

# *Wisdoms from the Journey*

*(Volume II ... January – August 2011)*



*...a few of the in-Sight-full sayings  
& inspirational images that  
I have been blessed to gently gather  
while wandering along my Way*

*via Scaughdt*  
an (i)am publication

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*“Men occasionally stumble over the Truth, but most of them pick themselves up and hurry off as if nothing ever happened.” ~ Winston Churchill*

*"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction."  
~ Albert Einstein*

*"We don't get to chose what is True.  
We only get to choose what we do about it."  
~ Kami Garcia*

## *An Introduction to what Follows*

Everyone ends up collecting something as they journey through Life ... For me, I simply ended up being drawn – while searching for “the truth” – to collect Truths.

Now, ideological “truth” is a funny thing; slippery according to circumstance and very hard to pin down once captured ... As such, it is very unlike Wisdom, which is constant -- obvious and tangible and plain and unchanging.

Indeed (in-deed), even though we have been taught that Truth and Wisdom are “kissing cousins”, in actuality they couldn’t be more different. “Truth” is conceptual, while Wisdom is verifiable ... “Truth” is knowledge – a noun, while Wisdom is the setting that knowledge into harmonious motion – a verb ... “Truth” ponders & theorizes & hypothesizes, while Wisdom simply identifies what functions ... “Truth” might delineate our choices, and yet it is Wisdom that guides us towards making good ones ... “Truth” is intellectual; accumulating information and defining meanings. Wisdom is practical; making “facts” (and therefore Life itself) Meaning-full ... “Truth” changes over time – contracting as old information is found lacking & expanding as new information is found to bear “Good Fruit”, while Wisdom remains the constant bellwether through which those evolutions ensue ... “Truth” is a powerful tool – one that is utterly useless (and even drastically dangerous) unless skillfully used in harmony with acquired Wisdom ... In essence, as one scholar once put it: “Truth is knowing that a tomato is a fruit; Wisdom is knowing not to put tomatoes into fruit salad.”

As such, it is the former – “Truth” – that I have gently abandoned as “false”, and it is the latter – “Wisdom” – that I have repeatedly rediscovered to be True. And so it is that while I do most humbly and most publicly now declare that I most certainly do *not* have access to anything resembling “*the Truth*”, I most certainly *have* acquired access to a set of principles & values that – to the degree that they are courageously applied & enlivened – always prove to be Wise. And it is these same principles & values that are represented by the words & images contained in the pages that follow ...

May you each receive much Peace while reading them &/or gazing upon them, and may at least a few of them inspire you to go forth and know the Bliss that only comes to those who choose to put their Goodness into motion.

Amen ... Let it be so.

*Scaughdt*

December 8, 2014



*Let us Begin ...*  
(01/03/2011)

*“Yesterday is gone.  
Tomorrow has not yet come.  
We have only today ...  
Let us begin.”  
~ Mother Teresa*



*The Silence of true Courage ...*  
(03/01/2011)

*“You’re just as good as everyone else, but you’re also no better than anybody else ... It is what you learn **after** you know it all that counts.” ~ unknown*

*“Any fool can make things more self-focused, louder, and garish. It takes a touch of genius — and a lot of humility — to consciously move in the opposite direction.” ~ inspired by Albert Einstein*

*“Words are worthwhile – only when they lead to inner silence.” ~ Nanja Naisah*



(It is LOVE that never raises its voice ... and therefore it is LOVE that speaks loudest of all.)

*on Knowing it All ...*  
(03/02/2011)

*“Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything that needs to be known.” ~ Winnie the Pooh (A. A. Milne)*

*“I am hoping for you to find whatever you are looking for – and maybe that you even find what you are not looking for, which can sometimes be so much more exciting.” ~ Sebastian Schulz*



(Life only becomes truly exciting for those who have removed excitement from their “To Do” list.)



*Thy will be Done ...*  
(03/04/2011)

*“Most people want to serve God – but in an advisory capacity only.” ~ London’s “Sunday Express”*

*“Do not be eager to deal out death & judgment ... Even the very wise cannot see all ends.” ~ Gandalf*

*“Be kind to all, for everyone you meet is fighting a hard battle.” ~ Plato*



(The only way to truly serve The Divine is to deal out Love & Forgiveness to the ungodly.)

*Purpose-full Humility ...*  
(03/07/2011)

*“I find television very educating ... Every time somebody turns on the set, I go into the other room and read a book.”*  
~ Groucho Marx

*“Verbosity leads to unclear and inarticulate things.”*  
~ Dan Quayle

*“ $2 + 2 = 5$  ... for exceptionally large values of 2.”*  
~ unknown



(“Truth” begins in certainty, and always ends in error ...  
Wisdom begins in Humility, and then never ends.)

*Purpose-full naiveté ...*  
(03/08/2011)

*“For those who have conquered reason, it becomes their best ally, but for those who have not reigned in their intellect, it remains their greatest enemy.” ~ Bhagavad Gita*

*“I thank you, Lord of Heaven & Earth, for you have hidden these things from the wise and the intelligent – and revealed them to infants.” ~ Jesus Christ (Matthew 11:25)*

*“Dare to be naive.” ~ Buckminster Fuller*



(Believing unconditional Love to be naive  
... is the apex of ignorance.)

If you say  
"gullible" slowly  
it sounds like  
"oranges".

*Being yourSelf ...*  
(03/10/2011)

*“Some people expend a tremendous amount of energy merely to be normal.” ~ Albert Camus*

*“Let the Beauty we truly Love be what we Do ... There are thousands of ways to kneel and kiss the ground.” ~ Rumi (via Coleman Barks)*

*“You cannot clear a nineteen foot chasm with two ten-foot leaps.” ~ unknown*



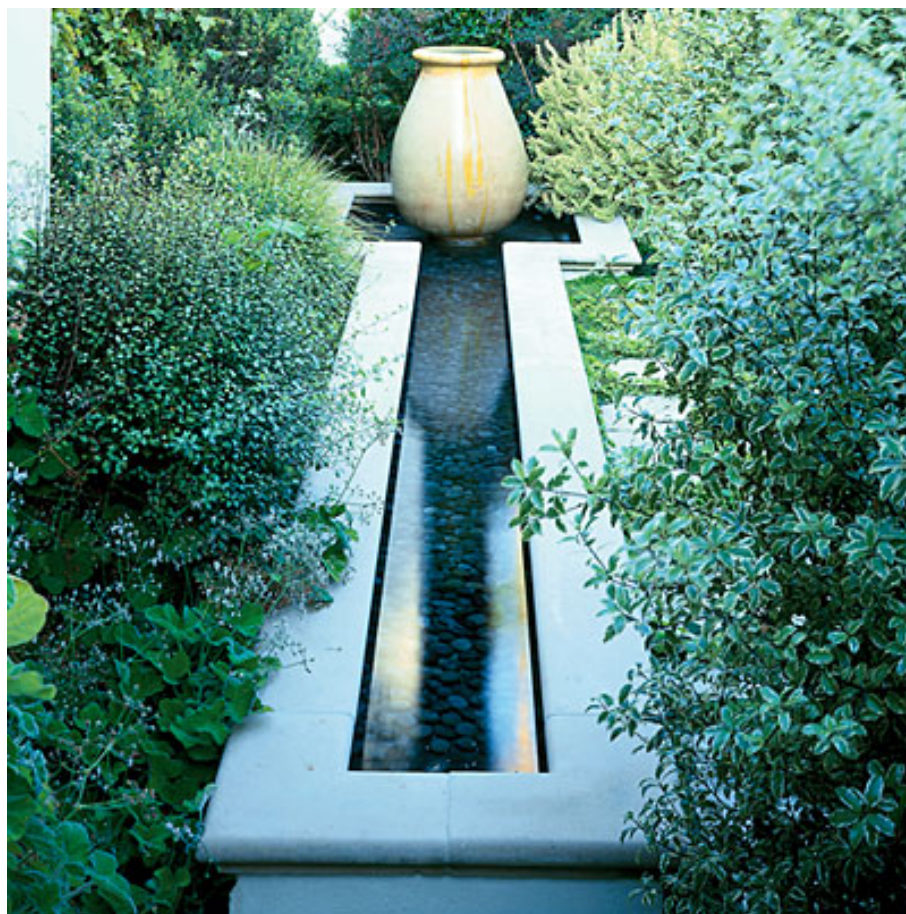
(To make Peace the norm in your culture,  
you are going to have to act Peace-fully crazy.)

*Doing your Work ...*  
(03/11/2011)

*“The pitcher cries for water to carry and a human for Work that is real.” ~ inspired by Marge Percy*

*“All doubt, despair and fear become insignificant once the intention of life becomes to Love, rather than a dependence upon being loved.” ~ inspired by Sri da Avabhas*

*“Pilgrim, are you walking with your head or walking with your Heart?” ~ graffiti along the Camino de Santiago*



(Love is the only true Task ... just as Love is the only Way.)

*to Give the Moon ...*  
(03/12/2011)

A Zen story tells of a man who came home one evening and found a thief placing his possessions into a sack. In Zen fashion, the homeowner decided to sit down quietly and watch.

At some point, the thief saw the man and dashed out of the house, dropping a bowl from his sack. “Wait, you forgot something!” called the homeowner as he picked up the bowl and tried to catch up to the crook. But the thief was too fast and soon disappeared into the night.

The owner stopped and looked up into the sky, noticing that the heavens were being brilliantly lit by a host of stars and a moon almost full. He then took a deep breath, smiled, and softly whispered ...

“How I wish I could have also given you this sky”.



*On finding true Happiness ...*  
(03/13/2011)

*“You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the Meaning of Life.” ~ Albert Camus*

*“Life loves to be taken by the lapel and told: I am with you kid ... Let’s go!” ~ Maya Angelou*

*“I say to all children: I will explain to you as much of life as I can, and yet you must remember that there is a far greater part of life – a part for which **you** are the explanation.” ~ inspired by Robert Brault*



**it's about love**  
*it's about compassion* x x x  
*it's about kindness*  
*it has nothing to do with luck*

(Love is the only thing worth looking for ... Love is the only Truth worth knowing ... Love is the only way to truly Live.)

*The Quality in Living ...*  
(03/14/2011)

“Just like each person has a unique personality – a unique essence, people who have pets will tell you that each pet has it’s own unique essence as well; that each dog has its own dogality, that each cat has its own catality, and that each bird has its own birdality.

This truth makes me think of Long John, the redbird cardinal who came and dined with me almost every day for five years. As I fed him I would speak with him, and I often found myself telling him, ‘If you die, don’t go off in the woods and make me wonder what happened to you. Die right here on my patio’.

Well, one cold morning I went out and there he was, sure enough, dead at the foot of my patio ...

When I think of him to this day, Long John still helps me to remember that we never lose the essence of anything we choose to Love; that our own essence lives on & on in everyone & everything we have Loved long after we have gone the way of Long John Cardinal; that taking care of something beautiful awakens something beautiful deep within us.

Indeed, Long john helps me to remember that the quality and the worth and even the enjoyment of each of our lives is directly dependent upon how many things we choose to deeply Care about and how many of our fellow beings we choose to deeply Love.”

(inspired by  
Dalton Roberts)





*On real Healing ...*  
(03/15/2011)

“It is important to remember that, even though your body is indeed a wondrous healing machine, true Healing has nothing to do with you. Rather, true Healing reveals itself THROUGH you.

True & potent Healing effortlessly appears only when ‘you’ – the apparent controller of your life; the one within you who thinks he know all the answers, gets out of the way ...

True, powerful healing arrives only when you allow the vast, incomprehensible energy that is Life itself to move freely and do what it naturally wants to do — which is to return all illness within your body to wellness, to return all division within your relationships to unity, and to return all discord within your community to harmony.

True, deep-seated Healing transcends both the healer and the healed. True & lasting Healing begins to work its wonders only with the purposeful absence of the separate ‘you’ ... an absence that comes only when we consciously work to bring Peace to another, rather than selfishly strive to know comfort for ourselves.

This is an absence that makes us Whole again ...  
This is an absence we happen to call LOVE.”

(inspired by Jeff Foster)



*True Education ...*  
(03/16/2011)

“True learning comes from a desire to satisfy curiosity, not from the docile effort to please a taskmaster. When so much of a child’s educational experience is teacher-directed and not curiosity-driven, you have a one-way ticket to boredom and failure.

This point is important: if a student loves a subject, the only teacher direction he/she needs is someone to help cover the basics and to have a balanced understanding of the material. Until the student develops curiosity and a desire to learn, no amount of homework will result in learning ... In essence, we must have the courage to remember that children have nature-endowed drive towards creativity that will blossom as soon as we quit over-structuring their experiences.

The butterfly comes from the caterpillar’s cocoon. If we try to rush the cocoon along and pick at it, the butterfly will die. Similarly, if we try to rush the maturation of children by picking at their “cocoon”, we will only succeed in killing the children inside – the children that must fully experience being children before they can ever hope to fully become adults.” ~ inspired by Dalton Roberts



*Re-making our World ...*  
(03/18/2011)

*“It is true that we each enter this world with a set of pre-established tendencies based on our biology and our environment. Some of are born with physical challenges that might tempt them to be bitter, and others are born into economic difficulties that might tempt them to attack or to steal. Some might have had parents who preached them bigotry, and others might have been soaked in the callousness that accompanies excessive wealth. And yet, even though none of us start with a clean slate when we are born, we are all – each and every one of us – allowed to create something more beautiful with our lives than that which greeted us at birth and that which blanketed our childhood.” ~ inspired by Mike Quinsey*



*Re-memembering our Oneness ...*  
(03/19/2011)

*“We are one, after all, you and I. Together we suffer,  
together we exist, and forever will we recreate each other.”*  
~ Teilhard de Chardin

We do not truly become One with our environment until we choose to act accordingly. To truly become One with this world that is our Home; to truly know the Bliss that comes with acting as gentle-yet-courageous Stewards of this great garden we call the Earth, we must choose to actively Care for the beings residing upon it.

Indeed, we cannot hope to ever be truly satisfied with life while we idly sit back and allow our forests to be cut down and our rivers to be polluted and our whales to be slaughtered.

If we are ever to truly know what it is to be truly HUMAN, we must — each & every one of us — choose to GET UP out of our soft-yet-stinky chairs of personal paralysis and DO SOMETHING — *anything* — for the others with whom we are sharing this most amazing ride.

Amen ... Let it be so.



*LOVE simply is ...*  
(03/20/2011)

*“Love has no desire but to fulfill itself.  
To melt and be like a running brook  
that sings its melody to the night.  
To wake at dawn with a winged heart  
and give thanks for another day of loving.”*  
~ Kahlil Gibran

*“Let your love be like the misty rains;  
arriving gently ...  
yet still flooding the river.”*  
~ Malagasy Proverb



*on Love & pain ...*  
(03/21/2011)

*“I have rediscovered the paradox,  
that if you Love until it hurts,  
there can be no more hurt,  
only more Love.”*  
~ inspired by Mother Teresa

*“There are four questions of value in life...  
What is sacred?  
Of what is the spirit made?  
What is worth living for,  
and What is worth dying for?  
The answer to each is the same:  
Love.”*  
~ Don Juan Demarco

(We cannot hope to  
ever know the Answer  
to Life  
until we actively die to  
the only question  
worth answering.)



*On deep Kindness ...*  
(03/22/2011)

*“Wherever we see another being,  
we have found a new opportunity for Kindness.”*  
~ inspired by Seneca

*“Kindness is our power,  
especially when fondness is not.”*  
~ inspired by Samuel Johnson

*“Real generosity  
is doing something Kind for someone  
who will never find out about it.”*  
~ inspired by Frank A. Clark



**Begin Anywhere**

*Happiness is Service ...*  
(03/23/2011)

*“I don’t know what your destiny will be, and yet one thing I do know: the only ones among you who will be truly happy are those who will have sought and found how to serve.” ~ Albert Schweitzer*

*“Only a life lived for others is a life well lived.”  
~ inspired by Albert Einstein*

*“The best way to find yourself  
is to lose yourself in the service of others.”  
~ Mahatma Gandhi*



(Don’t just take their words for it ...  
... Go forth and *SEE*, for your Self!)



*on Enlightenment ...*  
(03/24/2011)

*“If we remove ourselves from the world,  
we are pretending that we can find our own enlightenment ...  
... while letting the rest of the world go to hell.” ~ Satish Kumar*

*Knowing others is wisdom,  
knowing yourself is Enlightenment.” ~ Lao Tsu*



(Being Kind to others is the only way to truly Know them ... and this way of “Knowing others” is the only way to truly Know yourSelf.)

*On Contentment ...*  
(03/25/2011)

*“Contentment is natural wealth,  
luxury is artificial poverty” ~ Socrates*

*“When you think of yesterday without regret  
& tomorrow without fear,  
you are very near to Contentment.”  
~ unknown*

*“Remember that there is no happiness  
in having or in getting, but only in giving.  
Reach out. Share. Smile. Hug.”  
~ Og Mandino*



*The Woman & the Stone ...*  
(03/26/2011)

There was once a wise woman traveling in the mountains who found a precious stone in a stream. The next day she met another traveler who was hungry, and she opened her bag to share her food. The hungry traveler saw the precious stone and asked if she might give it to him. She did so without hesitation.

The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But only a few days later he came back to return the stone to the woman who had given it to him.

“I’ve been thinking,” he said, “I know how valuable the stone is, but I’m giving it back in the hope that you can give me something even more precious. I want you to give me whatever it is you have within you that enabled you to so freely give me the stone in the first place.” ~ unknown



*On Courage ...*  
(03/27/2011)

*“If you wait to do everything until you’re sure it’s right,  
you’ll probably never do much of anything.”*  
~ Win Borden

*“Confront the dark parts of yourself,  
and banish them with illumination & forgiveness.”*  
~ August Wilson

*“Courage doesn’t always roar. Sometimes courage  
is the quiet voice at the end of the day  
saying, “I will try again.”*  
~ Mary Anne Radmacher



(Sometimes acts of Kindness seem to fail ...  
Try again ... Always try again.)

*on Salvation everlasting ...*  
(03/27/2011)

*“Always do good to others ... Be selfless.  
This is the Divine Life.  
This is the direct way to Salvation.”*  
~ Swami Sivananda

*“If you understand these things,  
blessed are you while you DO them.”*  
~ Jesus (John 13:17)

*“Human Salvation lies in the hands  
of the creatively maladjusted.”*  
~ Martin Luther King, Jr.



AMEN!

*on Acceptance ...*  
(03/28/2011)

*“The Master calls attention to the Good in others;  
He does not call attention to defects.  
The small man does the reverse.” ~ Confucius*

*“If we find fault with others,  
we ourselves are also in the wrong.”  
~ Hui Neng Sutra*

*“Each of us is responsible for one life only,  
and that life is our own.”  
~ Said Effendi*

*“For with what judgment ye judge,  
ye shall also be judged.”  
~ Jesus Christ (Matthew 7:2)*



*on Humility ...*  
(03/29/2011)

*“Therefore, whomever humbles himself like a child  
will be greatest in the Kingdom of Heaven.”  
~ Jesus Christ (Matthew 18:4)*

*“Consider others as yourself.” ~ Buddha*

*“What makes humility so desirable  
is the marvelous thing it does to us;  
it creates in us a capacity  
for the closest possible intimacy with God”  
~ Monica Baldwin*



(By the way -- Humility is a verb.)

*on Altruism ...*  
(03/30/2011)

*“Love is when the other person’s happiness  
is more important than your own.”  
~ H. Jackson Brown, Jr.*

*“Every man must decide  
whether he will walk in the light  
of creative altruism  
or in the darkness  
of destructive selfishness.”  
~ Martin Luther King, Jr.*

*“We cannot do any great things on this Earth;  
only small things with great Love.”  
~ Mother Teresa*



(Do your small deeds in big ways.)



*Love is letting go ...*  
(03/31/2011)

*“Love is like being in the river, flowing ...  
I am still me, yet I am allowing myself  
to be steered by the river,  
instead of fighting to ford it ...*

*We try so hard to cross  
to a destination that is out of reach,  
& we are rarely satisfied.*

*The force of the river as it gets deeper is so strong,  
and our footing so loose,  
and yet all we have to do is let go ...  
... and float.*

*Our Souls have natural buoyancy.”*  
~ Neal Yasami



*on Service ....*  
(04/01/2011)

*“Service which is rendered without joy helps neither the servant nor the served. And yet all other pleasures and all other possessions pale into nothingness before service which is rendered purely, in a spirit of humility and willingness.” ~ inspired by Mohandas Gandhi*

*“The general who advances without coveting fame and retreats without fearing disgrace, whose only thought is to do good service for his sovereign, is the jewel of the kingdom.” ~ Sun Tzu*



*The Great Returning ...*  
(04/07/2011)

*“I want to free what waits within me, so that what no one has yet dared wish for may for once spring clear ... If this is arrogant, God, forgive me, but this is what I need to say: May what I do flow from me like a river; no forcing and no holding back ... the way it is with children.*

*Then in these swelling and ebbing currents, these deepening tides moving out & returning, I will sing to you as no one ever has ... streaming through ever-widening channels, back into the open sea.”*

*~ Rainer Maria Rilke*



*Abundance of the Soul ...*  
(04/08/2011)

*“May the abundance of your Soul reveal itself to you,  
... and may you have the wisdom to gather its Fruit.”  
~ Carolyn Conger*



Gentle Caring is the abundance, and opportunities to serve despite difficulty are the Fruit. As such, may we all be blessed with an abundance of fear in times of hollow ease, and abundance of hardship in times of coddling comfort, and an abundance of enemies in times of meaningless “peace”; that we might over & again remember the richness in our Souls ...

... by choosing to Care anyway.

*A Wonder-Mail ...*  
(05/06/2011)

“Hello ..... Just saying that makes me give such thanks.

It has been quite the roller coaster ride here and we are really able to take a breath today and feel back to normal. There are so many around us who are still transitioning but everyone is truly helping each other in such a great way. We gave shelter to some friends for a couple of nights who were traveling and skipped around and through the tornadoes all the way from OK to Mississippi to AL to us. Their stories were amazing.

Many of our friends here still do not have power so we feel very lucky. And of course we all know someone who lost family or their homes. I have made my list “for next time” realizing at the same time that I do it, that it really will not make any difference if the tornado, earthquake, etc. decides to land on us ...

I think I may have told you about the debris picked up by the winds and dropped all over the farm. One thing I found was a rain-soaked corner of an 8x11 piece of notebook paper with writing on it that looked like it might have been written by a sixth grader. The words left on each line of the torn piece were:

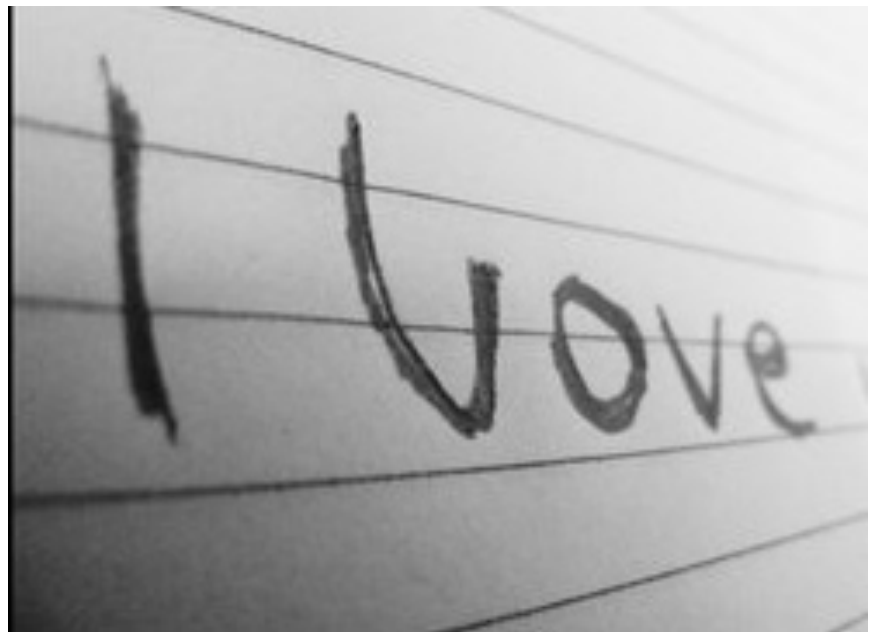
“This gift is—”,

“I believe....”,

“It comes.....”,

“I love....,”

“hope...”



Know that you are a gift in my life.”

~ email from Suzanna Alexander

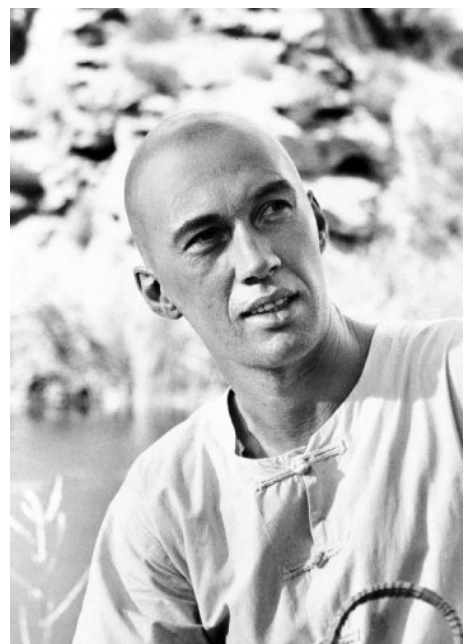
*Prizing Peace above victory ...*  
(06/03/2011)

“Men do not beat drums before they hunt for tigers ... The true power of the mind can be released only after [while] the body has been disciplined ... If one’s words are no better than silence, one should keep silent.”

“Never assume that just because a man has no eyes, he cannot still See ... Fear is the only darkness.”

“There are two kinds of strength ... The outer strength is obvious. It fades with age and succumbs to sickness. Then there is the chi, the inner strength ... Everyone possesses it as well, though it is much more difficult to develop. The inner strength persists through every heat and every cold; through old age — and beyond.”

“All creatures are one with Nature. If we have the Wisdom [i.e. the Humility] to learn from them, all can teach us their Virtues. Between the fragile beauty of the praying mantis and the power of the tiger, there is no discord ... Between the supple silence of the snake and the eagle’s talons, there is only harmony. Despite some appearances to the contrary, no two elements of Nature are ever in conflict ... Thus, when we choose to truly perceive the ways of Nature, we act accordingly ... And when we act accordingly, we remove conflict from ourselves and discover a harmony of body and mind in perfect accord with the overall Flow of the Universe.”



“Perceive the Way of Nature, and no force of Man can harm you ... Do not meet a wave head on — avoid it. You do not have to stop an opposing force ... It is much easier to redirect it. Learn more ways to preserve, rather than to destroy ... When presented with the desire to kill, choose to maim ... When presented with the desire to maim, choose to harm ... When presented with the desire to harm, choose to resist ... When presented with the desire to resist, choose to check ... When presented with the desire to check, choose to avoid ... And when presented with the desire to avoid, choose to be Kind ... For all Life is precious, nor can any be replaced.”

~ from the TV series “Kung Fu”  
(starring David Carradine, pictured)

*LOVE lives Now ...*  
(06/03/2011)

“The main thing is the kind *thoughts* we are to have. So instead of trying to still the mind, I *used* the mind to have kind thoughts ... As I did this I noticed that I was ONE with the kindness, so to speak. There was a feeling of being bigger than the body and just being *as* the kindness. This seemed much better to me than just making the mind still. I have been attempting to still the mind for years and at times it works, but most of the time it just feels more dead than alive. But last night, with the kind thoughts, there was an aliveness — and even at times the mind was quiet but happy, peaceful and *kind*.

And another thing ... My body was aching for some reason, and instead of focusing on the pain or wanting the pain to stop, I simply said a prayer to use my body to radiate Love. As I did this the pain lessened — at least my awareness of the pain lessened, to where it just did not matter.

And another thing ... This morning I was taking some home-made soup that I prepared to a sick little elderly lady that is shut in and a bit depressed. While doing so, my body felt more energetic and my mind more at peace and happy than it did when I was “wondering what should I do”.

I think the ego LOVES to ask the question, “What should I do?” because while we are asking that question, we are waiting for some HUGE supernatural answer — an answer that often never comes. And yet in just looking in that *moment*, we find the small things that in truth *are* the answer ... My problem had been this: I was looking for the path instead of the step. I know now that I am to look for and *take* the step instead of looking for the path. Because I think in truth we are *all* on the path already. We just need to take the steps — one step at a time, NOW & HERE.


I was the one that had looked for and found something to do that was kind for another...the moment that I found it, my ego said, “Well, I’ll do it later. I don’t feel like it right now.” But I caught this and I pushed through anyway... And guess what — I DID just fine. And I actually *received* energy after doing the kind thing.

I do have to be careful, though ... I have to avoid the mistake of doing it for the energy I *get*. When the ego tries to think about itself in this way, I just say, “This is not about me, this is not about MY body, this is about doing what I AM here to do, which is to serve.”

That’s it. I’m not here to judge, I’m not here to complain, I’m not here to “better my self” or to “better” another ...  
I’m here to Love and I’m here to Serve.

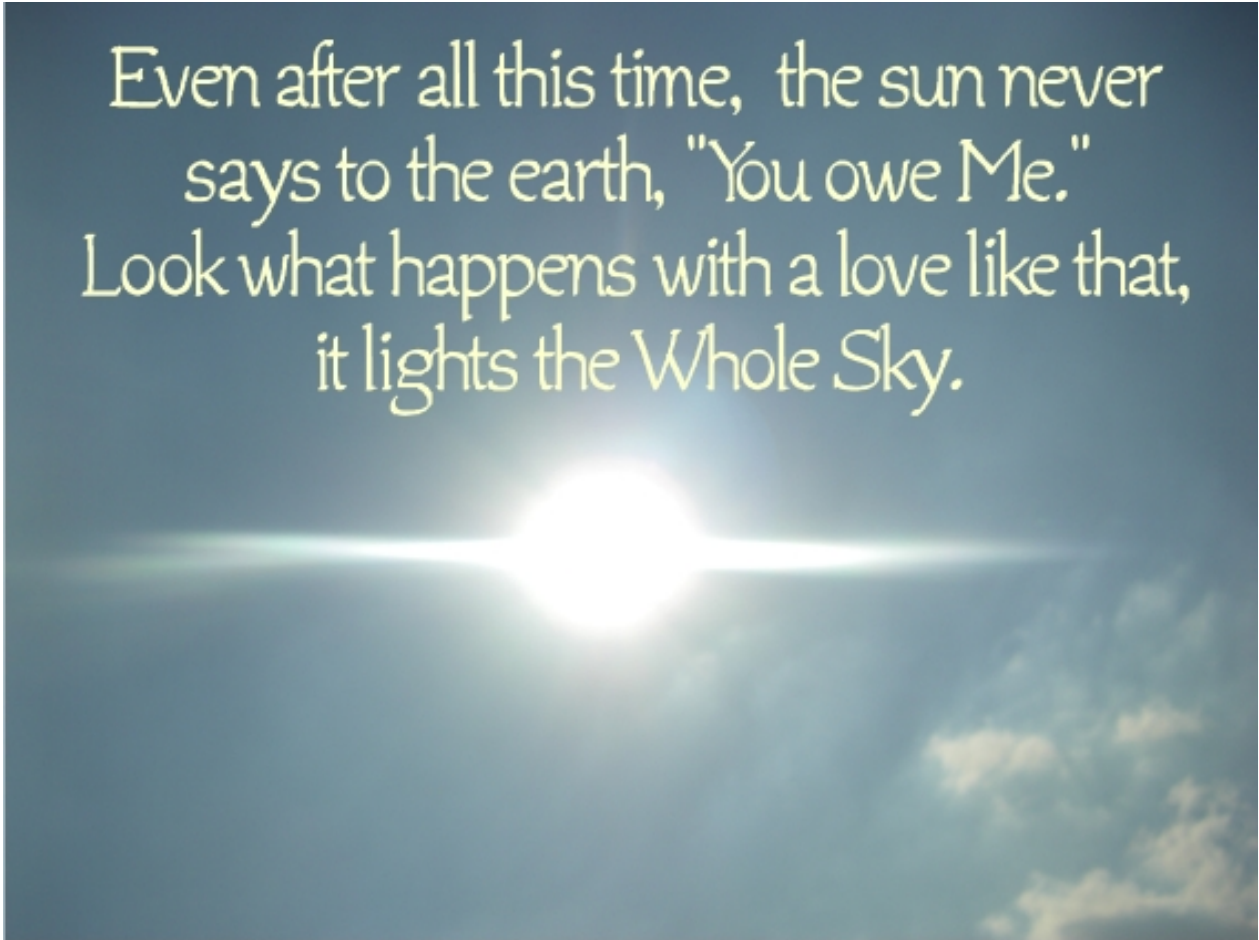
And I have no idea if I can do it in the “future”...  
... I just know that I am doing it NOW.”  
~ Angie “Dale”

**BREATHE  
IT ALL IN.  
LOVE IT  
ALL OUT**



*on deeper Kindness ...*  
(06/04/2011)

*“Kindness in words  
creates confidence.  
Kindness in thinking  
creates profoundness.  
Kindness in giving  
creates Love...  
Perfect kindness acts  
without thinking of kindness.”*  
~ Lao Tsu



Even after all this time, the sun never  
says to the earth, "You owe Me."  
Look what happens with a love like that,  
it lights the Whole Sky.

(image quote from Hafiz)



*Love everywhere ...*  
(06/05/2011)

*“There is no surprise more magical  
than the surprise of being truly Loved.  
It is God’s finger on man’s shoulder.”  
~ Charles Morgan*



(Actually, there is indeed one surprise more magical than being loved ...  
... It is found in Loving.)

*Privilege of Loving ...*  
(06/06/2011)

*“Love has no desire but to fulfill itself.  
To melt and be like a running brook  
that sings its melody to the night.  
To wake at dawn with a winged heart,  
and give thanks for another day of loving.”  
~ Kahlil Gibran*



There is always an opportunity  
to love a little more each day.  
Love can start off as a practice,  
which is eventually lived into - fully.  
Namaste ❤️

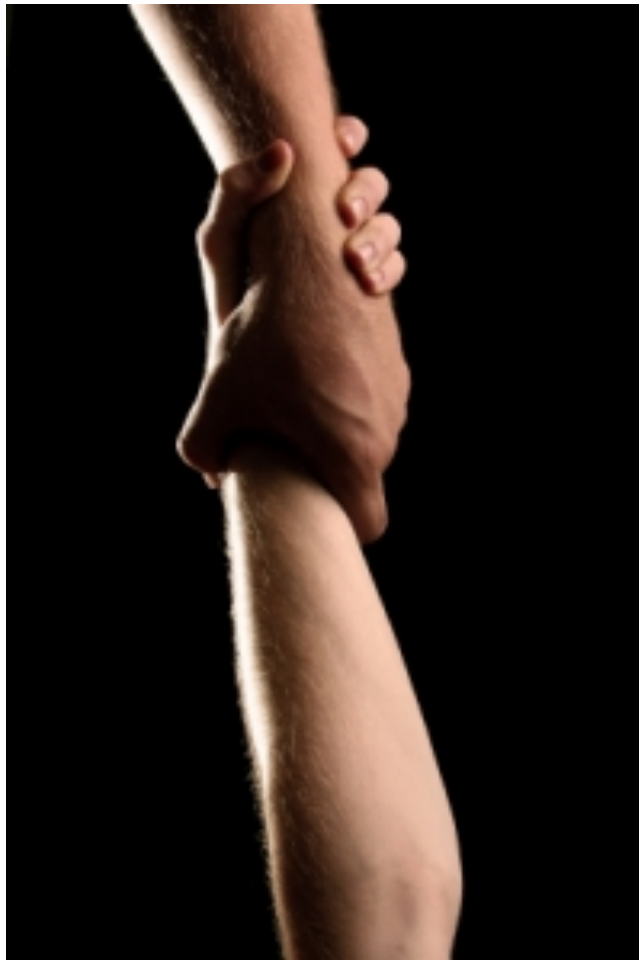
*Loving means Doing ...*  
(06/07/2011)

*“Life consists not in seeing visions or dreaming dreams,  
but in active charity and willing service”*  
~ Henry W. Longfellow

*“Pray with moving feet.” ~ Quaker saying*

*“Love is the only sane and satisfactory answer  
to the challenge of human existence.”*  
~ Eric Fromm

*“If I am not for others, what am I?  
And if not now, when?” ~ Rabbi Hillel*



*all the same Life ...*  
(06/08/2011)

*“To find someone who will Love you for no reason,  
and to shower that person with reasons,  
... that is the ultimate Happiness.”  
~ Robert Brault*

... and to make that “someone” a stranger — even an enemy,  
is to know the gentle kiss of the Divine.

How in-Sight-full it is to see the Truth of “we reap what we sow” so  
Beauty-fully & gently inverted to its true potency ...

How profound for us to be able to know firsthand that it is others who  
reap from our sowing as well ...

How perfect to realize that we are free to focus upon the lives and the  
well-being of others -- instead of merely our own.



After all ... the two are allWays ONE.

*Dream without fear  
Love without Limits*

*LOVE as misty rain ...*  
(06/10/2011)

*“Let your love be like the misty rains;  
falling ever so softly,  
yet still flooding the river.”  
~ Malagasy Proverb*



*Working from JOY ...*  
(06/10/2011)

*“Working from joy leads to joyous results ... The real truth is that no one can take our Good from us. Our Good comes from life magnetizing us and our work and it is drawn to us without fail ... Do what is right in front of you with bliss, not bowing to fears of the past or obsessions about the future. Immerse yourself in the joy of the moment.” ~ Dalton Roberts*



*Love anyway ...*  
(06/11/2011)

*“Infatuation is when you think he’s as sexy as Robert Redford, as smart as Albert Einstein, as noble as Jesus Christ, as funny as Woody Allen, and as athletic as Michael Jordan. Love is when you realize that he’s actually as sexy as Woody Allen, as smart as Michael Jordan, as funny as Jesus Christ, as athletic as Albert Einstein and nothing at all like Robert Redford – but you Love him anyway.” ~ inspired by Judith Viorst*



*LOVE is persistent ...*  
(06/12/2011)

*“The art of Love ... is largely the art of persistence.”*  
~ Albert Ellis



*“No one has ever become poor by giving.”*  
~ Anne Frank



*LOVE is action ...*  
(06/13/2011)

*“Love is, above all, the gift of oneself.”*  
~ Jean Anouilh

*“Only in Love are unity & duality not in conflict.”*  
~ Rabindranath Tagore

*“People who are sensible about Love  
are incapable of it.” ~ Douglas Yates*

It’s like that line from *O Brother Where Art Thou*: “It is a fool that looks for logic in the chambers of the human heart.” ... When we are given the opportunity to Love — to truly Love another, then it is a waste of energy to analyze that blessing. For that is what such rare chances are: priceless moments to use to reawaken who we truly Are ... In such times, great Courage is required; the Courage to set aside all our fears ... to set fears aside,  
... and LET LOVE OUT!



*LOVE is a giving thing ...*  
(06/14/2011)

*“Love never reasons,  
but rather profusely gives.  
It gives its all, and yet still trembles  
lest it has done too little.”  
~ inspired by Hannah Moore*



## *The Light of Oneness ...* (06/14/2011)

The more you talk and think about it, the further astray you wander from the truth. Stop talking and thinking, and there is nothing you will not be able to know. To return to the root is to find the meaning, but to pursue appearances is to miss the source. At the moment of inner enlightenment, there is a going beyond appearance and emptiness ... As such, do not search for “the truth”; simply cease to cherish opinions ... If there is even a trace of this and that, of right and wrong, the Mind will become lost in confusion.

Though all dualities do indeed come from the One, attached not even to this Singleness. When the mind exists undisturbed in the Way, nothing in the world can offend. And when a thing can no longer offend, it ceases to exist as it should be and rematerializes as it is ... If you do not discriminate between coarse and fine, you will not be tempted to prejudice and opinion. If the eye refuses to sleep, all dreaming and all delusion will naturally cease. If the mind ceases to discriminate, the ten thousand things become as they are; clearly engendered of a single essence.

For the mind that is unified and in harmony with the Way, all self-centered striving ceases. With but this single stroke we are freed from bondage; we hold onto nothing, and nothing clings to us in return ... To come directly into alignment with this reality, when doubt or conflict arise, just simply say – and know, “Not two.” This, and only this, is what it means to truly know Love. ~ inspired by A Course In Miracles



Please remember: merely thinking of Oneness – merely comprehending its nature with word or thought -- is by nature dualistic as well, and thus no doorway thereto ... Indeed, we can only enter the state of Oneness via the portal of selfless deeds of Kindness.

*LOVE must be re-made ...*  
(06/15/2011)

*“Love doesn’t sit there like a stone,  
it must be made, like bread;  
remade all of the time;  
repeatedly made new.”*  
~ inspired by Ursula K. Le Guin



Love is the substance & the source of it all.  
As such, only we can undo Love – and only we can remake it anew.

*LOVE indestructible ...*  
(06/17/2011)

*“Sooner go kindle fire with snow,  
as seek to quench the fire of Love with words.”  
~ William Shakespeare*



And sooner illuminate the heavens with shadows,  
than dismantle the light of Love with a Loved One's passing.

*Live fully ...*  
(06/20/2011)

*“All around you, you will see people tiptoeing through their lives; taking great pains to check and peek and be careful & prudent & responsible -- all just to arrive at death safe and sound. My dear children; please don't ever tiptoe. Do whatever you wish - run, hop, skip, bounce, walk, saunter or dance ... Just please don't ever tiptoe.” ~ unknown*



*The Mystery of LOVE ...*  
(06/24/2011)

*“It is impossible to “love” anyone or anything completely.  
Love is directed towards what lies hidden in its object.”  
~ Paul Valéry*



And where do we arrive once that glorious Path is trod? Right where we started our Journey — where we then See it all again from Love’s perfect perspective. We truly have nowhere else to look for God or Purpose or Truth or Love (“What did you go into the wilderness to find?”) — as these are all ONE, and they are all allReady & allWays underfoot; already & always fully present in our every Here&Now. The courage to enLive them with acts of courageous Caring is all that remains. And once this is done, our Journey finally becomes our Destination. Once this is accomplished ...

... we finally arrive HOME!

*We are They...*  
(06/25/2011)

*“I truly believe that when the poor finally meet the rich, riches will have no more meaning, and that when the rich finally meet the poor, we will see poverty come to an end ... True compassion is more than flinging a coin to a beggar. It comes to see that a system that produces beggars needs to be repaved ... The real revolution begins inside each one of us, and through our small acts of courageous Love, it will wash over the world.” ~ inspired by Shane Claiborne*

*“Call me by my true names ... I am the beggar ... I am the coin flinger ... I am the one who hides my eyes from seeing those in need ... My heart not yet capable of Seeing and Loving ... I am, because we are. There is no space between Human Beings ... To paraphrase Thich Nhat Hanh’s “Please Call Me by My True Names”: Because I have so many names, when I hear any one of them uttered, I have to answer with ‘Yes.’” ~ Bert Schouten*





*Our Transformation is Now ...*  
(06/26/2011)

*“It’s just like the Present Moment  
to be showing up like this.”*  
~ inspired by Bon Iver

*“Another world is not only possible,  
she is already on her way.  
On a quiet day,  
I can hear her breathing.”*  
~ inspired by Arundhati Roy



Indeed, this “other world” comes back into being during every one of our acts of courageous Caring. Maybe this “Heaven” re-manifests only for an instant, and yet it IS always there ... and it IS always open to being re-created.

*LOVE is the only Law ...*  
(06/27/2011)

*“Layers of insulation keep the rich and the poor from truly encountering one another. There are the obvious layers like picket fences & SUVs, and there are the more subtle ones like charity ... It is a beautiful thing when folks in poverty are no longer just a mission project, but become genuine friends and family with whom we laugh, cry, dream and struggle.” ~ Shane Claiborne*

*“There is nothing wrong with a law that says you have to stop for a red light. But when a man is bleeding to death, the ambulance goes through that red light at top speed ... Disinherited people all over the world are bleeding to death from deep social wounds. And they need brigades of ambulance drivers to ignore the red lights of the present system until their emergency is solved.” ~ MLK, Jr.*



*LOVE is the Victory ...*  
(06/28/2011)

*“In the first stage, man & sword become one and each other. Here even a blade of grass can be used as a lethal weapon. In the next stage, the sword resides not in the hand but in the heart. Even without a weapon, the warrior can slay his enemy from a hundred paces. But the ultimate ideal is when the sword disappears altogether. The warrior embraces all around him ... Only peace remains.”*

*~ Zhang Yimou (from the movie “Hero”)*

*“Everything in this world tries to pull us away from Love; pushes us to choose ourselves over others; to choose independence over interdependence; to choose great things over small things; to choose going fast alone over going far together.” ~ Shane Claiborne*



Choose to go far instead of with power ...  
Choose others instead of self.

*The Choice of hate or LOVE ...*  
(06/29/2011)

*“The question is not whether we will be extremists,  
but what kind of extremists we will be ...  
Will we be extremists for hate or for Love?”  
~ Martin Luther King, Jr.*

*“Evil can be opposed without being mirrored ...  
Oppressors can be resisted without being emulated ...  
Enemies can be neutralized without being destroyed.”  
~ Walter Wink*

And HOW are we to do so?  
By having both the humility & the courage  
to Care deeply & actively for those in our lives  
who are “least deserving” of the same.

*“In true Love the smallest distance is too great,  
and yet the greatest distance can still be bridged.”  
~ Hans Nouwens*



*Finding real LOVE ...*  
(06/30/2011)

*“We waste time looking for the perfect lover,  
instead of creating the perfect Love.”*  
~ Tom Robbins

*“Some say that true Love is a mirage.  
Seek it anyway, for all else is surely desert.”*  
~ Robert Brault

*“You don’t have to go looking for Love  
when Love is where you come from.”*  
~ Werner Erhard



*Time to Leap ...*  
(07/01/2011)

*“From where you are, you believe you must leap, and so leap you will – in quantum or of faith — over the edge. It is all the same; a brilliantly massive leap from the insanity of the world to the sanity of your True Self.” ~ inspired by John Joseph*



*LOVE, the only Answer ...*  
(07/02/2011)

*“When we truly discover Love, capitalism will no longer be possible ... and Marxism will not be necessary.” ~ Will O’Brien*

*“We can no great things, only small things with great Love. It is not how much you do, but how much Love you put into doing it that counts. So love until it hurts, and then love even more.*

*Love is indeed a harsh and dreadful thing to ask of us, ... and yet it IS our only Answer.”*

*~ inspired by Mother Teresa*



*Love*  
—  
IS  
—  
*Giving*

*LOVE is Clarity ...*  
(07/03/2011)

*“True Love is a discipline in which  
each sees the inner, secret Self of the other  
while refusing to believe in the mere daily self.”  
~ inspired by William Butler Yeats*

*“Love is when you can be your True Self with someone,  
& you only want to be your True Self because of them.”  
~ inspired by Terri Guillemets*

*“It is not that Love is blind.  
It is that Love sees with a painter’s eye;  
finding the essence within  
that renders all else background.”  
~ inspired by Robert Brault*



***Help-full Hint:*** these wisdoms above are even more poignant -- and indeed are far more powerful -- in relation to one's strangers & one's enemies than they are in relation to one's friends or one's lovers.

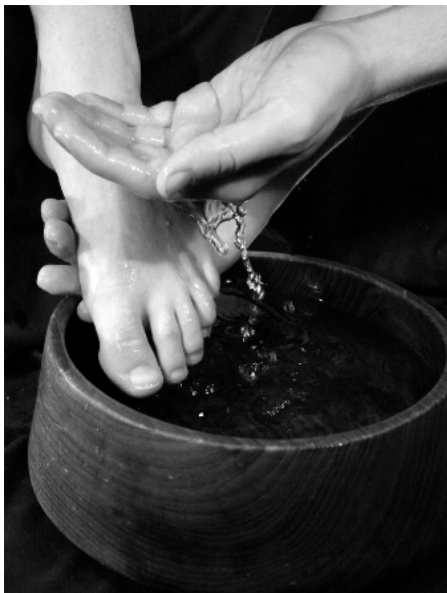


*LOVE is Happiness ...*  
(07/03/2011)

*“Love one another and you will be happy.  
It is as simple – and as difficult – as that.”*  
~ Michael Leunig

*“You can give without loving,  
but you can never Love without giving.”*  
~ unknown

*“Love is, above all, the gift of oneself.”*  
~ Jean Anouilh



*LOVE is Acceptance ...*  
(07/04/2011)

*“The beginning of Love is to let those we Love be their authentic selves; not to twist them to fit our own image thereof.”*  
~ inspired by Thomas Merton

*“I have become uncertain of the wisdom of making plans, as God seems to be in the business of messing them up ... As such, rather than waiting for God’s special plan to come into your life, maybe it would be wise to go find where God is already at work -- and simply join in.”* ~ inspired by Shane Claiborne

It is best to avoid asking God why he allows poverty and homelessness and disease and animal cruelty and war to persist ...  
After all, he might just turn to you ask you the same question.



**WE MUST BE THE CHANGE**

... we wish to see in the world. ~Ghandi

*LOVE is Courage ...*  
(07/05/2011)

*“Whether the whole world is watching or no one at all,  
whether the message gets you an award or gets you killed,  
just keep on living your Love.”*  
~ inspired by Shane Claiborne

*“Love without courage & wisdom is sentimentality,  
... as with the ordinary church member.  
Courage without love and wisdom is foolhardiness,  
... as with the ordinary soldier.  
Wisdom without love & courage is cowardice,  
... as with the ordinary intellectual.  
And yet the one who has Love, Courage & Wisdom –  
He is the one who gently shakes the world.”*  
~ inspired by Ammon Hennacy



*For love is strength*

*The Good Life ...*  
(07/06/2011)

*“The secret of a good sermon is to have a good beginning and a good ending ... and to have the two as close together as possible.” ~ George Burns*



And the secret to a Good Life is actually this: yes, to have a good beginning & a good ending, and yet far more importantly to also have those bookends be separated as often as possible by the vast Eternity that washes over us in every instant we choose to willingly self-sacrifice for another.

*LOVE just Does ...*  
(07/07/2011)

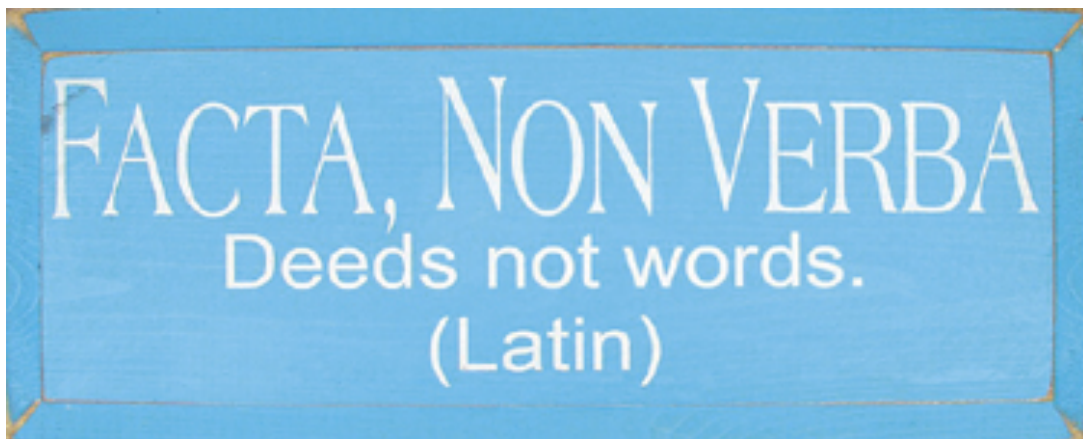
*“I am in love with Love  
and Love is in love with me ...  
I opened my arms to Love  
and Love embraces me like a lover.”*  
~ Rumi

*“The past is behind us,  
Love is in front and all around us.”*  
~ Terri Guillemets

*“A man is not where he lives,  
but rather where he Loves.”*  
~ Latin Proverb

I wonder: What would life be like if we stopped thinking about Love and just got out there and started Loving? ... Or, as a Friend of mine so insightfully put it:

What if there were no more hypothetical questions?

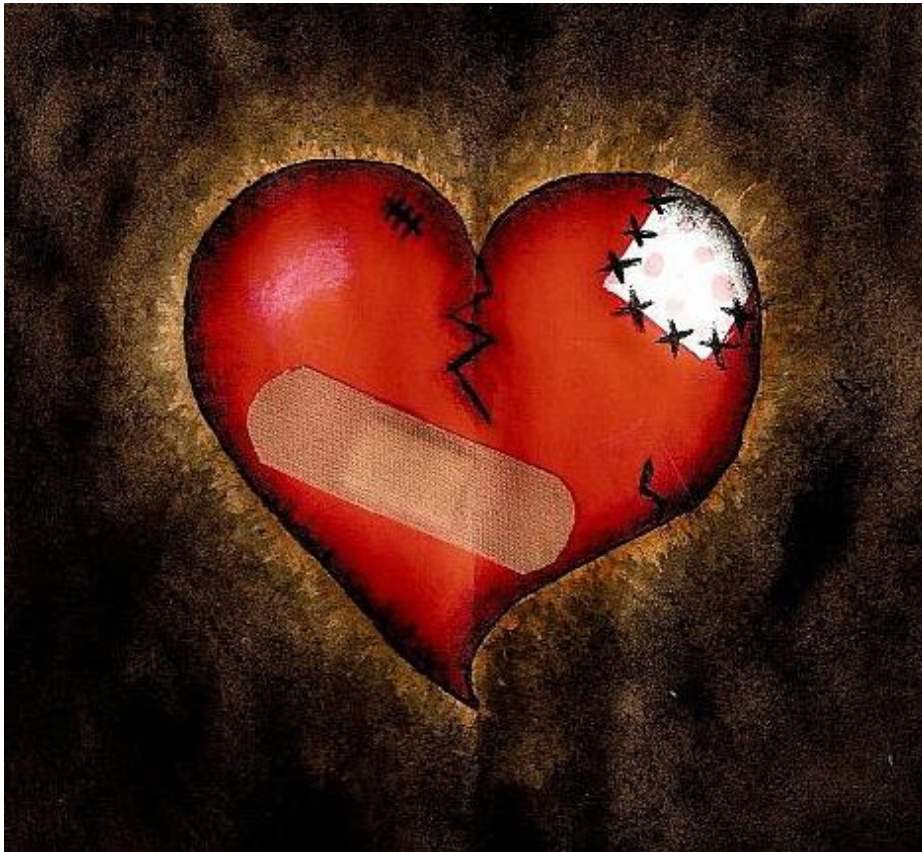


*Conservatives & liberals & LOVE ...*  
(07/08/2011)

*“Many of us find ourselves estranged from the narrow issues that define conservatives, as well as from the shallow spirituality that marks liberals.” ~ inspired by Shane Claiborne*

Personally, let it be now known that I am indeed liberal -- regarding things that must change (e.g. apathy towards strangers & cruelty towards animals), just as I am also conservative -- regarding things that should remain the same (e.g. cherishing our friendships and in-JOY-ing our lives).

Kahlil Gibran is partially correct when he says: *“You cannot truly know Love unless you let it shatter you”*. And yet, Life also reminds us all that it is actually we – with our own hopes & expectations – that do our shattering; that it is our choice to Love anyway that makes us Whole again.



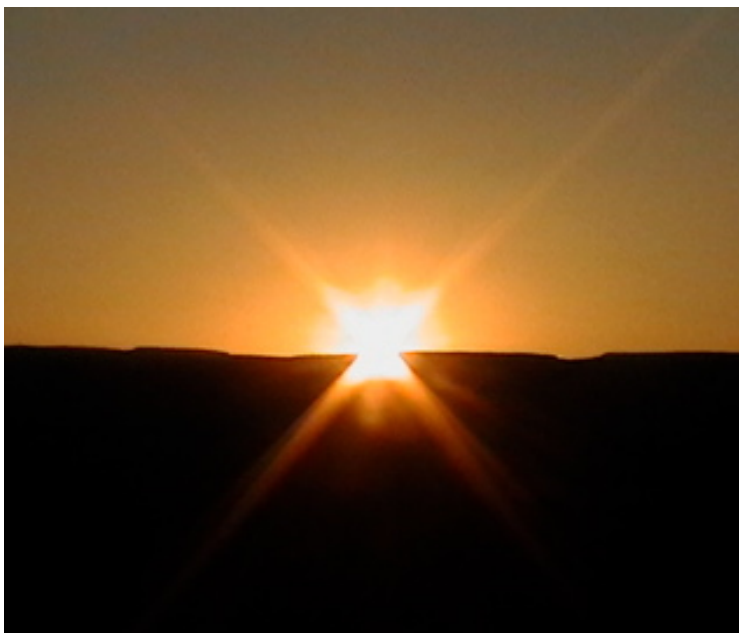
*LOVE wins ...*  
(07/09/2011)

*“Throughout the course of human history  
the ways of Truth & Love have always won.  
There have indeed been many tyrants & murderers;  
many of whom have seemed almost invincible.  
And yet in the end they have always fallen ...  
Think about it -- always.”  
~ inspired by M. Gandhi*

*“The arc of the moral Universe is long,  
and yet it ever bends towards justice.”  
~ Martin Luther King, Jr.*

The base frequency of the Universe is Oneness, reflected in the thing we call Love. As such, fear and the evil it spawns ultimately stand no chance ... For even in those times when it appears that “evil” is winning, Love is already eroding its foundations ... Even when it appears to be potent & steadfast, fear is always crumbling away ... So let it give us all renewed hope to remember that Love will inevitably “win out” over fear and all her children – anger & violence & hatred & cruelty & bigotry & indifference.

Of course, though we are not required to help the Universe cleanse itself of these cancers, we have all been blessed with the ability to actively assist in that evolution — by “winning out” over our own biased indifferences, and Caring for those who are “least deserving” of the same.



Negativity does nothing more than allow our fears to grow stronger. Love, on the other hand, is the razor-sharp knife that instantly frees us from the bondage of all angst & worry.

So ... *choose Love!*

*Life's storms ...*  
(07/10/2011)

*“The critical problems in life can never be solved, only accepted. A wider perspective arises & problems lose their urgency. What was before a crisis of self becomes a chance to Care for others. What had before led to strong emotions, now is like a valley storm seen from the mountain. The storm is still real, and yet instead of being battered by it, one now revels in its Beauty and cleansing potency.” ~ inspired by Carl Jung*

*“To our most bitter opponents we say: Throw us in jail and we will still Love you. Bomb our houses & threaten our children and we will still Love you. Beat us and leave us half-dead and we will still Love you. But be ye assured that one day we shall so appeal to your heart & your conscience that we shall win you in the process, and our victory will be a double victory.” ~ Martin Luther King, Jr.*





*Your greatest Fortune ...*  
(07/11/2011)

*“You seek a great fortune, & you will find a great fortune – though it will not be the fortune that you seek ... But first you must travel a long & difficult road; a road fraught with peril.*

*I cannot tell you how long this road shall be, but fear not the obstacles in your path. Though the road may wind, and though your hearts may grow weary, still ye shall follow that road ... even unto your Salvation.” ~ Ethan Cohen*



(from the film “O Brother Where Art Thou?”)

God: “I have ... no name.”

Ulysses McGill: “Well, that right there may be the reason you’ve had difficulty finding gainful employment.”

(Salvation, my Friends, is a verb.)

*Important of Itself ...*  
(07/12/2011)

*“You don't need anyone else's permission to be happy.  
Your life is magnificent not because someone else says it is,  
but rather because you choose to live it as such.”*  
~ inspired by Ralph Marston

*“One day your life will flash before your eyes.  
When it does, make sure it is a life worth watching.”*  
~ anonymous

*“Every time you smile at someone, it is an action of Love;  
a gift to that person; a beautiful thing.” ~ Mother Teresa*



*LOVE for ALL ...*  
(07/13/2011)

*“Through my Love for you, I want to express my Love for the whole cosmos, the whole of humanity, and for all beings. By living with you, I want to learn to Love everyone and all species. If I succeed in Loving you, I will be able to Love all beings on Earth... This is the real message of Love.”*  
~ Thich Nhat Hanh

*“When hit on the cheek, turn & look the person in the eye. Do not cower & do not punch them back. Make sure they look into your eyes & see your sacred humanity ... Once they see themselves so reflected therein, it will become impossible for them to hurt you further.”*  
~ inspired by Walter Wink

- Kahlil Gibran -

**AN EYE  
FOR AN  
EYE AND  
THE WHOLE  
WORLD WOULD  
BE BLIND**

In fact, the more open you become with your Love, the more often and the deeper you will get “hit” ...

... and therefore the more Power-full your Love will continue to become when you then keep giving to them anyway.



*Fear is the mind-killer ...*  
(07/14/2011)

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

What I really like about this quote (and the book *Dune* in general) is that, when we actually DO what it intimates, we literally become LOVE. Indeed, it is never necessary for Love to vanquish or even replace fear. There is actually never a conflict between the two ... Love simply IS, and when we have the courage to allow our fears to fall away, Love is all that remains; shining forth from us effortlessly.

In essence, then, we are all “anointed ones” – all of us the “Kwisatz Haderach” ... And to know this to be true, all we have to do is have the guts to go forth into life’s difficult moments and act accordingly.



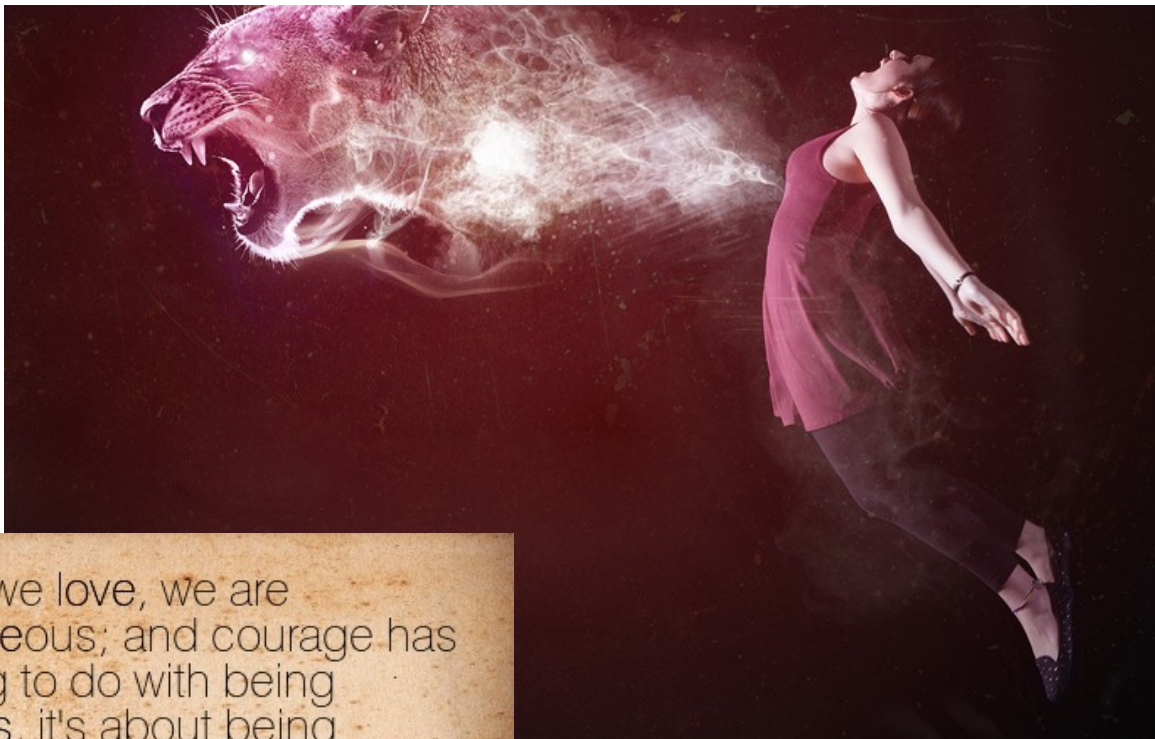
*“Criminologists know that the quickest way to diffuse violence is with surprise. Those who commit violence depend on the predictability of their victims ... [So] look into the eyes of the ones who are hardest for you to like, and see the One you Love ... We can overwhelm the darkness of this world by shining something brighter and more beautiful.” ~ Shane Claiborne*

*LOVE is reckless ...*  
(07/15/2011)

*“You never lose by Loving.  
You always lose by holding back.”*  
~ Barbara de Angelis

*“Take away Love and our Earth is a tomb.”*  
~ Robert Browning

*“Regarding Love, our task today  
is courageous recklessness.”*  
~ inspired by Kaj Munk



When we love, we are courageous; and courage has nothing to do with being fearless, it's about being willing to experience fear, even dread, to do what we must, without guarantee of outcome.

Vanna Bonta



*LOVE is Service ...*  
(07/16/2011)

*“Never play hide-and-go-seek with your Destiny ...  
You’ll always lose.” ~ Peace Artist*

*“While God waits for His temple to be built of Love,  
men bring stones instead.” ~ Rabindranath Tagore*

*“All the places where you’re shattered  
can now reflect light and color where there was none.  
Now is the time to become something new.  
Now is the time to choose a new whole.” ~ Julie Peters*

*“Fall in love with a group of people who is suffering,  
and you won’t have to worry about which cause you need to serve.  
At that point, the issues will choose you.” ~ Shane Claiborne*

I have fallen in Love with all things Living;  
I have fallen in Love with Life;  
I have fallen in Love with the most important thing  
... I have fallen in Love with Loving.



*Love means Community ...*  
(07/17/2011)

*“The person who loves  
their own dream of community  
destroys Community,  
while the person who Loves those around them  
creates Community.”  
~ D. Bonhoeffer*

*“Our means  
must directly express  
the ends we desire.” ~ M. Gandhi*

*“Nations will not lead us to peace;  
it is people who will lead the nations to peace –  
once they begin to humanize their own nations.”  
~ Shane Claiborne*

*“We don’t beat the Reaper by living longer. We beat the Reaper by  
living well ... If you lead your life the right way, [your] dreams will come to  
you ... And as you get older, you may find that enabling the dreams of others  
is even more fun [than realizing your own].” ~ Randy Pausch*



*Life is Living ...*  
(07/18/2011)

*“God pours life into death and death into life,  
without a drop being spilled.” ~ unknown*

*“Life loves to be taken by the lapel and told:  
I am with you, kid ... Let’s go!” ~ Maya Angelou*

*“The powerful play goes on,  
and you will contribute a verse.”  
~ Walt Whitman*





*Resistance is a Soulmate ...*  
(07/18/2011)

*“The brick walls of life are not there to slow us down ... They are there to let us show the Universe how much we truly desire to succeed.” ~ inspired by Randy Pausch*

*“The awakening man ... has taken his clarifying sword inward; cutting away everything that is not compassionate ... He is not afraid to surrender — to Reality, to Love, to Truth.” ~ Jeff Brown*

Indeed, it is only courageous Love that tears down every wall ... I guess we actually truly Awaken when we come to understand that it isn't necessary to break down any walls at all; when courageous Love allows us to realize that there were no walls there in the first place.



*Go with the Flow ...*  
(07/19/2011)

*“Competition is limiting.  
Furthermore, competition is not the way  
the Universe operates.  
There is a flow in the Universe.  
Our task is neither to find it nor to ford it.  
Our task is to join it.”  
~ inspired by George Leonard*



*LOVE does not cling ...*  
(07/20/2011)

*“A kung fu man’s mind ... can remain present because even when related to this or that object, it does not cling to it. The flow of thought is like water filling a pond; always ready to flow off again. It can work its inexhaustible power because it is free ... It is open to everything because it is empty” ~ Bruce Lee*



*Happiness is Acceptance ...*  
(07/21/2011)

*“When you recognize the absolute integrity of the Universe, and that death is as certain as birth, then you can relax and accept that it simply is the way it is.” ~ Alan Watts*

*“I say to any child: I will explain to you as much of life as I can, but you must remember that there is a part of life for which **you** are the explanation.” ~ Robert Brault*



**“Imagination disposes of everything.  
It creates beauty, justice and happiness,  
which are everything in this world.”  
~Blaise Pascal**

Clarify everything by explaining nothing ...  
Re-create everything by Seeing it as it is.



*Joy requires a Leap ...*  
(07/23/2011)

*“Truly living is a form of not being sure, not knowing what next or how. The moment we think we know, we do not. And in all the moments we are waiting for that surety, we begin to die ... So we guess – and we go. We may be wrong, but we still take leap after leap into the dark.” ~ inspired by Agnes de Mille*

*“You will do foolish things.  
Do them with enthusiasm.” ~ Colette*

We cannot truly Walk in the Light unless we first leap into the black void of that which we fear ... again & again & again & ever again we do so; each time coming that much closer to holding hands with God.

It is only in having the courage to fly through the darkness — having Faith that our Love will guide us through — that we can rest in the embrace of the Divine that surrounds & enfolds us.

After all, what good is “faith” when it is certain?  
What good is a Love given only in times comfortable?

Indeed, the wings of “the Holy Spirit” are only unfurled in the times when we are lost and crying ... when we feel completely torn asunder and hopelessly lost ...

... and yet  
choose to leap forth  
to Care anyway.



*Great LOVE, great Courage ...*  
(07/24/2011)

*“The bold aim to Serve, whether applauded by others or not, makes the greatest Life. The courageous willingness to Care for, whether received by the other or not, forms the greatest Love.”*  
~ inspired by Robert Browning

*“Love your life, and the energy of that life will infuse your relationships and set them all aglow.”* ~ inspired by Corita Kent



It DOES require great Courage to be willing to engage that humble Compassion – and for some of us even greater Courage to actualize the same (especially for our “enemies”) ...

AND once such Compassion is extended, fear no longer exists.  
... There is only Peace.

*We Are as Love Does ...*  
(07/25/2011)

*“We can’t take any credit for our talents.  
It’s how we use them that counts.”  
~ Madelaine L’Engle*

*“It is only by risking from one hour to another  
that we live at all.” ~ William James*

*“Ultimately, the question remains: This is my life, am I who I  
want to be? So, I commit ... I commit to change. I commit to living  
an examined life. I commit to the idea that all my actions should be  
ones seeking the greatest good, peace, and happiness for all. I  
commit to Love.” ~ inspired by Peace Artist*

Love always moves mountains, and — no matter how far we  
might have strayed from its path — can always be chosen anew.





*As best we Can ...*  
(07/26/2011)

*“Our business is not to remake ourselves,  
but rather to display the best  
of what God has already made.”  
~ inspired by Robert Browning*



(We are all born “Good”, and – no matter what we or do not do – “Good” we all remain ... And yet, even though it is truly always present, our innate perfection can only be witnessed by self or others when it becomes viable – which only occurs during every one of our open acts of Love, Self-Sacrifice & Kindness.)

## Love is letting Go ... (07/27/2011)

*“Let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but make not a bond of Love ... Let it rather be a moving sea between the shores of your Souls.” ~ Kahlil Gibran*

Gibran is truly fantabulous ... And yet, this quote alone is also quite misleading, as it might tempt some to think Gibran is saying that we are to avoid courageous intimacy and simply “live our own lives” with emotional “love” in our hearts. Of course, this is NOT what Gibran’s “The Prophet” is about! ... It’s the same mistake many make when they speak about “detachment”, thinking that it means to stop caring altogether. Think about it -- It is impossible to let Love be “a moving sea between the shores of your Souls” if that sea is at rest ... Yes, we are to let go of our loved ones in order to let them blossom in their own unique ways – AND YET there must be active LOVE between those loved ones to allow that letting go to occur.



*“Life is a long experience of suffering, disappointment & chaos. But the moment you stop squirming against the catastrophe of being alive, music flies forth from the mess.” ~ Uncle Cullen (from the movie “Uncorked”)*

*Love is the Bigger Picture ...*  
(07/28/2011)

*“Every wise one who has ever lived  
has known that the only sure way  
of getting what you want  
is to stop striving for it.”  
~ inspired by Uncle Cullen  
(from the movie “Uncorked”)*

Of course, Uncle Cullen also left out the juiciest part:  
... that everything worth having **we already possess.**

*“It’s so easy to lose perspective on your life.  
It’s also not as hard as you think  
to get your perspective back.”  
~ Ross (from the movie “Uncorked”)*



*On choosing JOY ...*  
(07/29/2011)

*“Did you know that understanding  
is almost the exact opposite of existing?  
You’ve got to learn  
what you were put on this Earth to do.”  
~ Uncle Cullen (from the movie “Uncorked”)*

*“I thought you were going to try and control yourself.” ~ Ross  
“I decided against it ... You can’t control the way things happen in  
this world. We can only control the way we respond to them” ~  
Uncle Cullen (from the movie “Uncorked”)*

Hint: choose Joy.



*Self-responsibility ...*  
(07/30/2011)

*“Has it ever occurred to you that the reason everything you touch goes wrong is because you insist on touching the wrong things? ... You’ve got to stop beating your head against a wall. All you’re doing is giving yourself a headache.”*

*~ Uncle Cullen (from “Uncorked”)*

*“There is no need for self-improvement. All these trips we lay on ourselves ... never touch our basic wealth. They are like clouds that only temporarily block the sun, while all the time our warmth and brilliance are right there.” ~ Pema Chodron*



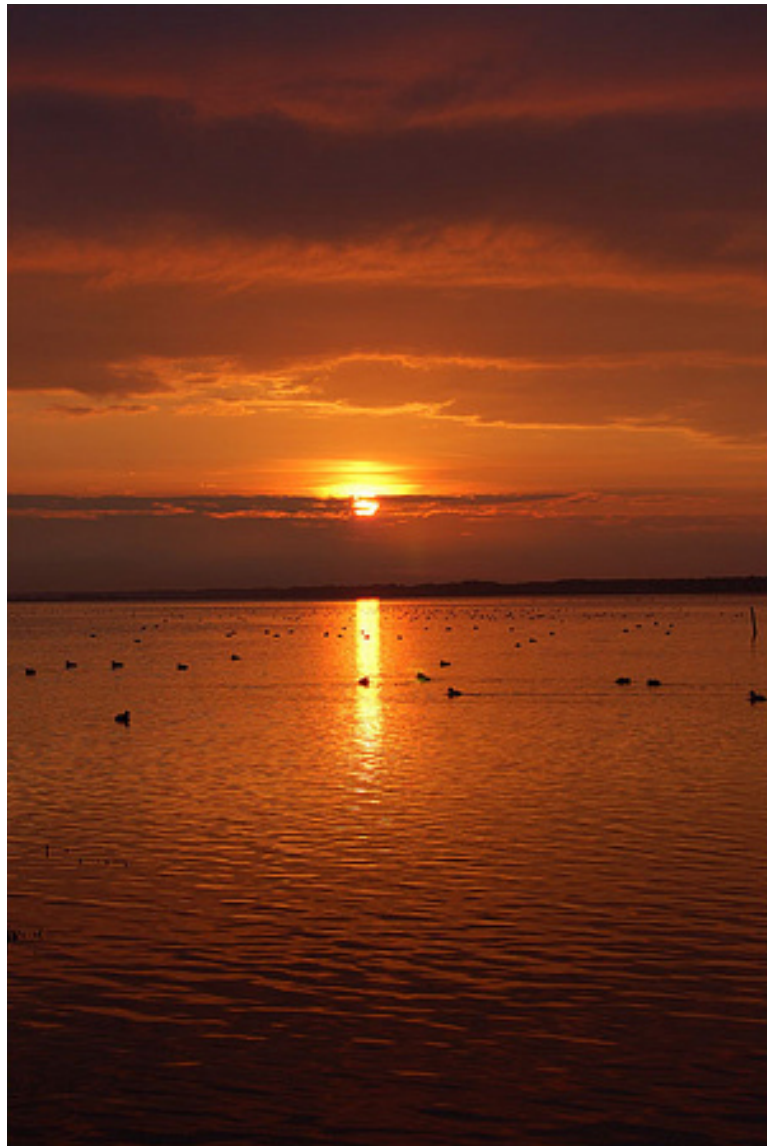
*GOODness simply IS ...*  
(07/31/2011)

*“We generally interpret the world so heavily in terms of good & bad, happy & sad, nice & not nice, that the world doesn’t get a chance to speak for itself.” ~ Pema Chodron*

To accept the dark side of others, we must Care for them during their darkest times. To accept the dark side of ourselves, we must choose to act as a Being of Love during our times of shadow.

We are all so much more than the self-help books and our own egos would have us believe! ... It’s funny how amazingly CLEAR life speaks when we just shut up and LISTEN to what it’s telling us.

**Hint:** to “shut up” and be able to HEAR, you must first identify all your hopes — to then dismiss them; then identify all your dreams — to then release them; and then identify all your desires — to then crumple them up and throw them away. And after you do that what you will be left is everything that actually exists in your Here&Now; everything that actually *IS* in your life. And of those things, whatever is causing you Joy is to be shared with others ... and whatever is causing you pain is showing you where to Care (i.e. for the source of the same).



*LOVE as they Are ...*  
(08/01/2011)

*“If we really want to communicate,  
we have to give up knowing what to do.  
When we come in with our own agendas,  
they keep us from seeing  
the person right in front of us.”  
~ Pema Chodron*



(If you aren't seeing the positive in the other,  
then you aren't truly Seeing them at all.)

*Kind to Self ...*  
(08/02/2011)

*“The more gentleness comes up,  
the more friendliness you feel for yourself,  
the more your inner dialogue is fruitful.  
But to the degree that you are actually hard on yourself,  
then the same dialogue  
only increases [your suffering].”  
~ Pema Chodron*



(The only way to be Kind to your True Self  
is to be Kind to others – especially those  
who are not being Kind to you.)



*All-Out or not at all ...*  
(08/03/2011)

*“Talk that does not end in any kind of action  
is better suppressed altogether.”*  
~ Thomas Carlyle

*“Hasten slowly  
and you will soon  
reach your destination.”*  
~ Milarpa

*“Only those who risk going too far  
can possibly find out how far one can go.”*  
~ T. S. Eliot



(At least as far as LOVE  
is concerned, it is always  
impossible to go “too far”.)



*Providence is a choice ...*  
(08/03/2011)

*“Your life is like a river. Now if you’re aiming for a goal that isn’t your Destiny you’re always going to be swimming against the current. If young Gandhi wants to be a stock car driver – It’s not going to happen. If little Anne Frank wants to be a high school teacher – tough [luck] Annie. It’s not your Destiny. But you **will** go on to move the hearts and minds of millions ... Find out what your Destiny is & the river will carry you.”*

*~ Lynn Cassidy (from the film “Men Who Stare @ Goats”)*

There are lots of “currents” in each of our rivers of Destiny — and each one of them has selfless service as a common denominator. So, as long as we choose any one of the Caring options that lay before us, we enter the flow of our overall “Destiny”, which then assists those endeavors and brings us to deep experiences of Joy & Peace.



*Oneness is our Reality ...*  
(08/04/2011)

*“We are not as solid as we think. In truth, there is enormous space in which to live our everyday lives ... The sense of a separate, isolated self and a separate, isolated other is a painful misunderstanding.*

*True compassion does not come from wanting to help out those less fortunate than ourselves, but rather from realizing our kinship with all beings.” ~ Pema Chodron*

P.S. Remember, we realize our kinship with others only in those moments when we act accordingly.

*“One of the most powerful teachings of the Buddhist tradition is that as long as you are wishing for things to change, they never will. As long as you are wanting yourself to get better, you won't. As long as you have an orientation towards the future, you can never just relax into what you already have or already are.” ~ Pema Chodron*



*Accept yourself ...*  
(08/05/2011)

*“Sometimes when you feel miserable, you challenge people to see if they will still like you when you show them how ugly you can get ... Sitting here being gentle with ourselves, we’re rediscovering something ... The way to reunite with [your enlightened mind] is to lighten up.” ~ Pema Chodron*

Of course, to lighten up, we must start by ceasing to struggle for perfection. Instead, simply choose to replace life’s annoyances with gentle amusement ... A deep breath & a smile is always the best way to commence any Journey.



*God is already Here ...*  
(08/06/2011)

*“The Kingdom of Heaven is at hand. The Tao is infinite, eternal & always present. The Buddha is in the palm of your hand ... In truth, there is no distance between you & God. The distance, indeed all separation, is just a dream.” ~ John Joseph*

Having Love in your heart opens Heaven’s Gate,  
... & every Joy-full act of Caring sails you straight on through.

*“To fall, to merge, to die; such passionate language makes us uncomfortable ... We seek comfort in forgetfulness. We shrink from the inevitability of death ... We cannot Love. And yet, vivid moments emerge from the forgetfulness when we least expect them ... Can you remember?”  
~ George Leonard*

It is Love that re-minds us that we are alive, and to remember that Life, we must have the courage to actively engage another ...

We must have the humility to remember that Love is everywhere ...  
And we must have the courage to re-member that Love.



*Love is fearless tenderness ...*  
(08/07/2011)

*“Real fearlessness is the product of tenderness.  
It comes from letting the world tickle your heart,  
your raw and beautiful heart.  
You are willing to open up,  
without resistance or shyness,  
and face the world.  
You are willing to share your heart with others.”*  
~ Chogyam Trungpa

*“God asks no man  
whether he will accept life.  
That is not the choice ... You must take it.  
The only question is how.”*  
~ Henry Ward Beecher

*“You live and learn ...  
... Well, at any rate, you live.”*  
~ Douglas Adams

To learn to live, we must learn to Love ...  
To learn to Love, we must choose – especially in those times  
when we wish instead to retreat within – to Care.



*LOVE a Giving thing ...*  
(08/08/2011)

*“There are only 4 questions of value in life:  
What is sacred? Of what is the spirit made?  
What is worth living for, and what is worth dying for?  
The answer to each is the same: only Love.”*  
~ Don Juan

*“Do you find yourself saying ‘I can’t take it any longer?’  
Well, simply stop taking it. Let it go ... release it ... stop fighting.  
Behold the Love within your heart ...  
and start giving it to others.”*  
~ Sri Gawn Tu Fahr

*“Oz never did give nothin’ to the Tinman  
that he didn’t already have.”*  
~ America (“Tin Man”)



Happiness is a Doing ...  
(08/09/2011)

*“Happiness is waiting just around the corner.  
She is patiently tapping her foot.  
So now ... go to Her.” ~ Ree Ivan*

*“The way to act compassionately  
is to exchange yourself for the other.  
When you can put yourself in someone else’s shoes,  
then you know what is needed,  
and what would speak to their heart.”  
~ Pema Chodron*



(Happiness must become a verb  
for Happiness to Be.)