books suitable for 6-10 year olds (Dr. Seuss' *The Lorax*, Jon Muth's *The Three Questions*, and Munro Leaf's *Ferdinand the Bull* are all fantastic). Take them to a local elementary school and ask a 2nd or a 3rd grade teacher which of their students is "the best" and which student causes them the most problems. Give one of the books to each of these two children, encouraging each of them to pass their book along to one of their friends when they are finished reading it. Give the third book to the class in general and offer to read it to them before departing ...



September 25 ... a public Party

This morning, obtain some flowers, streamers &/or party favors. Use them to decorate an unconventional public area (e.g. a public square, a foyer in a local business center, a meeting room at work that is not in your department, a subway car, a bus, etc). Encourage others to help with the preparations for your “surprise party”, being sure to include inspirational quotes and messages of Kindness in your decorations ... This afternoon, officially start the party (celebrate whatever you want & invite others to add their ideas to the “fest-focus” as well). Revel for a short time, wish everyone well, and then depart ...



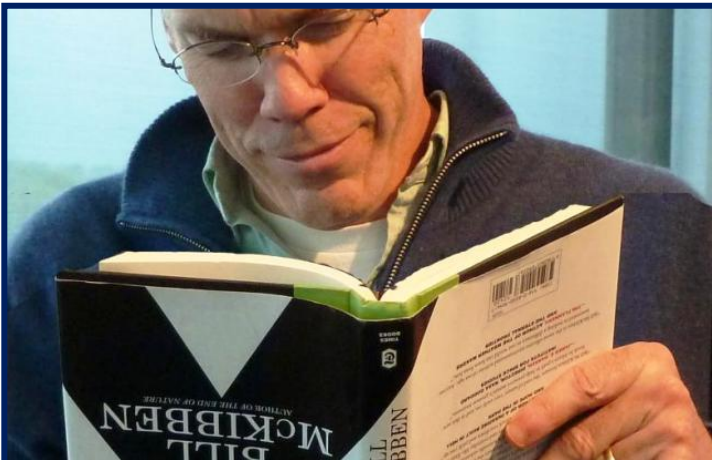
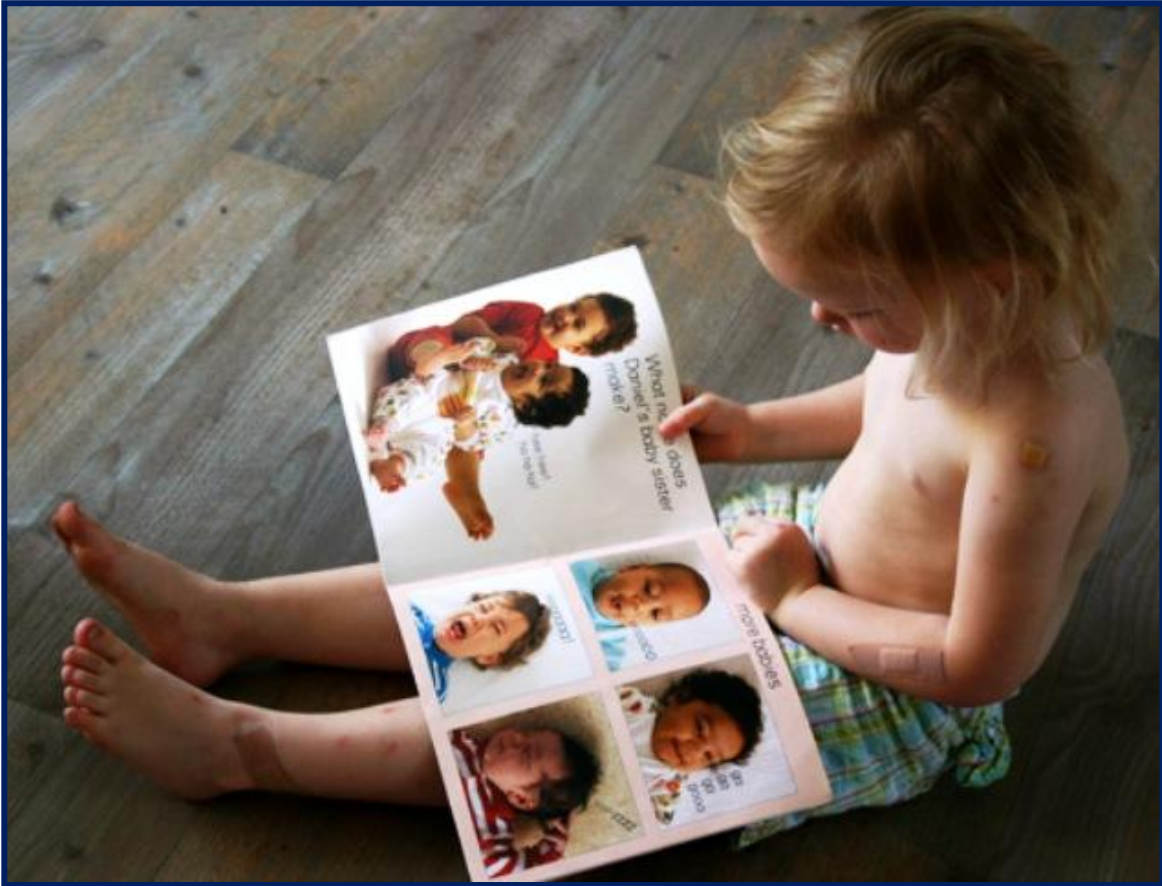
September 26 ... Intimacy for Elderlies

Go to a senior center &/or retirement home and offer to volunteer there for an hour or two. Give out “free hugs,” play games with the residents, offer to shop for them, do their paperwork, landscape their gardens, etc ... Most important of all, **remember** to pause frequently to give them the most valuable Gift of all: asking for their advice or opinion – and then **Listening** to it.



September 27 ... Inverting Cleverness

Take one of your favorite books or periodicals to work/school today. Read it regularly – upside down, doing so for at least three (3) minutes, three (3) times and in three (3) different public locations. Many people might not even notice you doing so, and yet a few will. Smile gently at them whenever they do ... If they happen to ask what you're doing, simply smile again and tell them about the wonders of brazen unconventionality, being sure to end with a gentle in-Couragement to "Try it sometime" ...



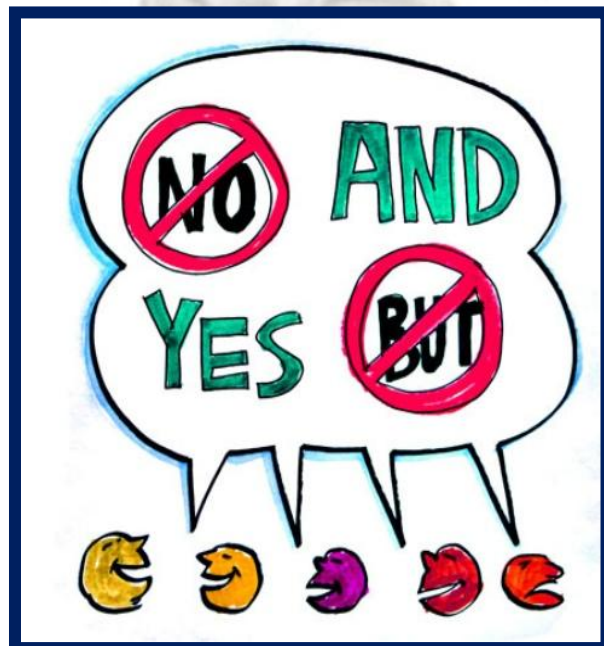
September 28 ... Stretching the Day

Go to work one hour early today and work for free without “clocking in”. Remember to not tell anyone what you’ve done ... This afternoon, spend one extra hour with a friend or family member “for no reason” ... Later in the evening, go for a one hour “wonder-walk”, intending to notice as many “new sights” in your neighborhood as possible (commence your walk at the time you normally get into bed).



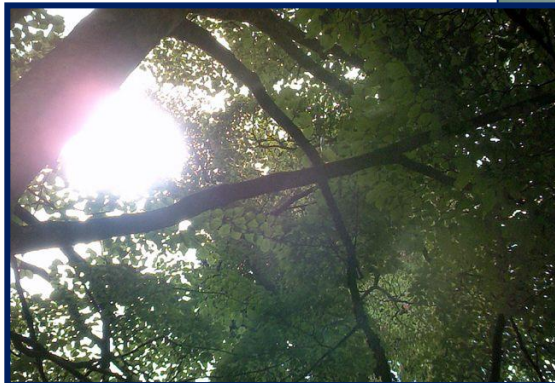
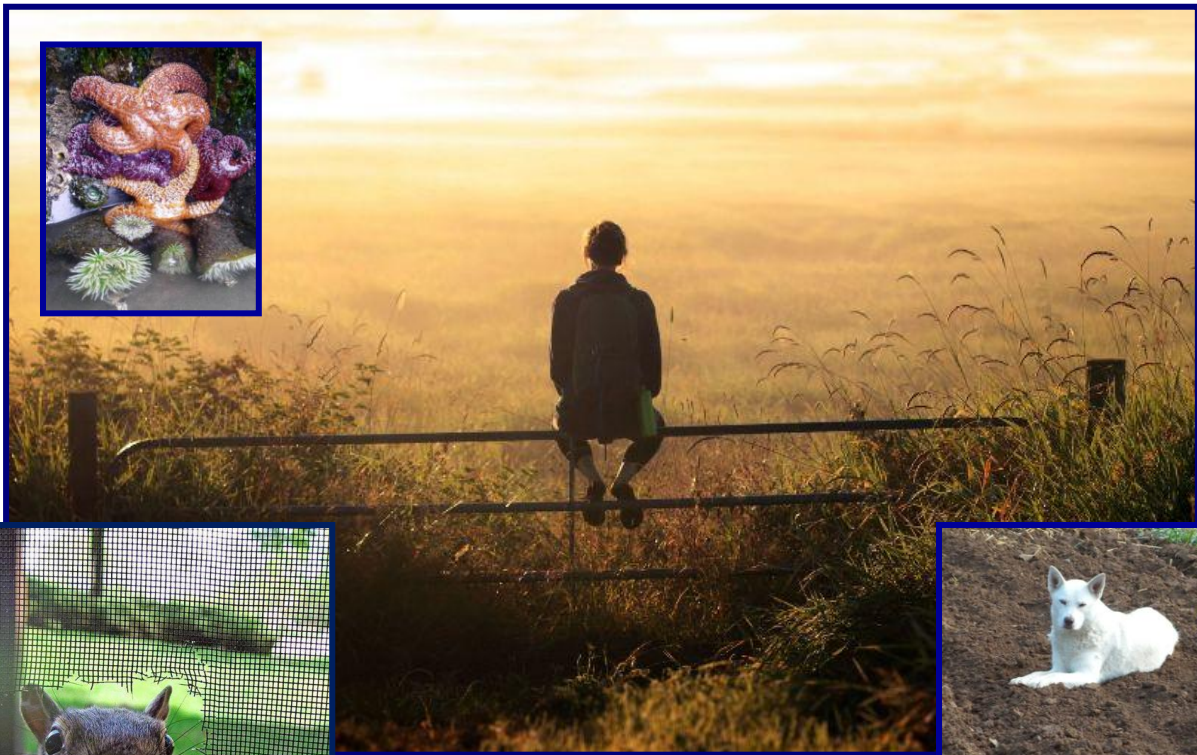
September 29... BEing Inclusive

When speaking today, replace the word “but” with the word “and” all day long ... If you slip up, no problem. Just go back and repeat the sentence with “and” in place of “but” and move on. *Note* how this practice subtly, yet very powerfully, alters the power of not only your words, but your perceptions as well ... *Note* as well how your renewed sense of verbal positivity tends to make you more likely to notice opportunities to care for others, and engage those opportunities with acts of Kindness.



September 30 ... our “higher Life Forms”

Despite their lack of self awareness, inanimate objects always “accept” what happens to them with Grace. Despite their lack of mobility, plants still turn smoothly toward the sun and sway gently with the wind. Despite their lack of intelligence, most animals (unlike humans) do not kill each other out of rage or for sport (nor, for that matter, do they defecate in their drinking water). So we are left to wonder: what is **Awareness**? What is **Mobility**? What is **Intelligence**? With these thoughts in mind, choose to *intimately communicate* with “lower life forms” today. This morning, openly communicate with all the plants you encounter (**remember** to be kind). This afternoon, engage animals &/or birds in conversation (**remember** to be kind). Finally, this evening, speak to the inanimate objects in your surroundings (again, **remember** to be kind) – and while you are talking gently with them all, remember to act accordingly ...



October 01 ... Seeing LIFE anew

Sight is the most potent of our five “primary senses”, and yet it is also the most taken for granted. With that in mind, blindfold your eyes at three (3) different times today (10 minutes each time), either sitting quietly or going for slow walks through a park or museum (with another's assistance) ... When removing your blindfold, pause to look around you & notice the Wonder of Sight – notice the things you NOTICE ... Finally, as the day comes to a close, **remember** to utter a heartfelt word of thanks for this most miraculous Gift.



Bonus Activity: Find a blind person (or head to a center for the blind) and offer to escort them around town. While doing so, describe what you see to them and ask them what they hear. Upon parting, wish them well and let them know how much you admire them.



October 02 ... Freeing your Mind

This morning, take some time to clean out your personal library (attempt to part with at least every third book). Call your friends and encourage them to do the same. Later this evening, collect all the sorted-out books and distribute them to local homeless shelters, schools &/or retirement homes ... Be creatively caring (& boldly anonymous) in your distributing.



October 03 ... Self re-Appreciation

Our ego's focus is completely external – constantly either worrying about what could happen to us in the future or striving to avoid repeating the unpleasant occurrences of our past. Such a perpetual other-focus keeps us from pausing to consciously examine the true Source of our Life's Meaning – namely,, ourselves and our choices ... Keeping these thoughts in mind, today is a day dedicated to remembering who **You truly Are**. To this end, obtain a small mirror and carry it with you, remembering at least once every hour to pause for 30 seconds and gaze intently into your own eyes (If you do not have access to a hand mirror, use any reflective surface – e.g. windows, calm pools of water, elevator doors, etc). During the morning, while looking into your own eyes, choose to **forgive yourself** related to your past “mistakes” ... During the afternoon, while looking into your own eyes, choose to **be thankful** for the True Self that is carrying You through Life ... And this evening, while looking deeply into your own eyes, choose to extend that Self **unconditional** Appreciation – that you will be motivated thereby to do the same for others.



October 04 ... Service on the Move

Drive around today being kind to others without ever leaving your car ... Stop frequently to let pedestrians cross in front of you. Find four-way stop signs and encourage others to enter the intersection before you do. In addition, look for great parking spots and purposefully pause long enough to let others have them. Smile and wave gently at all the “stressed out” drivers you see ... **P.S.** If you don't own a car, you can do pretty much the same thing on foot.



October 05 ... Easing their burdens

During the day today, obtain a flowering plant and a few inspirational, uplifting books or periodicals (and anything else you might think of that would encourage others to relax &/or smile). Then head this afternoon or evening to a post office or other government building in your community and leave them in a foyer (or any waiting room) there ...



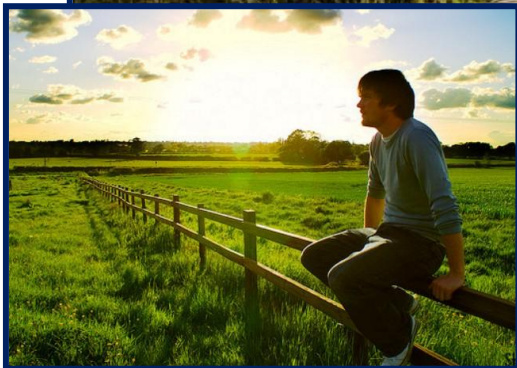
October 06 ... Giving to the disgraced

Who are we to choose which life-forms are “worthy” of our respect and which are not? With this humbling Truth in mind, take some fresh fruit outside this morning and leave it as a gift for the local flies & rats ...



October 07 ... *Catching some Rays*

We are encouraged by society to spend more and more of our time inside – either “being productive” at work or “relaxing” in front of the TV at home. Realizing this, choose to sit outside this morning for 15-30 minutes and *soak up Nature* (whether in a sunbeam or a rainstorm makes no difference) ... Better still, encourage a friend, an associate &/or a stranger to join you ... Do the same this afternoon and then again this evening after returning home from work/school.



October 08 ... Some real Revelation

At three (3) different times today, play a one-way game of “Truth or Truth” (once with a Friend, once with an associate, and once with a stranger). To do so, simply encourage each of these people to ask you three (3) personal questions, making sure they know that you will answer at least one of them with complete and flagrant honesty ... **Remember** to ensure that these play partners know that they are not required to reveal their own similar Truths (unless they wish to do so). They are simply to enable you to share yours – and express an open-hearted thankfulness towards them for allowing you to do so.



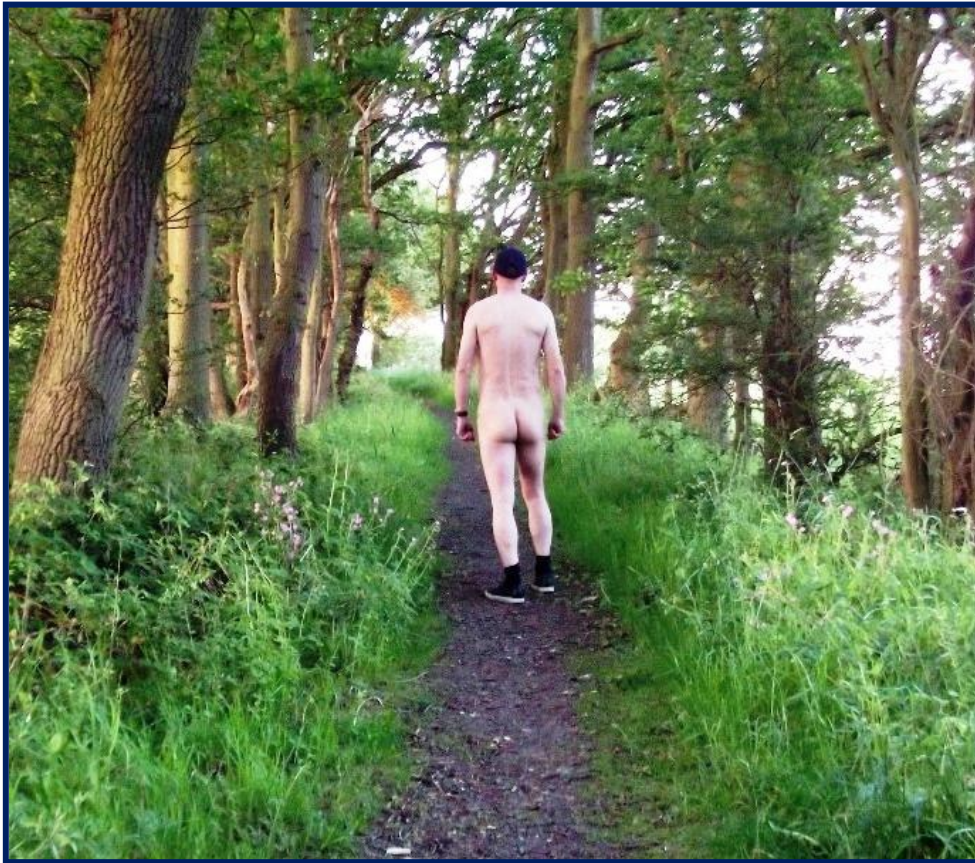
October 09 ... enhancing Interconnectedness

The ego tempts all human beings to focus the vast majority of our energies on ourselves. As a consequence, our sense of compassion tends to fade, our feelings of fear tend to escalate, crime tends to ensue, & war ultimately erupts ... If we each were, on the other hand, to regularly remember that all our personal, national, and cultural boundaries are purely imaginary, nothing more than man-made lines; if we were to each remember that we are all truly part of one large, perfectly interconnected Family, then our conflicts would not be so easily able to take such extreme forms ... With these thoughts in mind, go the entire day today without using the words “my” or “I”. Focus instead on re-Awakening an “us/we mentality” --- instead of arguing or engaging in “win or lose” interactions, choose to somehow make every encounter a “Win/Win” engagement. If you slip up and re-focus on yourself every now & then, no problem. Simply repeat your self-centered sentence -- after turning it into a selflessly Caring one.



October 10 ... Freeing your Body

When clothes serve a purpose (e.g. warmth or protection) then they serve us quite well, and yet when they are worn to conform or hide, they shackle our ability to be truly Free. With this thought in mind, choose to wear no clothes at home today and no underwear or socks at work/school ... Later this evening, go for a short, refreshing naked-stroll through your backyard (or your neighborhood, if you're feeling extra daring).



October 11 ... secret Sprucing

This evening, find a neighbor's yard that needs raking and anonymously clean it up (or if there's snow on the ground, shovel it). Leave some of the leaves (or snow) in a big pile that is readily accessible to all – and then before leaving get a running start and jump Joy-fully into it ... **Bonus Activity:** Leave a note on the doorstep &/or in the mailbox encouraging your neighbor to jump Joy-fully into it as well.



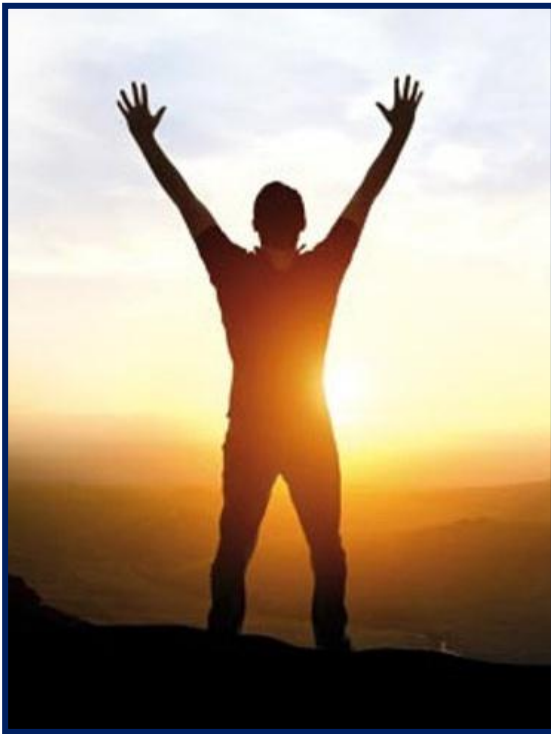
October 12 ... Nature's playground

Nearby to a neighborhood playground, create an artistic design in the leaf-covered (or snow covered) grass – a design that can only be properly seen from the top of the playground equipment nearby. Then, rake up a large pile of leaves (or snow) at the bottom of the sliding board or other “playground tower” ... Let some kids see you slide or jump into the pile and then encourage them to join in the fun.



October 13 ... an open-armed Ebullience

For many of us, the drive to be “more efficient” &/or “more productive” &/or “more careful” has led to some pretty hum-drum routines becoming our norm. And yet for each and every one of us, **Joy remains a choice** nonetheless. Indeed, *enthusiasm* literally means “the God (*enthos*) within (*iasm*),” and it is a gift to remind others of this inalienable Truth; to remind them of their innate, inherently Joy-full Selves ... So, with these thoughts in mind, **choose to be enthusiastic** today --- decide to be openly excited about your decisions (& your life in general). Whenever agreeing with someone, do so enthusiastically. Whenever engaging an activity, do so enthusiastically. Whenever faced with a difficulty, do so enthusiastically.



Bonus Activity: Find unique ways to verbally express your enthusiasm & do so at least once per hour throughout the day today ...

October 14 ... Warming UP the Day

Make a pot of tea &/or vegan hot chocolate this morning, put it into a large thermos, head to a busy intersection near your home, and offer glasses of sweet warmth to commuters both this morning and again during rush hour this evening ...

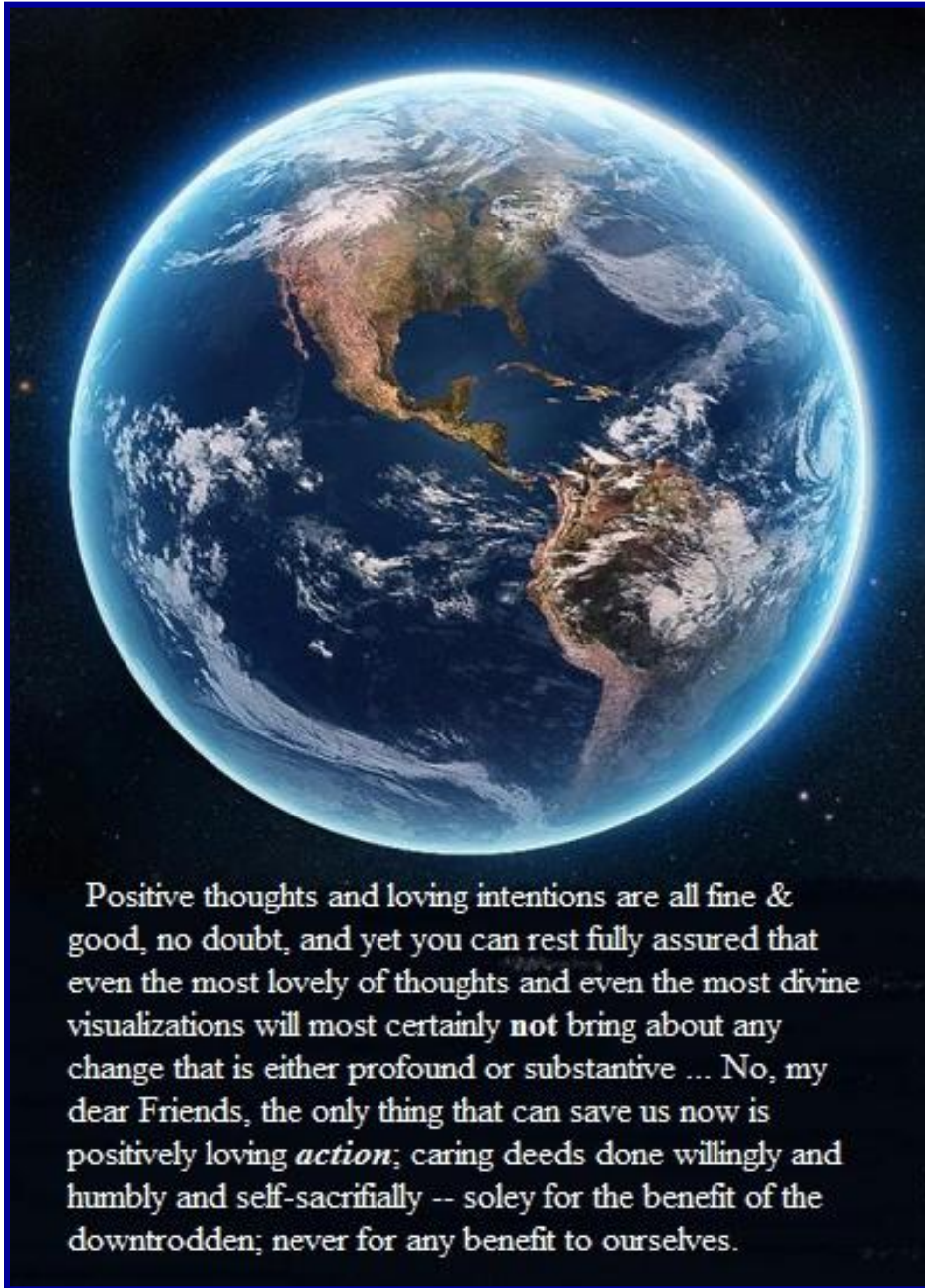


October 15 ... an Attitude adjusted

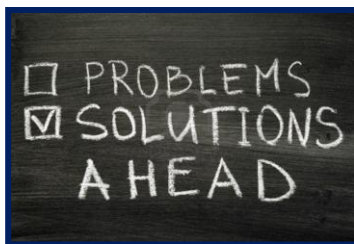
Vast amounts of energy are invested in complaining about our society's failures. News reports primarily focus on stories about danger or disaster, and even our co-workers &/or classmates do their fair share of whining about social ills &/or the foibles of friends & foes alike. Indeed, raw negativity seems to be an epidemic of amazing proportions; ever tempting us all to wish things were "correct" or "right" or "better." And even if there is some merit to some of these complaints, investing energy in complaining about a "problem", without immediately doing something about it, only serves to perpetuate the same ... With these thoughts in mind, dedicate the day to speaking positively. Start by watching the news this morning and making brief notes about anything that seems "broken" in our society. Then, next to each item, write one small way you can turn that "failure" into a Service-based Success. Now pick one of those listed "solutions" and engage it actively all day today, remembering to tell others about your solution, **not** the problem that inspired it.



*To make life Good,
focus on the Good ...
To focus on the Good,
set the Good in motion.*



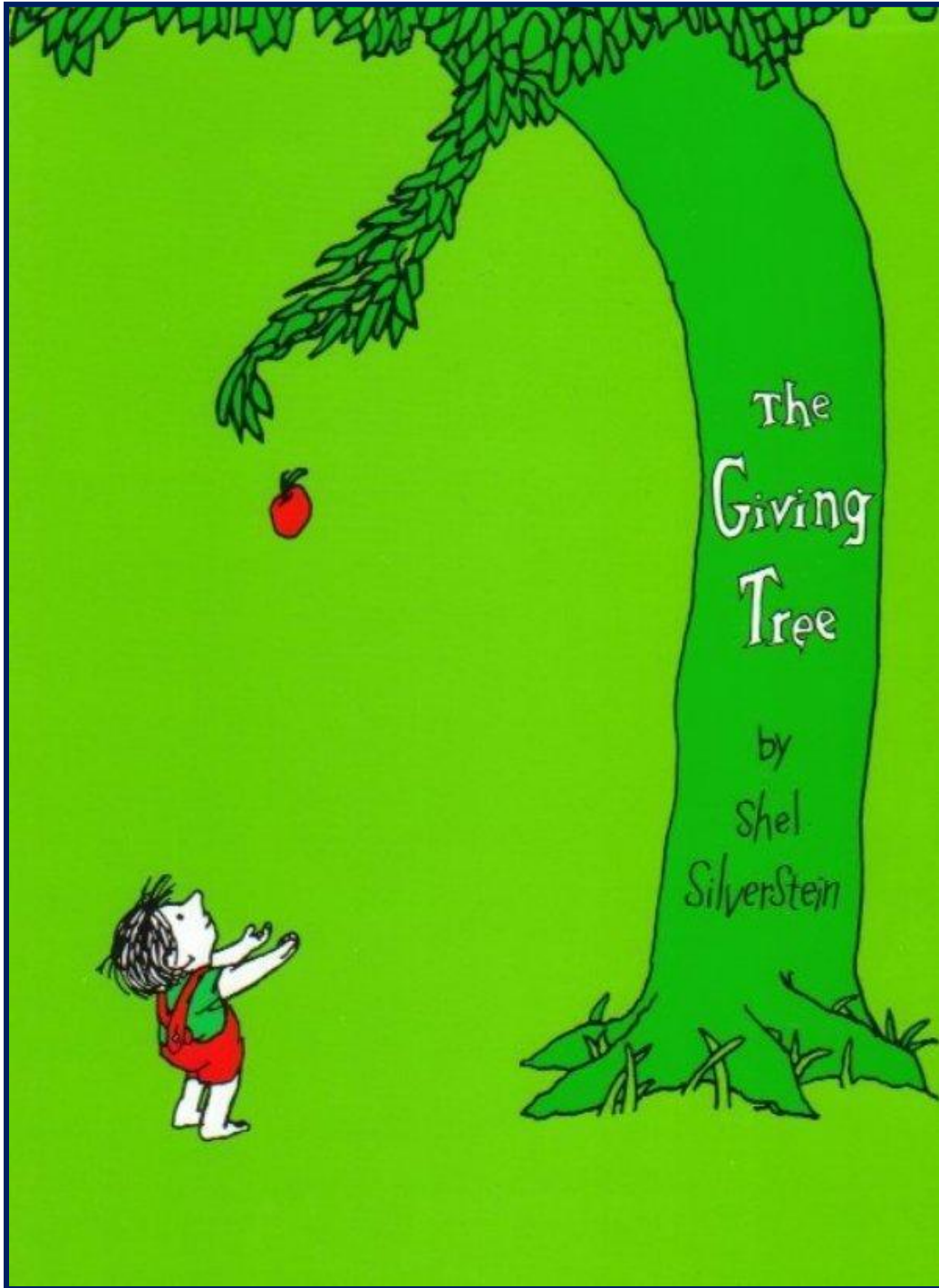
Positive thoughts and loving intentions are all fine & good, no doubt, and yet you can rest fully assured that even the most lovely of thoughts and even the most divine visualizations will most certainly **not** bring about any change that is either profound or substantive ... No, my dear Friends, the only thing that can save us now is positively loving *action*; caring deeds done willingly and humbly and self-sacrificially -- solely for the benefit of the downtrodden; never for any benefit to ourselves.



Bonus Activity: When hearing any “political gossip” today, encourage those participating to either change the subject or to stop talking altogether and **Do something** about the “problem” being discussed instead. At the very least, refuse to participate in such counter-productive criticism. If you personally slip up and find yourself complaining in this manner, no problem. Simply find a way to actively **Do something** to rectify the same “injustice” you caught yourself complaining about.

October 16 ... Tomes for Toddlers

Go to a bookstore and find three (3) children's books that you find inspirational (see the September 24th examples for starters). Buy them, read them yourself, and then give one each to the next three (3) children you meet ...



October 17 ... neutralizing the “No”

Today, when answering questions or responding to requests, completely eliminate the word “NO” from your vocabulary, replacing it with any and all positive alternatives available. If necessary – if it is not possible to utter a positive verbalization honestly, choose to respond with silence & a smile.



October 18 ... Manifesting the Middle

This morning, list three (3) of your current “talents” (i.e. either things that you “do well” or ways that you consider yourself to be “a good person”) and then read them aloud in front of a mirror, pausing after each one to look yourself in the eye and state “and yet **there is more to Do**” ... During the day today, find at least one way to enhance one of those “talents” by using it to **Serve another** anonymously ... Finally, this evening list three (3) of your current “deficiencies” (i.e. things that you could “do better” or ways you could “be a better person”) and read them in front of a mirror as well, pausing after each one to look yourself in the eye and state “Maybe so, and yet I am still both Power-full and Worthy.” Vow to go forth tomorrow and find ways to **act accordingly**.

Do Acts of Kindness

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*Let your voice speak with **Kindness**.

*Let your ears hear with **Compassion**.

*Let your mind humbly seek **Truth**.

*Let your heart feel selfless **LOVE**.

*Let your hands reach out in **Charity**.

Be Caring towards others ...
WITHOUT EXCEPTION!



Do **GOOD** without being heard or seen.



October 20 ... Taming the Tyrants

This morning, write a present-day dictator or tyrant a letter expressing your unconditional forgiveness for his (or her) current policies of ruthlessness (Amnesty International is a good resource for such information) and encouraging him/her to awaken to a more Peace-full & Just way of dealing with his or her citizens ... Of course, these days, it would be just as poignant for you to send your letter to the current President of the United States of America (Trump) or many of his predecessors (especially Obama & Clinton), whose flagrantly wicked & blatantly uncaring actions (or lack thereof) cry out for Forgiveness as well. **Remember**, you are not trying to express your outrage, as tempting as that might be. For indeed, anger & indignation only encourage wrongdoers to defend their actions, not to recant and repair them. Instead, pause frequently while writing your letter and **offer your unconditional support**, should he or she wish to change his or her cruel &/or unjust style of governing to one that is more Caring & Kind.



***"Love and forgiveness
cannot ever be separated.
To truly LOVE, you must
forgive ... To truly Forgive,
you must LOVE."*** ~ unknown



You will never know how truly Strong you are until you sincerely forgive someone who isn't sorry, and fully accept the apology you will never receive.

October 21 ... on sharing Success

“Roam” around today and share tales related to the acts of Kindness you have witnessed in your life. You may use stories about your own acts of “Radical Kindness” when you do so, though only if you replace your own name in the story with the name of someone else. Share such a tale with at least one friend, one associate, & one stranger ... Ask each of them if they have stories of Kindness (performed or witnessed) to share with you in return. If they do, Listen intently thereto and thank them for sharing.



October 22 ... on Wonders big & small

Today is dedicated to renewing your ability to **be amazed**. To do so, start with re-Awakening “grandeur” in your Life --- this morning, go someplace where you can immerse your Self in the pristine of Nature’s grand scale (e.g. a planetarium is great for this, as is the roof-top of a tall building. or a hike into a nearby “wilderness”). While doing so, **remember** to pause every 15 minutes or so and see yourself “from above” --- as a small, yet significant part of an amazingly large Whole.



Bonus Activity: This afternoon/evening, re-discover the Wonders in your environment’s “minutia” as well (e.g. look very closely at spider webs, or the veins of a leaf, or a single blade of grass, or the patterns of another person’s eye, or the reflections in a dewdrop, or dust particles dancing in sunbeams, &/or the dimmest star in the sky. Just as amazing, find an ant and simply watch it for 5 minutes). While doing so, **remember** to pause every 15 minutes or so and see yourself “from below” --- as an incredibly large, yet *equally significant* player in the lives of all the world’s “smaller things.”



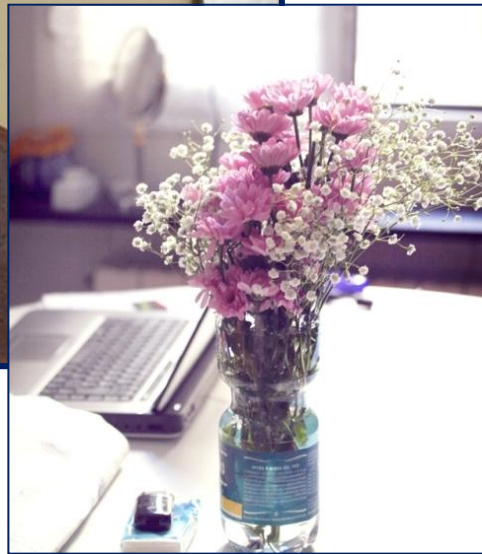
October 23 ... The Gardening Gremlin

Take a few moments this morning and subtly inspect the yard of a neighbor with whom you have either rare or estranged contact. Then, sometime later in the day, obtain some perennial flowers or plants that seem to match the landscaping of that neighbor's house ... Finally, wait until it gets dark and secretly plant them beautifully in his/her yard.



October 24 ... repairing the Communal damage

Anonymously leave flowers and a gift on the desk of your least-liked co-worker or classmate.



October 25 ... relaying real Warmth

Go to local thrift stores today and obtain as many thick shirts, coats &/or sleeping bags as you can afford (even if it's only one of each). Then, later in the day, take them to a local homeless shelter and drop them off.



October 26 ... under Advisement

Spend time this morning researching Wisdom – wise sayings, ancient Truths, Zen koans, Biblical parables, etc. Then this afternoon set up a “Free Advice” stand on a local street corner (or in your front yard). Remain there for at least one hour, giving the most Caring advice you can to all who ask for it. Feel free to answer questions with questions &/or to give mysteriously cryptic responses to other people's queries – **remembering** that the goal is not to tell others what to do, but rather to inspire them to re-discover their own Truth(s).



October 27 ... Humble Caring

During the day today, clean three (3) public toilets in three (3) different public restrooms ... At the end of the day, find a local janitor (not the one responsible for cleaning the toilets you cleaned) and express both your thanks and your admiration for his/her efforts.



October 28 ... giving Fuzzy Friends

This morning, collect a bag of stuffed animals from thrift stores, your friends, &/or yourself. Make sure they are all clean and then take them this afternoon to the nearest children's ward or children's hospital. While there, ask the staff if you can help distribute them to those children most in need of a Friend ...



October 29 ... Caring for the Earth

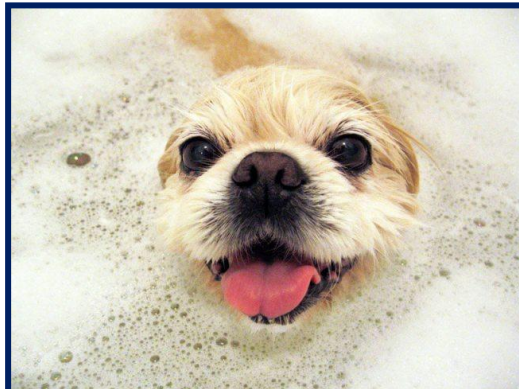
Remembering that water is our most precious resource, choose to wash a load of clothes by hand today – an act that saves roughly 35 gallons of water all by itself (which is about 3% of the water saved by every *vegan* every day) ...



Bonus Activity: Reduce your carbon-footprint as well by hanging those clothes to air-dry.

October 30 ... Heavenly Hounds

Wash your dog today and take your time – doing so as a Gift of Love (not as a “chore”). Use high-quality shampoo and conditioner (after asking your local animal shelter for a list of dog-safe products) and **remember** to give your dog a big hug when you’re finished.



Bonus Activity: If you don't own a dog (or even if you do), ask to wash a neighbor's. If no neighbor is willing, go to an animal shelter (or better yet, a farm animal sanctuary) and offer to wash a few of their “residents” instead.

October 31 ... feeding your Extended Family

This morning, clean out your cupboards of non-recently-used &/or non-perishable food items – as well as more than a few pieces of fresh, high-quality produce. Call your friends and neighbors, let them know what you're doing, and encourage them to join you, and then later in the afternoon collect all the food donated and drive to a local food bank.



Bonus Activity: Once you arrive, ask the food bank personnel which items are most often “in demand.” Head out and obtain a few of the same as well, remembering that it is only helpful to donate items that will enhance the Health of their recipients – which means: *donate cruelty free* or don't donate at all.



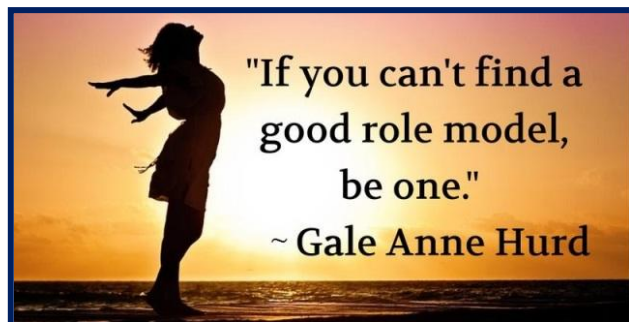
November 02 ... Thanking your Mentors

Take a few minutes this morning and remember at least six (6) positive influences from your childhood (e.g. parents, teachers, mentors, friends, counselors, coaches, etc) ... Find the contact information for as many of them as you can & reach out to them later in the day with a phone call &/or an email/letter of Thanks ... **P.S.** If you can't locate anyone on your list, keep adding names until you do.



(pictured here: Malala Yousafzai, Maya Angelou, Dolores Huerta, and Amelia Earhart)

Bonus Activity: Call your local high school, middle school, or elementary school today and offer to mentor a troubled student this week.



November 03 ... Money as a Messenger

Obtain *at least* 12 \$1 dollar bills and write an uplifting message on each of them in brightly colored ink (decorating the bills lavishly is great too). Then during the day, give three (3) of them to friends, three (3) of them to associates, three (3) of them to strangers & leave three (3) of them to be found by random passersby – reminding all of those recipients that money is only truly meaningful when it is used to enhance Beauty or bring Joy to others ...



November 04 ... Broadcasting the Wonder

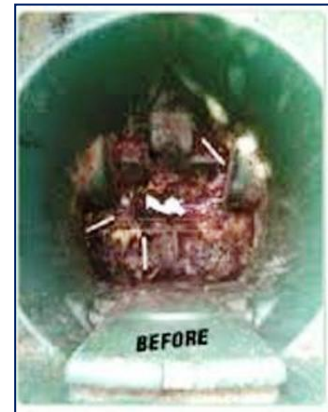
Invent a symbol and give it an unusually wonderful &/or inspirational Meaning. Either draw your symbol onto a readily visible body part or wear it publicly as an “I.D. Badge.” Then, throughout the day, be prepared to inform others as to what it Means if asked (and *only* if asked) ... Regardless of your personal beliefs, **remember** to give your symbol a spiritually neutral meaning, so as to enable it to inspire members of any religion &/or every culture.



Bonus Activity: Have some extra, colorful copies of your symbol on a few small sheets of paper and Give them away to anyone who expresses interest.

November 05 ... cleaning UP the Community

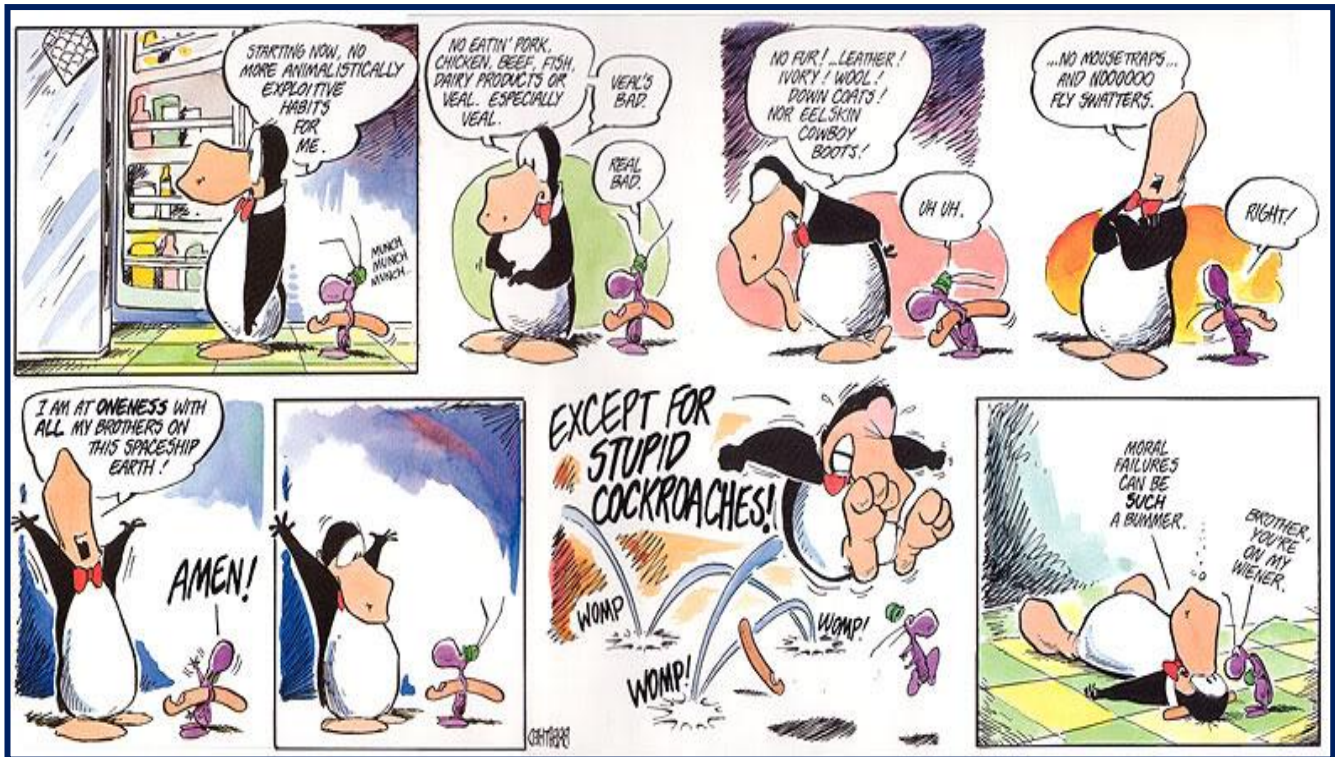
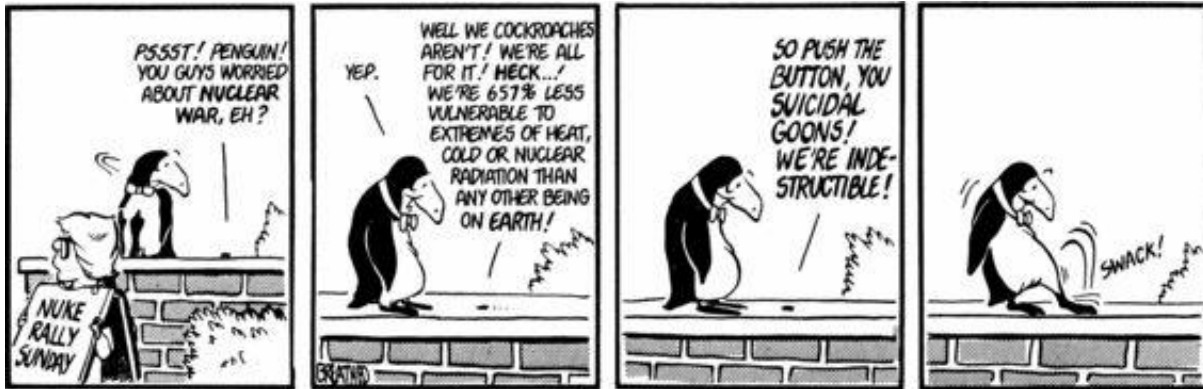
Today, find and empty three (3) different public trashcans (after picking up the litter around them as well, of course). Once they are empty, sprinkle some essential oil into them to beautify their odor. Then go find a local garbage man/woman and express your thanks for his/her efforts to keep your community clean.



Bonus Activity: Sort through the garbage you've collected (you might want to "hit it" with a hose first) and take all recyclable materials you find to your local transfer station.

November 06 ... re-Awakening Humor

This morning, go through your journals, newspapers, periodicals and books until you find a "favorite" cartoon &/or joke (making sure that it is a Respect-full & uplifting one, of course). Then during the day, make 15 copies of it and distribute it to 5 friends, 5 associates & 5 strangers -- encouraging each one of them to enJoy it and then pass it on to someone else.



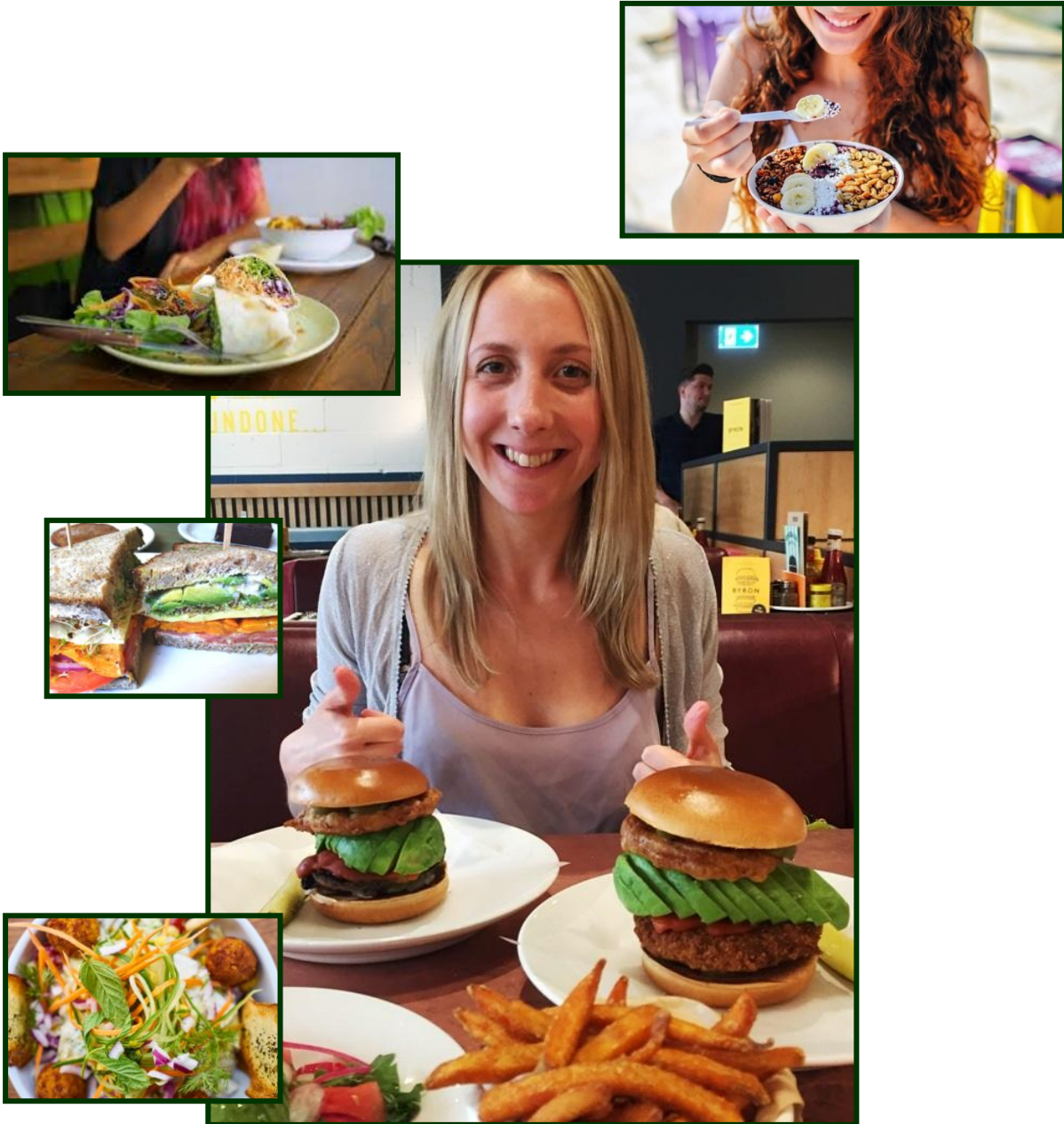
November 07 ... Loving on the Lonely

Find someone in your neighborhood who has no immediate family nearby and invite them – along with a few of your friends to lunch or dinner ...



November 08 ... Slowing down the Sustenance

Make it a point to slow down today and consciously eat your food. To help yourself focus on this task, chew every mouthful at least 18 times. Taste every bite and feel its sustenance entering your mind-body. **Remember** to eat cruelty free while you do so, and **remember** to be deeply Thank-full while you do so as well.

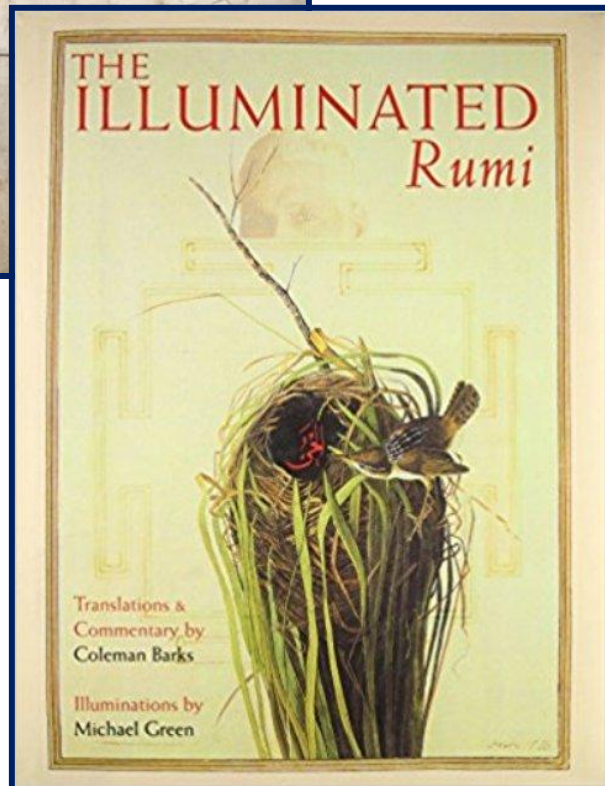
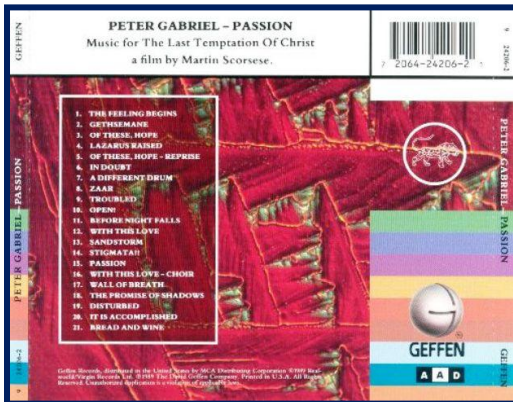
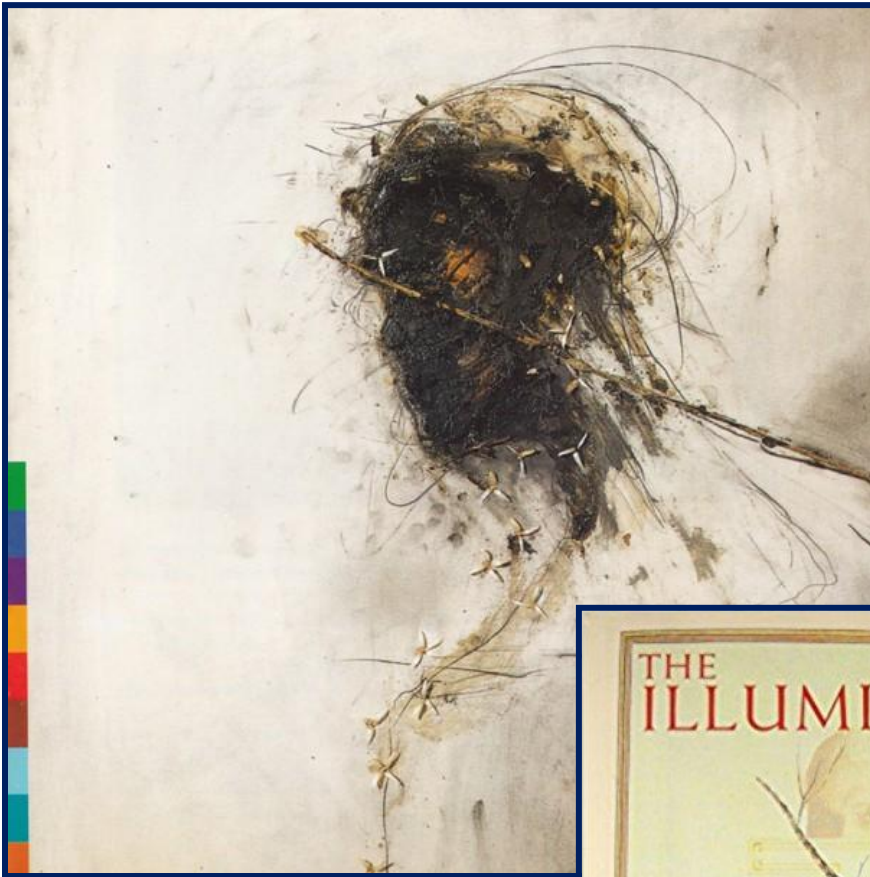


(Please *note* that all of the delicious food pictured on this page is *vegan*.)

Bonus Activity: Take an “exotic-yet-tasty” plant-based food to work/school today and share it with friends, associates, and strangers alike.

November 09 ... Gratitude for Culture

Take time this morning to note your favorite musician &/or artist. Then, write a note of thanks for their beautiful, inspiring Work. If they still live, send them that note of thanks ... Later today, make a point to listen to three (3) different songs from your favorite musician at three (3) different times. Do so while looking at a different work from your favorite artist each time. **Be inspired** – and act accordingly.



November 10 ... Caring for the Youth

Contact a local juvenile detention center and ask them about their current donation needs (e.g. foodstuffs, sporting equipment, games, cards, etc). Procure what you can today and drop it off for them. **Remember** to include some uplifting books, along with some notes of encouragement for the “residents” as well. Leave your email address &/or phone number as a contact reference with the staff there in case any kids needs anyone “on the outside” to talk to ...



November 11 ... Peace to Parents

Write letters to both your Mother and Father today to simply thank them for your life. Mail them as well ... If one or both of your parents has already “passed on”, visit their grave(s) instead, spruce up their grave-site(s) and leaving the letter(s) there as you depart. Remember to *say “Thank You”* out loud (regardless of how you might feel about how they parented you).



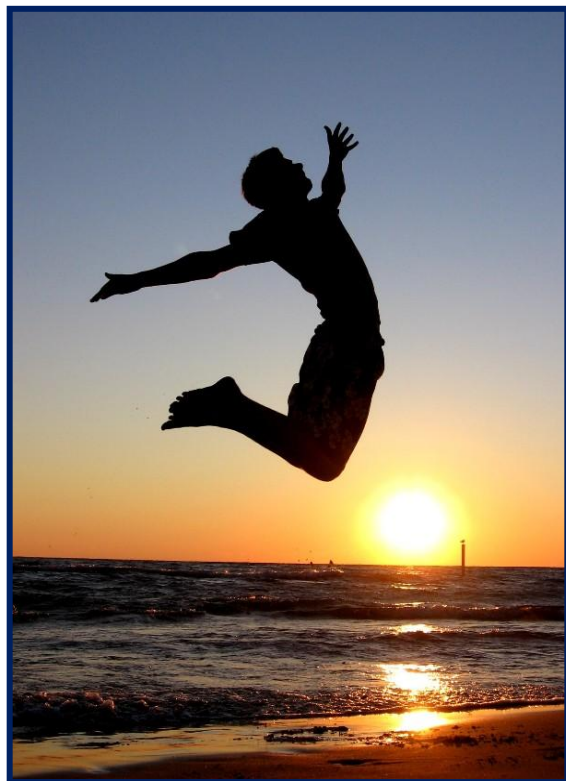
November 12 ... True Tithing II

Take a few moments this morning and calculate the monetary worth of half of your yesterday's salary. Obtain this amount of money and at lunchtime, give half of it to the first homeless person you meet who doesn't ask for any money. After work, give the second half to the first homeless person thereafter who *does* ask. **Remember** to be kind both times when doing so, and to ask if there is anything tangible they could use in addition to the money ...



November 13 ... BEing Happy

We have been so conditioned to want or envy what we haven't got in our lives that many of us forget that *true Happiness is always a choice* (regardless of what we have or don't have, and regardless of what has or has not happened for us) ... With this thought in mind, dedicate today to vocally & enthusiastically marveling over the Wonders you witness -- *and* how Happy you allow them to make you. In short, every hour, *remember to pause* and consciously *choose* to Be Happy. And then, once you are Happy again, *act accordingly* by attempting to bring that Happiness to others.



November 14 ... Courtesy to Life's Drivers

This morning, make or obtain three (3) small Gifts and include personal notes of Appreciation with each of them. Later in the day, take a ride on three (3) different buses or taxis; saying “Hello” to each driver as you get on and thanking each one sincerely for the ride when departing -- giving each of them one of your Gifts as you step from the bus or cab.



Bonus Activity: Perform the above activity, riding buses this time until you encounter three (3) bus or taxi drivers who are somewhat discourteous or “grumpy” ... Thank them profusely for the ride and give them your Gifts as you depart anyway.

November 15 ... waiting on the Waiting

Go to a local coffee shop this morning (preferably *not* a branch of a large chain), buy 10 different cups of coffee (making sure the baristas use only soy or almond milk – seeing as how cow dairy is carcinogenic), and then take them to a local hospital's ICU ward waiting room and give them to the people waiting there ...



November 16 ... Cleaning the Community

As you head out this morning, tarry several small plastic bags with you, and dedicate the entire day to picking up much (or even most -- or even all) of the litter you see ...



November 17 ... Compassion for the “rich”

Take a few minutes this morning and list three (3) local people you consider to be “wealthy”, three (3) associates you consider to be “beautiful,” and three (3) citizens in your community you consider to be “powerful.” Now, instead of envying them, choose to *exhibit Compassion* for the difficulties that money, beauty, and power always bring ... With this in mind, go forth today and *do something anonymously Kind* for one of those “wealthies”, one of those “beautiful,” and one of those “powerfuls.”



November 18 ... Gratitude for Culture II

Make the time this morning to note your favorite author &/or poet (If you don't yet have a favorite, go to a library or go on-line and discover one) ... Then, write them a note of thanks for their beautiful, inspiring Work. If they still live, send them that note of thanks. Regardless, keep a quote &/or a verse from him/her/them in your pocket and share it once per hour with at least one other person throughout the day ...



November 19 ... Money as the Medium

Obtain *at least* \$5 worth of pennies &/or nickels this morning ... This afternoon, go somewhere public and make a sculpture with them. Then, move to a different location where you can see your Work, sitting there and watching people's reaction to your creation ... *Note* that the more amazing your sculpture, the more difficult it will prove to be for others to dismantle it, and *note* as well that it is fully acceptable if & when they do so.



November 20 ... Caring for the Care-less

Buy a bag of groceries (the more healthy, cruelty-free, and “elite” the foodstuffs, the better) and give it to the first homeless person you encounter. Be sure to wish them well and let them know that you *Appreciate them* and have faith that they will have a great day today ...



Bonus Activity: Sit down and talk with them for awhile, and then give them a hug before you go.

November 21 ... some Peace-full Patience

Let others in front of you all day today (e.g. in shopping lines, in traffic jams, in your bathroom at home, when using the TV remote, etc). Be creative while you do so, and remember to smile in silence while doing so as well ...



November 22 ... Waking UP

Wash your hands & splash water into your face every hour all day today. Focus and feel fully refreshed every time you Do so, letting these “wake-ups” not only re-invigorate your mind-body, but also refresh your perspective & renew your will to be refreshingly Kind to others ...



November 23 ... tipping BIG

Buy a small, inexpensive meal at a coffee or sandwich shop this morning and leave a tip that **far** exceeds the total amount of the bill, being sure to thank the waiter/waitress as you are leaving. Do this regardless of the quality of the actual service you receive, and repeat this kind deed two more times today at two other locations.



Bonus Activity: Instead of tipping them monetarily, replace the monies you would normally leave with a small but valuably useful Gift.

November 24 ... Cleansing the Community III

At three (3) different times during the day today, and in three (3) different locations, find some dreary graffiti in your neighborhood and remove it from view (e.g. sandblast it, cleanse it, paint over it, cover it with a peaceful poster, etc) ...

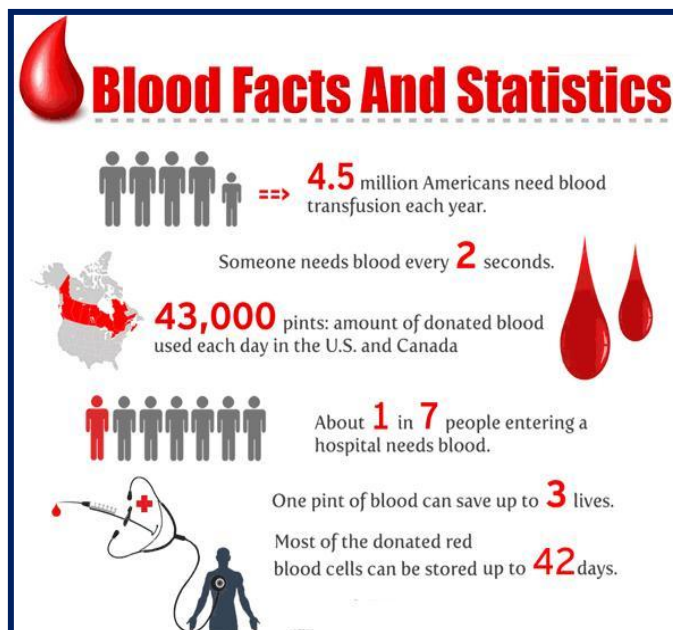


Bonus Activity: Obtain some brightly colored, oil-based paints this morning. Then later this evening find some dreary graffiti in your neighborhood and alter it in such a way as to make it Beauty-full.



November 25 ... Loaning some Life

Donate blood today (or volunteer at the Red Cross or a local hospital for the afternoon).

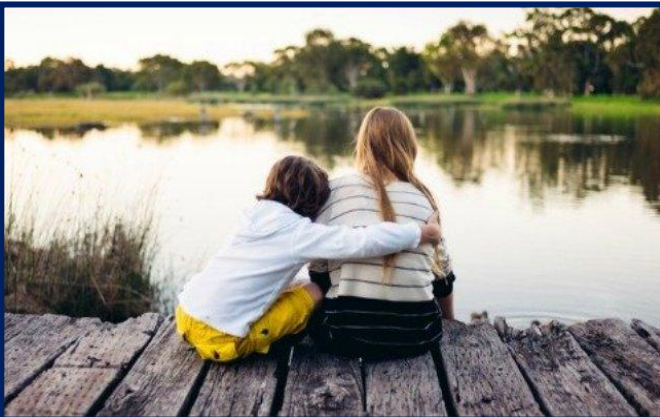


November 26 ... on Radical Forgiveness

Take a few minutes this morning and list the debts you are owed, the insults you have received, &/or the transgressions with which you have been inflicted. Then choose three (3) of them “at random” from your list and **Forgive** those people completely – both by feeling a deep-seated Compassion for the inner turmoil &/or ignorance that caused them to hurt you while doing them all an anonymous kind deed ...



Bonus Activity: Have the Courage to **Forgive them all** in person, the Humility to not care in the least whether or not your forgiveness is accepted, and the Dignity to end each encounter with a hug – if that option presents itself.



Forgiveness

November 27 ... the Peace Police

Spend half your day today drawing and decorating one (1) "Kindness Citation", one (1) "Good Driving Ticket" and one (1) "Joy-Bringer Badge" ... Spend the rest of the day handing them out to the first person you notice being selflessly Kind, the first person you notice driving Respect-fully, and the first person you notice exuding or inspiring sheer Joy ...



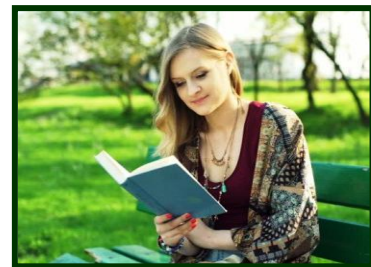
November 28 ... On taking the Ten

Take a 10 minute break three (3) times today (or every hour if you're feeling particularly ambitious), and during each break go outside, settle into a comfortable position, gaze into the beauties of Nature, and then beam intense heartfelt Gratitude to the Universe for your Life ... **Remember** after each break to go forth and **act accordingly**.



November 29 ... in-Couraging Kindness

This morning, write nine (9) short notes encouraging others to engage in Acts of Selfless Kindness (A.S.K.). Take your time, making each one original and decorating it creatively ... Then this afternoon, anonymously place three (3) of them in church hymnals, three (3) of them in library books, and three (3) of them on strangers' desks ...



November 30 ... relaying *The Way*

During the day today, let 9 other people (3 friends & family members, 3 associates, and 3 strangers) know about your actions related to this calendar, sharing some of your favorite stories &/or the favorite tasks you have engaged herein ... Ask them for their ideas related to other potential Acts of Selfless Kindness you could engage in the future.



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

*“Better than a thousand hollow words of happiness
is the solitary deed that brings another Peace.”*
~ via G. Buddha

An in-Lightened Epilogue ...

We cannot hope to transcend our ego's instinctively ingrained self-centeredness until we choose – moment for moment – to free ourselves from relying on our ego-based, fear-centered desires: imitating others to be more accepted, combating our “enemies” (including “self-defense”) to be more secure, desiring what we do not have to be more comfortable. And the only way to release those primal and petty tendencies is to **actively replace them** with courageous acts of selfless Kindness for others ... Every human being has unique Gifts that only he or she can give to those nearby – acts of selfless service that only she or he can provide.

We are not to do everyone's part. We have simply been blessed with the ability to Do our own part, in every Moment you are Alive to Do it ... And know that there can never be “failure” in our lives when our intentions are grounded in Compassion. Our ego might try to convince us that we are “too small” or “too weak” to fulfill our Life Missions or serve others powerfully, and yet this fear is innately unfounded and ultimately irrelevant. For it is within every act of willing self-sacrifice that Joy is found – a Joy that comes whether that act seems to “succeed” or not.

There are opportunities in every moment of every day to actualize your True Self ... Every emotion felt is an opportunity to honestly express it. Every moment of surprise is an opportunity to courageously pro-act Love (as opposed to reacting with self-centered fear). Every confrontation with the unusual is an opportunity to perceive that occurrence without analysis, preconception, or judgment. Every “coincidence” is a Wonder-full opportunity to See the Universe “speaking” interactively with you. Every time we are attacked is an opportunity to look past the label of “enemy” to accept the challenge and Care for him/her anyway. And every time we are cared for is an opportunity to look past the label of “friend” and be humbly Thank-full for that blessing ... In essence, only one moment of pro-actively purposeful Caring is enough to bring you deep-seated Peace ... Just one moment, every moment, **this moment**.

Amen ... Let it be so!

“There will come a day when you'll finally decide that you're ready to live to your full potential. There will come a time when you'll no longer be satisfied with making excuses and rationalizations. There will come a time when your desire to move forward will outweigh your fear of the unknown. One day you'll realize that everything you do makes a difference, and you'll put that incredible power to valuable use. There is really no reason to put that golden day off any longer ... You were born to do great things, to create much value, to make a real difference. Your life can be as full as you are ready to make it ... Now is the day to make your life great.” ~ anonymous

**UNEXPECTED
KINDNESS IS THE
MOST POWERFUL,
LEAST COSTLY, AND
MOST UNDERRATED
AGENT OF HUMAN
CHANGE**

BOB KERREY



***“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)