

# *Wisdoms from the Journey*

*(Volume VII ... May thru Dec 13)*



*...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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*“Knowledge can be relayed, but not Wisdom. One can find Wisdom, one can live Wisdom, and one can do wonders through Wisdom, and yet one cannot merely communicate it and hope to teach it.” ~ inspired by Hermann Hesse*

*"Wisdom is the daughter of experience."  
~ Leonardo da Vinci*

*“A man is not called Wise because he talks and talks again.  
But if he is peaceful, loving and fearless, then a man  
is in truth called Wise.” ~ Buddha*



## *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



## *On leading The Way ...* (05/09/2013)

*“I was very pleased when I finished that one, because of the way it ends:  
‘Our almost-instinct almost true: What will survive of us is Love.’  
I remember thinking: If that’s the last piece I write, that will do me.”  
~ Christopher Hitchens*

We can indeed find glimpses of Truth in the writings of our sacred texts & the sermons of our spiritual leaders. And yet those glimpses remain just that — mere vague and hazy hints of the brilliant grandeur that awaits us all ... Indeed, it is not enough to merely gaze upon a Path and marvel at the way it bends and curves towards the horizon, just as it is not enough to merely sit attentively and listen to one who has radiantly returned from a journey along that Path’s long and Peace-filled lengths ... No, to truly comprehend any Path, its Way must be *personally* walked.

And the same is true of the Path of **LOVE** ... No words can adequately describe its wonders, and no parables can adequately share its Beauty. To know perfect **LOVE**, we must have the courage to set aside our scriptures and leap into our everyday lives ... To know perfect **LOVE**, we must have the courage to disembark from our dogmas and worship God in serving the downtrodden ... To know perfect **LOVE**, we must have the courage to lovingly depart from our pastors and set forth alone to rediscover our Purpose — our own unique Way of Giving to those around us.

For *THIS* is the Path that heads to your greatest Bliss ...  
*THIS* is the Road that flows to your true Home ...  
*THIS* is the Trail that winds toward your ultimate Salvation.  
... *THIS* is The Way.

As such, I utter a heartfelt  
“Bon Voyage!” to you, my  
Friends, and send you on that way.

[P.S. For all those who are pastors,  
preachers, reverends & gurus,  
please remember that Love not only  
shows The Way to others ...  
Rather, **Love IS** that Way!]



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*Letting your Self shine ...*  
(05/14/2013)

Let us have the humility to look at ourselves anew ... Let us have the clarity to truly *SEE* just how magnificent we truly are ... just how powerful ... just how brave ... just how strong ... just how Kind.

And thereafter, let us then have the Courage to go forth and **BE** that Change. Let us be powerful in how we brighten another's life with our smile ... Let us be brave in how we approach the downtrodden with arms open ... Let us be strong in how we defend those who are being attacked & denigrated ... Let us be Kind in how we treat those who are treating us unkindly.

We are — every one of us — a brilliant slice of the Divine. And yet this innate inner radiance cannot shine forth on its own. No, my Friends, our celestial luminescence can only bring warmth and beauty when we allow it to pierce the dark fog of our caution. And such a rebirth cannot come from mere thought or emotion or desire ... We cannot merely speak or believe our way to the numinous.

No, it is only the bold Deed of **LOVE** that can liberate our Greatness. Even though we are literally composed of the grace of halcyon glory, it is up to each of us to choose to let that Light shine.

Amen ... Let it be so for you today.



*“An awake heart is like a sky that pours light.” ~ Hafiz*

*“Only you can take inner freedom away from yourself ... or give it to yourself. Nobody else can.” ~ Michael Singer*

*“On that day you will know that I am in my Father ... and that you are in me ... and that I am in you.” ~ Jesus Christ (John 14:20)*

## *The Order of the Day ...* (05/15/2013)

*“As I watch the world unraveling one country at a time, I remember my youth and the dreams that propelled my idealism. Well, I am happy to report that those dreams never died. Despite all the chaos & the corruption, I still say it is all possible. I still say that Peace is not merely a dream ...*

*And yet if we are ever going to realize Peace, then we have to take it all the way down. We have to do it like we mean it. We have to do it with conviction and with courage. We have to leave all our doubts and fears behind and do it with Kindness... We have to stop merely talking about it and wishing for it, and we have to start **Being** the Peace we so long to see.*



*Some of us – quite a few of us, actually, are deeply committed to this turning. And it is not a mere trending turn, as the media insists and as our governments want us to believe. No, it is far beyond the temporary transitions of religion or politics. This is a deeply ingrained sociological phenomenon – a slow and steady turning towards Peace that will be as lasting as it is inevitable.*

*More & more, people all over the world are resonating with the recognition of what is possible. If we but choose to share generously and parse equitably, then there is more than enough for all of us -- and surely it is time for Peace.*

*We have allowed the alternative to rule for far too long. Our current turning requires our conviction, and it requires our clarity ... We cannot judge one another and hope to succeed. Whether we stand with those who call for workers rights, those who are busy saving seeds, those who are striving to rectify the injustices of animal oppression, or those who are working towards a society that flows in harmony with Mother Earth, we are all on the same side. Indeed, we are all in this together, and as such, supporting one another in these efforts and all efforts like them is truly the order of the day.” ~ inspired by Bill Dupuis*



*Heaven is a verb ...*  
(05/16/2013)

*“For the deluded mind a thousand books of scripture are not enough.  
For the awakened mind, even a single word is too much.” ~ Zen Saying*

*“If you have understood the things I have taught you, blessed are you  
while you do them.” ~ Jesus Christ (John 13:15-17)*

*“All pleasures & possessions pale into nothingness before service  
given to another in a spirit of Joy.” ~ M. Gandhi*

Heaven is **LOVE** ...  
... and **LOVE** is a verb.

So ... got Heaven?

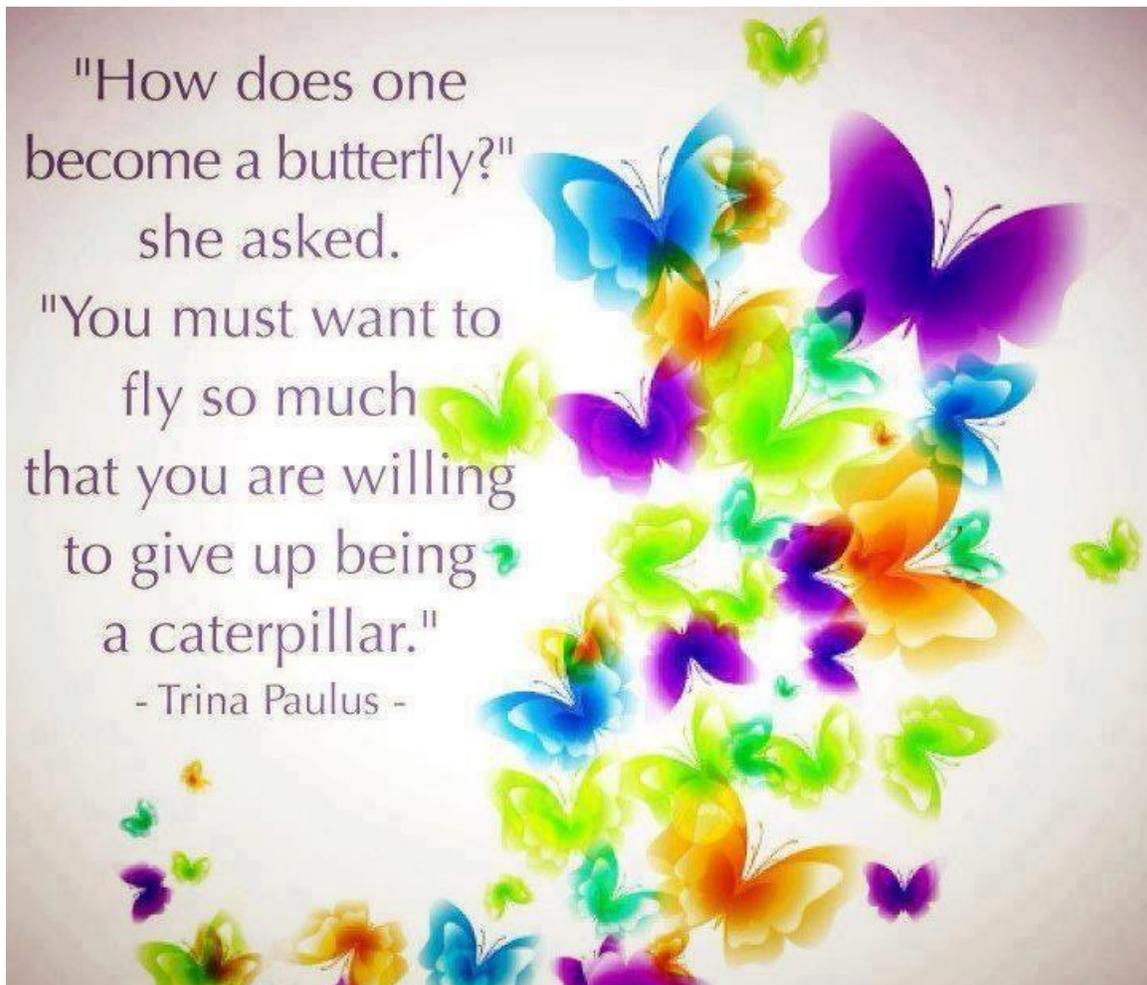


*Awakening the inner Butterfly ...*  
(05/18/2013)

There's nothing wrong with being a "caterpillar" (i.e. self-focused &/or self-interested &/or superficial) ... It's just that being a "caterpillar" automatically means *not* being a butterfly (i.e. truly Caring & deeply Kind).

Yes, it does indeed feel safe & cozy in our cocoons of self-fulfillment & self-righteousness & self-defense — and I admit that feeling safe & cozy can indeed feel like a "good life" ... *AND YET*, the Truth remains: the longer we choose to live as timid caterpillars, the less time we have to fully enJOY becoming the powerful Human beings we were actually born to **BE**.

Consider this Truth with humility ...  
... Enact it with Courage.



*Solution to terrorism ...*  
(05/24/013)

The other day a friend of mine told me he had the answer to terrorism. He told me that current Homeland Security measures in the U.S. were completely ineffective and that the public was going to have to become more vigilant in order to prevent further attacks; that we were all going to have to have to keep a collective eye out for “unusual faces” and “out-of-place people” and “suspicious characters”.

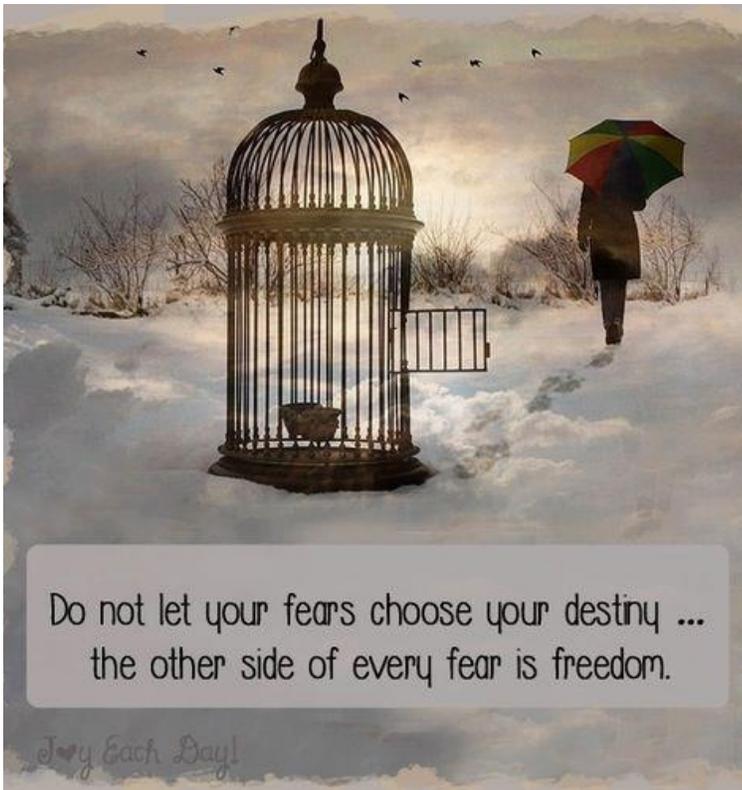
My ego, of course, thought he had a good point ... After all, removing our shoes at the airport is certainly not making us any safer, and the American government is obviously incapable of preventing further terrorist attacks, so it initially seemed liked a good idea for us all to start casting a prying eye upon all the strangers in our midst ...

*And yet*, there is a *very* big problem with this approach: namely, it ensures victory for all terrorists ... Indeed, the minute we start spying on each other out of fear is the very minute terrorists will finally have struck the “coup de gras” in their war on our freedom. And indeed, it is *this* very sort of paranoid response that will actually *encourage* more attacks in the future.

No, my Friends, we have come to a time in our history when it is time to stop merely doing what is “right” and start responding instead in ways that are unconventionally *EFFECTIVE* ... And the only way to put out the fire of fear is to douse it with its opposite force ... and we all know exactly what fear’s opposing force is — *LOVE*.

Yes, it’s going to take a few thousand folks with a lot of guts to heal this societal wound, and yet I have faith that we as a species are finally ready to turn the corner on this challenge. I believe we are finally ready to respond to terror with courage as opposed to cowardice.





And make no mistake, if we fail to rise to the Call; if we fail to answer violence with the real strength of Peace — if we choose instead to respond to the force of fear with force of our own, then we will indeed sink rapidly into our next Dark Ages of misery & despair.

On the other hand, if we exhibit the courage to face fear with resolute Kindness & openly radical Forgiveness, then terrorists will have no more fuel for their fire — They will have to either cease being terrorists or, at the very least, look elsewhere for their victims.

So, when the next attack comes, my Friends, please remember that your future is not in their hands, but rather your own ... For the sake of Humanity, have the courage to face your fears that would have you lash out & condemn; have the courage to free yourself from your primitive illusions of “evil” & “enemy”; have the courage to actively remember that everyone on this planet — even those who are deluded with angst & aggression — are your brothers & your sisters ...

... and then have the courage to respond accordingly.

Thank you.

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



*Tribute to Star Wars ...*  
(05/25/013)

36 years ago today, I waited in line for hours to see “Star Wars” on its opening day — twice. As a tribute to the brilliance of the initial Star Wars trilogy (the three films released in 1977, 1980 & 1983) — a saga that not only revolutionized the film industry, but that also said so much about nobility and redemption and forgiveness and courage and hope, I offer the following tribute ...



Sometimes life is hard. Throughout of our lives, we each experience disappointments, suffer injuries & illnesses, endure failures & setbacks, and are surrounded by cold strangers & dangerous enemies. Fear seems to rule the day, with every gain containing an imminent loss, and every Love carrying within it a seemingly inevitable heartbreak.

*“We seem to be made to suffer. It’s our lot in life.” ~ C3PO*

And in response to these feelings of vague sadness, not-so-subtle anger and/or almost inevitable frustration come whisperings from within; whisperings that would have us succumb to powerful self-centered temptations: to condemning those not like us, to attacking those “dangerous” or threatening, to primarily caring for ourselves ... essentially, to living with a heart in darkness — to acting from a place of fear ...

Of course, this path — as reasonable as it may sound — is actually extremely ineffective; it actually leads us away from Peace and towards even more pain.

*“Fear is the path to the Dark Side. Fear leads to anger, anger leads to hate, hate leads to suffering.” ~ Yoda*

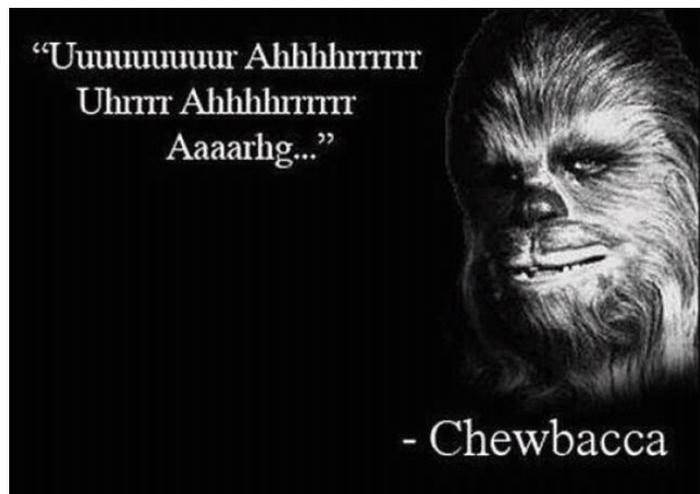
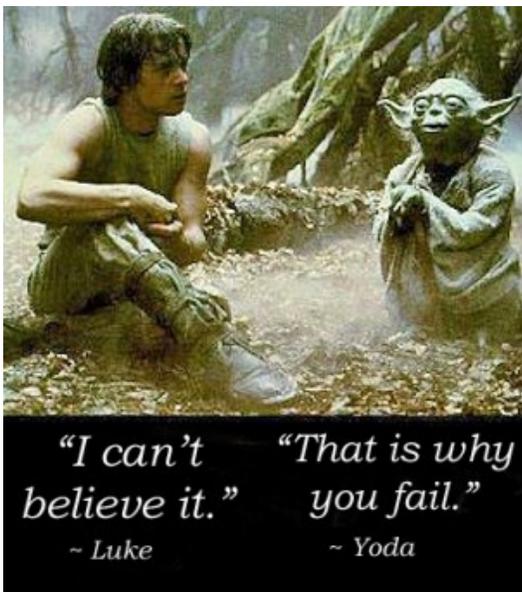
Fortunately, there is an alternative Path — a Way of Courage — a Way of Caring ... the Way of **LOVE**. And all it takes to tread this new trail, all it takes to leave the life of angst and suffering behind, is one bold step into the fear-filled life of another — one Kind hand extended gently in another’s time of need.

Today is the day we have been given to do the Good we can do ... There is no reason to wait any longer to bet started. For no one else is coming to our rescue ... No one else is going to rebuild our communities or mend our relationships or assure our happiness ...

It will be us or it will be no one.

And this is a truly Good Thing — for *WE* truly are the ones we have been waiting for, *WE* truly are the ones who will become the change we wish to see ... *WE* truly are the ones who will save this day.

*“Luminous beings are we, not this crude matter ... Your weapons — you will not need them, and your size matters not ... Simply do, or do not. There is no try.” ~ inspired by Yoda*



*When LOVE beckons ...*  
(05/26/2013)

*“When **LOVE** beckons to you, follow him, though his ways are hard and steep. And when his wings enfold you, yield to him, though the sword hidden among his pinions may wound you. And when he speaks to you, believe in him, though his voice may shatter your dreams, just as the north wind lays waste the garden.*

*For even as **LOVE** crowns you so shall he crucify you. Even as he is for your growth, so is he for your pruning. Even as he ascends to your height and caresses your most tender branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging.*

*And yet if in your fear you would seek only love’s false peace or love’s fleeting pleasures, then it is better for you that you cover your nakedness and depart from true **LOVE**’s threshing-floor, for **LOVE** gives naught but itself, and takes naught but from itself. **LOVE** possesses not nor would it be possessed ...*

*... For **LOVE** is sufficient unto **LOVE**.*

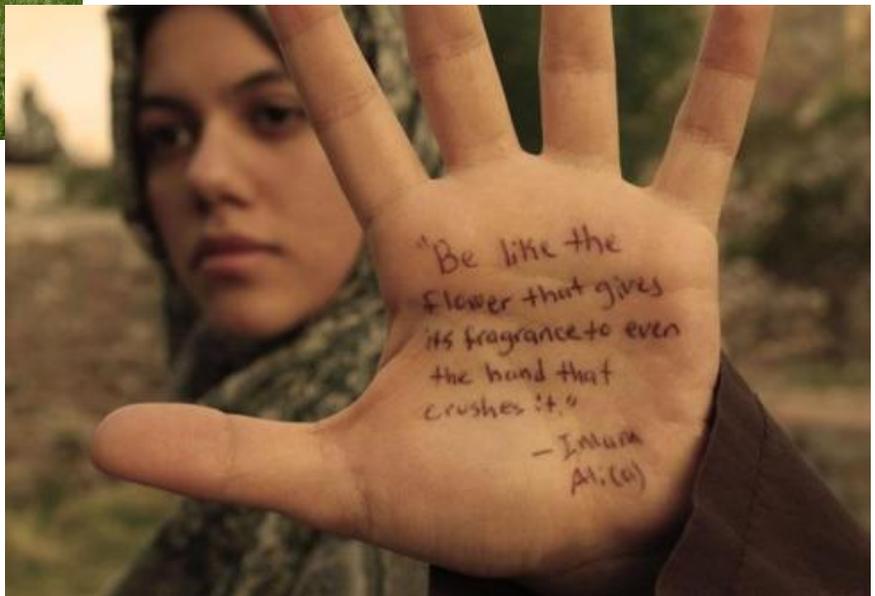
*And yet if your Love must needs have desires, let these be those desires: to melt and be like a running brook that sings its melody to the night ... to know the pain of too much tenderness ... to be wounded by your deep understanding of unity ... to bleed your **LOVE** for others willingly & joyfully.*

*... For this is what it is to **LOVE**.”*

~ inspired by Kahlil Gibran



*"Everything I have can be stolen except  
Love; because I have given it all away."  
~ Jarod Kintz*

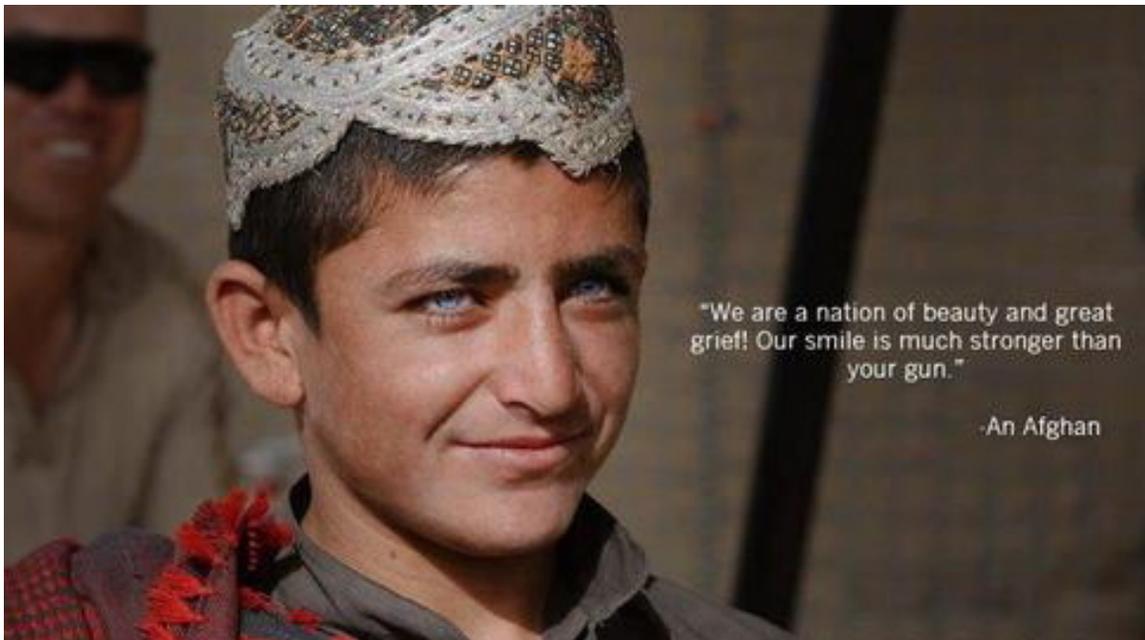


*Love is not blind ...*  
(05/29/2013)

*“For the rest of your life you are going to have a choice about how to read the actions & intonations of the people you meet. And I would encourage you to consider the possibility that the lives and experiences of others are as complex and as unpredictable as your own; that other people – be they family or strangers, near or far – are not simply one thing or the other; not simply good or evil, or wise or ignorant – but that they, like you, contain multitudes.” ~ John Green*

**LOVE** isn't blind at all. It clearly sees all things “bad” and “mean” and “greedy” and “dishonest” and “evil” ... It sees these things, and then it simply chooses to keep looking. It chooses to peer deeper, past the behaviors of others, to the gentle Soul always residing within them.

**LOVE** isn't blind, my Friends ...  
On the contrary, **LOVE** is the only way to truly *See*.



*Kindness always IS ...*  
(05/31/2013)

*“Kindness is the currency of our hearts; the only currency that can never be subtracted and never be balanced in anyone’s ledgers. We choose to be Kind because it is the way we want to live our lives, not because we will be rewarded in some way in return ... Our acts of Kindness are whole unto themselves. They require no acknowledgment and no reward, for the act itself returns us once again to the essence of our own humanity.”*

*~ Will Glennon*



## *The Laughing Saints ...* (05/30/2013)

Once upon a time in China, there were three mystics — known as the “Laughing Saints”, because all they ever did was laugh. Whenever they would encounter a fellow traveler on the road, they would wave and laugh ... Whenever they would be asked a question or offered advice, they would smile and laugh ... And whenever they would pause to rest, they would sit together and laugh. These three were so beautiful – always laughing; sometimes tears of joy running down their faces, and always their bellies shaking with mirth.



And, of course, whenever others would be near them for even a short time, their happiness would spread and those others would start laughing as well. When they were in someone’s home, the entire household would laugh. When they would walk through a town, the entire marketplace would smile & giggle. When they sat in a temple, all the monks would roll & roar. Where there had before been sadness & worry, there always came joy & gratitude. Where there had before been greed & callousness, there blossomed giving & kindness. And where there had before been seriousness & arrogance, there ever awoke a sense of humility & celebration.

They moved all over China in this way, these three — road to road, town to town, home to home; simply helping people remember to laugh. And everywhere they went, a new world was reborn ... Wherever they passed, even if it was just for a few minutes, others were transformed; reawakened to how glorious life was and could always be.

Then, during one of their visits to a larger village, it happened that one of the three mystics took ill and died ...

The villagers were stunned at the news, and whispered their certainty that the laughter of the other two would surely cease. After all, “Their friend has died; so they must rightly weep.”

And yet, when the two resurfaced a short time later, they were seen laughing & hugging & dancing — carrying on even more joyously than before.



Unsettled at first by this behavior, the villagers eventually asked the two why they were profaning the death of their friend in this manner. Upon hearing this question, both men paused, and the one nearest the questioner turned with a smile and said, “We have laughed with him our entire lives. How can we give him his final farewell with anything else? Don’t you see? In order to truly honor another’s passing, we *MUST* dance ... we *MUST* sing ... we *MUST* laugh. For this is the only remembrance that is fitting for a friend with whom we were blessed to walk and live.”

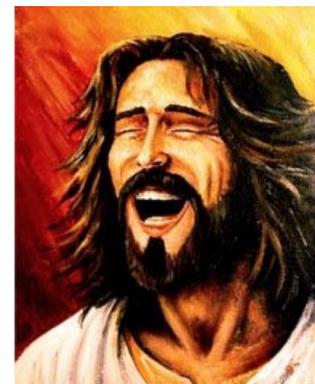
A few days later, the villagers offered to bathe & prepare the body of the dead Saint for the funeral pyre, and yet his two friends gently refused their offer, saying “Our friend told us clearly on his deathbed that we were not to perform any ritual or even remove his clothes, but were to place his body upon the fire exactly as he was when he died ... and this is what we will do.”

And that is exactly what they did ... The fire was lit and the body was reverently placed upon it ... and then the most wonderful thing happened. For just before his death, the Laughing Saint had stuffed hundreds of fireworks into his clothes, so that as his body burned, his funeral suddenly became a festival.

And everyone couldn’t help but start to shout, and to dance ... and to laugh. The night no longer was about one man’s death, ... but had rather become an entire town’s new life.

(inspired by anonymous)

*“I have said & done these things that my Joy might reside within you, and that your Joy might be complete.”*  
~ Jesus Christ (John 15:11)





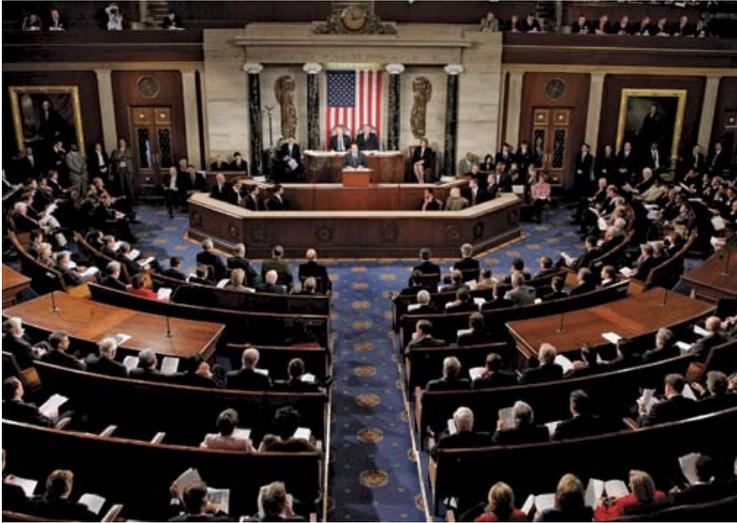
Great Phrase #02: *“The Way is in the Heart.”* ~ Buddha



Great Phrase #03: “*Be Kind.*” ~ Plato



Great Phrase #04: “*Love your enemies.*” ~ Jesus Christ



Politics is the enemy of Freedom, and discourages us from being Kind ...



Religion is the enemy of real Faith, and discourages us from being Kind ...



Meat & Dairy is the enemy of Compassion, and prevents us from being Kind ...

Great Phrase #05: “*Actions, not words.*” ~ Latin Proverb



*“To know yourself, look at your fears. Fear in itself is not important, but fear stands there and points you in the direction of things that are important ... Don't be afraid of your fears, they're not there to scare you; they're there to let you know that something is worth it.” ~ C. Joybell C.*

Great Phrase #06: *“Do without expectation.”* ~ Lao Tzu



*“Love need not speak volumes. It need not demand proof. And it never has a happy ending -- simply because it doesn't end as long as it is pure and true.” ~ Amit Abraham*



*Irony of Humanity ...*  
(06/20/2013)

Here are the *three Great Ironies* of being Human(e):

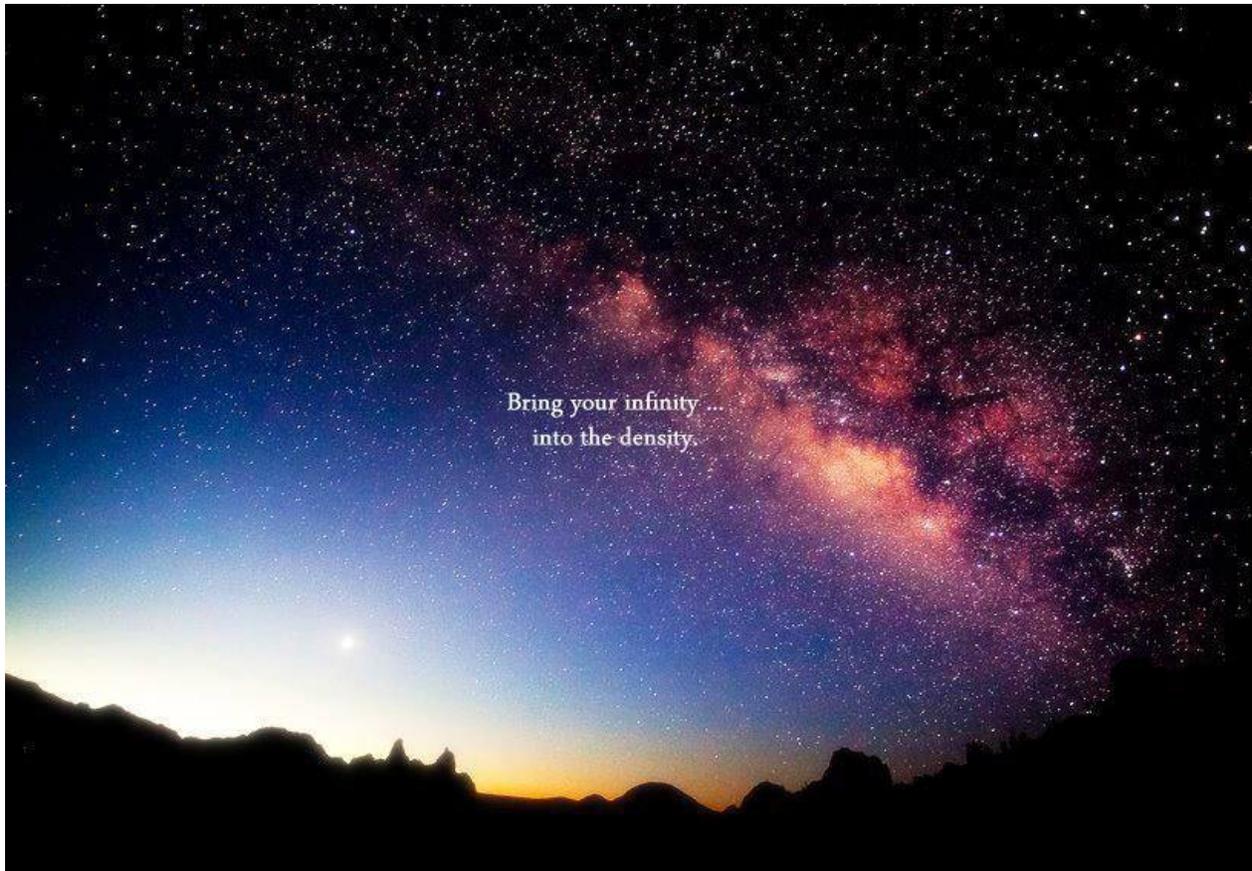
\**Great Irony #01*: The only way to personally experience the raw Bliss of Oneness is to realize that you are not separate from your surroundings ...

\**Great Irony #02*: The only way to mentally understand your Oneness is to physically *act* accordingly (in ways intended to benefit the whole more than the self) ...

\**Great Irony #03*: Every time we do something for another that brings ourselves the least personal benefit, we are actually doing the most for our Selves.

*Bonus Irony*: The more difficult the act of self-sacrifice engaged, the more simple the aforementioned Truths become — and the more profoundly we are allowed to soak in the Bliss that allWays accompanies them.

*“When we try to pick out anything by itself, we find it hitched to everything else in the Universe.” ~ John Muir*



*Courage is as Courage does ...*  
(06/20/2013)

He who merely desires to do Good knocks gently on the gate;  
She who has chosen to actively Care finds the gate already open ...

(inspired by Rabindranath Tagore)



*Keys to Truth ...*  
(06/24/2013)

When we are born God gives each of us seven boxes of Truth ... and six keys to those boxes.

The first box contains Success ...  
... Its key is perseverance.

The second box contains Justice ...  
... Its key is patience.

The third box contains Beauty ...  
... Its key is humility.

The fourth box contains Friendship ...  
... Its key is respect.

The fifth box contains Freedom ...  
... Its key is faith.

The sixth box contains Peace ...  
... Its key is courage.

And the seventh box contains **LOVE** ...  
... and God did not give us its key.

For its key is Compassion, and – for safekeeping’s sake – instead of giving it to each of us, He gave a copy to each & every one of our enemies.



*A simple solution ...*  
(06/25/2013)

It may be important to leaders & pundits & scientists & other “great thinkers” to examine the world ... to dissect it & explain it & analyze it – to at times cherish it, and at other times to despise it.

And yet in actuality it is only important that we care for the world; not for us to hate or struggle against what we find to be wrong with it, but rather for us to actively embrace it and all its inhabitants each day -- with humility, with admiration, with respect, and with gentleness.

(~ inspired by Hermann Hesse)



*A time for Rebellion ...*  
(06/28/2013)

*“There are known unknowns – that is to say, we know there are some things we don’t know. But there are also unknown unknowns; the ones we don’t know we don’t know.” ~ Donald Rumsfeld*

It is true that there are a few things that are probably unknowable; things that it is better for us to simply accept than futilely analyze -- the ultimate source of our conscious awareness; the origin of our current Universe; what (if anything) is God ... *AND YET* there are quite a few things yet unknown that are knowable indeed; many things that seem impossible and yet are innate tenants of our reality just the same. Unconditional *Love* is one of these mysteries; and radical Kindness — the vehicle through which such *Love* is given — is another ... Both seem to be mere pipe-dreams; flickering mirages shimmering in the desert heat. We thirst for their calm waters and yearn for them to soothe our suffering... We see them everbeckoning on the horizon ... We approach them; closer & closer; close enough to smell their sweet breezes light upon our cheeks and feel their pristine ripples cool upon our lips... We reach out for them to save us and close our hands upon their shimmering salvation — and then the illusion is shattered ... We awaken still in the desert; still dying of thirst; our hands still filled with rasping sand.

So it is for anyone who has sought happiness by “being nice” ...  
So it is for anyone who has ever tried to find “true love” ...  
& so it is for anyone who has looked for peace by “loving an enemy”.

You see, real *LOVE* doesn’t work that way. It is a gift that cannot be opened if we are seeking to receive more than give ... It is a destination that cannot be attained if we are traveling soaked in self. Despite what we have been taught, real *LOVE* can only be known in those times when we refuse to desire it for ourselves; only in those times when we only wish to give it to another.

*“The problem is not ignorance,  
but rather our preconceived ideas.” ~ Hans Rosling*

Radical Kindness works, my Friends -- It is one of the knowable Laws of Reality that is for most still an unknown mystery. Many have claimed to have tried it and found it to be an imposter hollow & false. They claim that they have loved an enemy without effect; that they have cared for others and found no Peace; that they have forgiven an enemy had known only pain; that they have reached out with courage and only been “used” in return ...

Maybe so ... And yet if their “love” did fail in these ways, the only thing this proves is that they did not **LOVE** at all.

You see, real **LOVE** doesn't care if the enemy “wakes up” — it is gentle anyway ... Real **LOVE** doesn't care whether Peace washes back upon its giver — it gives anyway ... Real **LOVE** doesn't care if its forgiveness is rejected — it forgives anyway ... And real **LOVE** doesn't care if it is used by another — for it knows that nothing can be stolen that is already being freely offered.

Real **LOVE** doesn't care about results, and real **LOVE** doesn't care about what happens to one's self ...  
... real **LOVE** simply Cares.

And it is *THIS* pure Kindness that has no choice but to function. It is *THIS* courageous Caring that turns the enemy into a Friend. It is *THIS* detached & humble Compassion that brings Peace to self & others ... always & in all Ways.

In essence, if you have tried to love & found love lacking — that failure is not **LOVE**'s, but your own.

So try again ...  
And this time, try **LOVE**.

*“The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it ... Throw yourself.”*  
~ C. Joybell C.



## *Putting out Fires ...* (06/29/2013)

*“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.” ~ Elie Wiesel*

Just as the time to put out a forest fire is *before* it starts, the time to overthrow your tyrant is *before* he turns his chair into a throne.

That having been said, if we are too late and we see a forest fire already burning — even if it is a fire that appears to be “too big” to quench, it is Right to do what we can to help put it out anyway ... And *that* having been said, once we open our eyes to see evil & corruption reigning down upon us from “on high” — even if the dictatorship is strong and resistance seems hopeless, it is Right to find ways to resist it anyway.

May we all have the humility to open our eyes to the ways we are being abused (see, the NSA in our homes) & manipulated (see, the GMO’s in our food) & deceived (see, the TV in our minds) & insulted (see, the drone war in our world) — and then may we all have the courage to Peace-fully yet Power-fully do whatever we can to ***Be the Change*** we so desperately need to see.

Amen ... Let it be so.



*Up to us ...*  
(07/06/2013)

*“A little knowledge that acts is worth infinitely more than much knowledge that is idle.” ~ Kahlil Gibran*

No worries, my Friends ... Things may seem a bit ominous & messy these days, but rest assured, everything is going to turn out exactly as fine as we decide to make it be ...

... So let's get out there and make it *FINE!*



love  
more  
*worry*  
*less*



“Our life will remain forever unchanged, unless a brave leap of faith propels us towards Heaven.” ~ inspired by Santosh Kalwar

*Prayer of Truth ...*  
(07/07/2013)

*“Lord, make me an instrument of thy Peace ...*

*Where there is hatred, let me sow Love.*

*Where there is injury, let me sow Forgiveness.*

*Where there is doubt in the Goodness of others,  
let me sow a pure Faith in humanity.*

*Where there is despair over pain & & fear & injustice,  
let me sow Gratitude for life.*

*Where there is darkness & evil,*

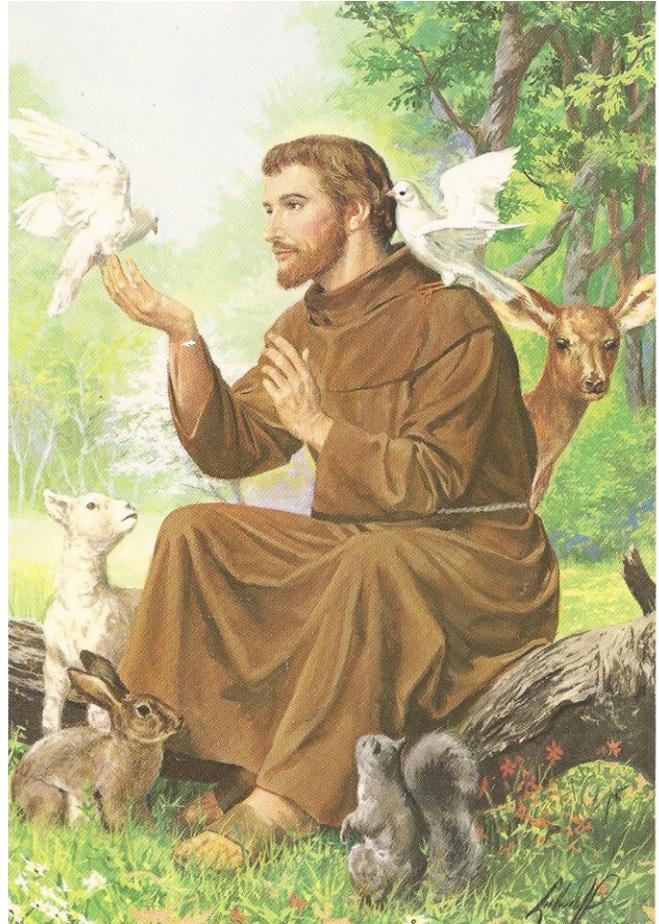
*let me sow the radiance of a Kindness unconditional.*

*Where there is sadness, let me sow Joy.*

*O gentle Father, grant that I may not so much seek to be consoled as to  
console ... that I seek not so much to be understood as to understand ... that  
I seek not so much to be loved, as to Love.*

*For it is in giving that we receive, it  
is in forgiving that we are forgiven  
... and it is in dying to self that we  
are reborn into a life of Love  
eternal.”*

*~ inspired by St. Francis of Assisi*



*Awakening awaits ...*  
(07/10/2013)

*“To awaken the True Human within you, this is what you must do:*

- \*Love the Earth — all her habitats & all things living within them ...*
- \*Reject the excess of riches & the temptation of comfort ...*
- \*Give alms to everyone who asks, & Love to everyone who doesn't ...*
- \*Stand up for all those deemed “stupid” or “weird” or “crazy” ...*
- \*Devote both your income and your labor to others ...*
- \*Show acceptance and kindness towards all people ...*
- \*Argue not concerning God or Justice ...*
- \*Oppose tyranny in all its forms ...*
- \*Care equally for the powerful & the poor, the brilliant & the uneducated, the gorgeous & the odd, and the young & the dying.*

*In essence, re-examine every single thing you have been taught at school, heard preached in church, or read in any book — then dismiss whatever insults your Soul ... Dismiss it all; and replace it with **LOVE**.”*

*~ inspired by Walt Whitman*



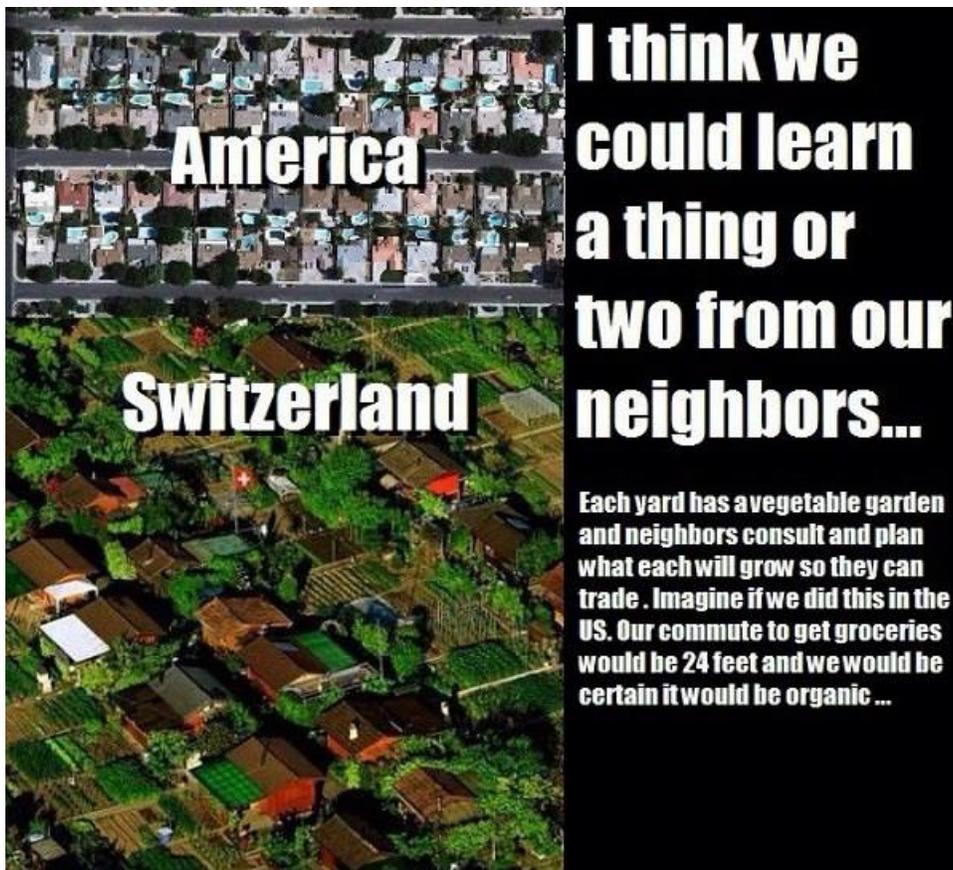
*Today is the day ...*  
(07/14/2013)

*“The best time to plant a tree was 20 years ago.  
... The next best time is now.” ~ Chinese Proverb*

Just because we should have woken up to Community-building a long time ago, doesn't mean we can't start rebuilding our Communities today.

Today is the day, my Friends, to re-form that which is broken ...  
... Go get to it.

*“No kind action ever stops with itself. One kind action leads to another.  
Good example is always followed. A single act of kindness throws out roots in all  
directions, and the roots spring up and make new trees.” ~ Ameila Earhart*



*Our real addiction ...*  
(07/14/2013)

*“People use drugs, both legal and illegal, because their lives are either intolerably painful or overbearingly dull. They hate their work and find no rest in their leisure. They are estranged from their families and don’t know their neighbors. It should tell us something that in healthy societies drug use is celebrative, honored, and occasional, whereas among us it is lonely, shameful, and addictive. We have found ourselves using drugs of all sorts, apparently, because we have lost each other.”*

*~ inspired by Wendell Berry*

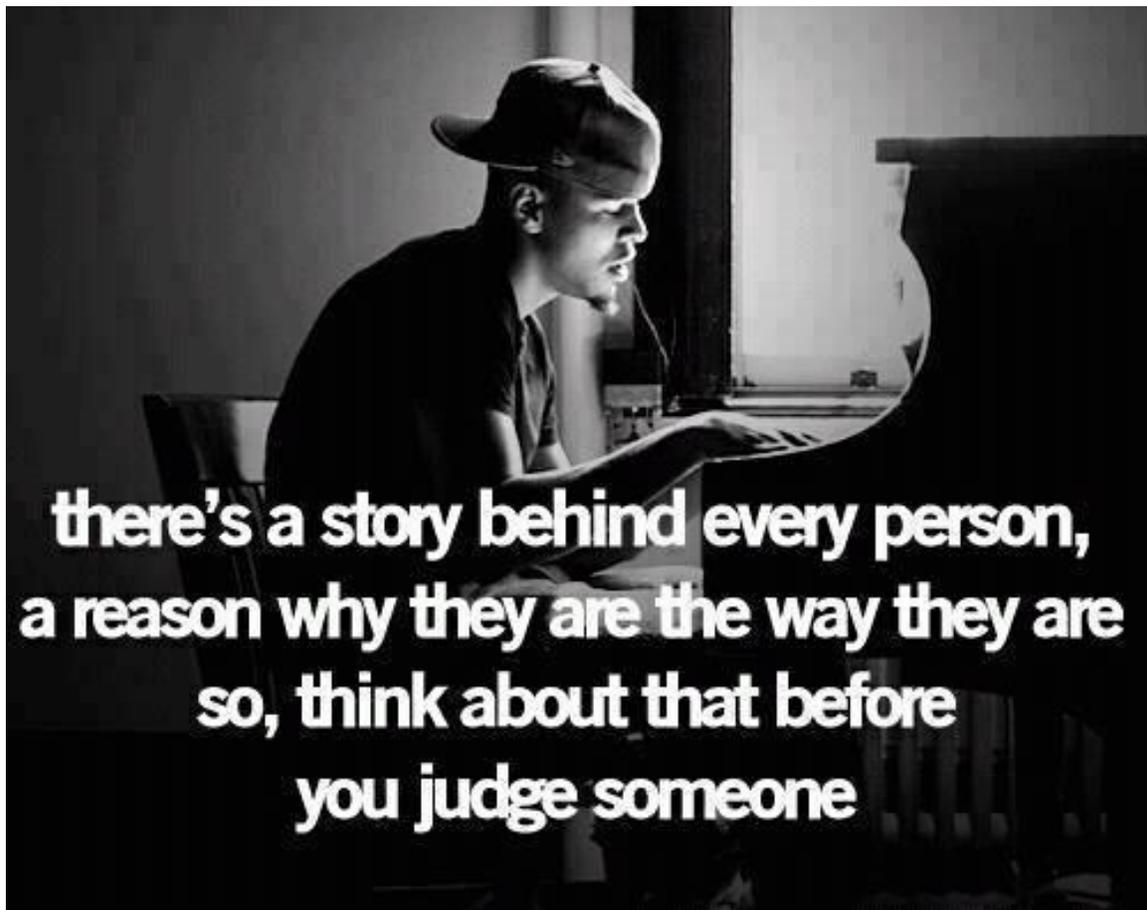


*Remembering Truth ...*  
(07/16/2013)

There is a story behind every person – a story that includes amazing deeds of courage & Kindness, as well as one that includes ignoble acts of cowardice & cruelty; a story that speaks of Love & hate & pain & joy & wisdom & confusion; a story that tells of him or her trying to find their way through the maze of life and self – sometimes succeeding at that quest; sometimes not.

Wouldn't it have been great if George Zimmerman had thought of this before confronting Trayvon Martin back in February of 2012?

And wouldn't it be great if we remembered this ourselves while thinking about George Zimmerman today?



*Forgiveness IS ...*  
(07/19/2013)

*“Forgiveness is not forgetting an injustice done; it is the understanding that allows us to set aside the emotional impact of that wrongdoing ... When we no longer hold onto our sadness and our anger, and instead choose to feel compassion for the person who inspired them, we have finally truly forgiven them — we have finally set them free from the clutches of their misdeed, and thereby empowered them to act differently the next time.” ~ inspired by M. Singer*



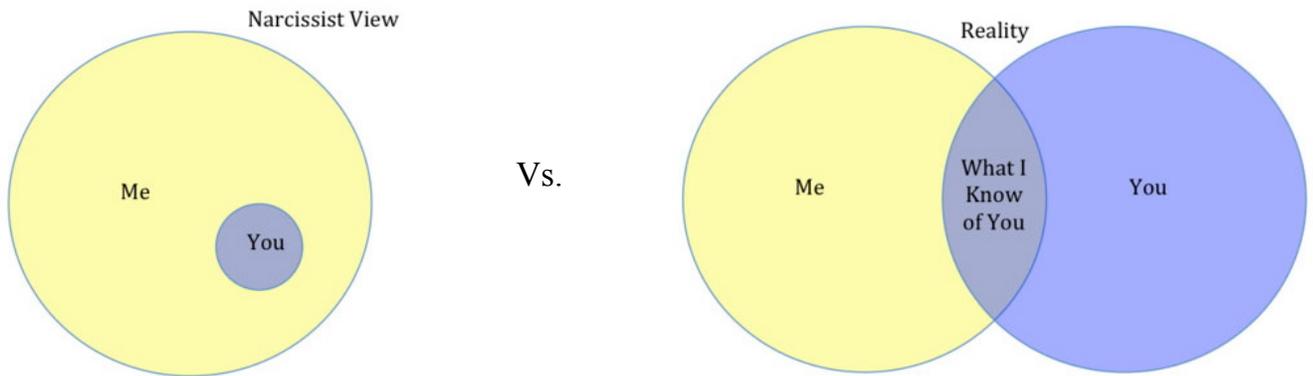
*Awesome, you are ...*  
(07/21/2013)

Here are a few uncontroverted facts for your humble consideration:

**Fact #01:** None of us has the slightest idea who the other people in our lives truly are — we only see the tiny bits of them that mirror the stories & the traits & the behaviors that are familiar to ourselves.

**Fact #02:** There is *vast* Goodness hidden within *every* human being we encounter every day — brilliant acts of Kindness, valiant deeds of courage, and hopeful dreams for Peace; all residing within them all, each & every one.

**Fact #03:** *YOU ARE AWESOME!* You are one amazingly incredible individual, living in a sea of equally amazingly incredible individuals — and this remains True no matter what you have done or not done in the past; no matter what you are doing or not doing today.



*“A great deal of intelligence  
can be invested in ignorance  
when a desire for illusion is deep.”  
~ Saul Bellow*



*On being offensive ...*  
(07/22/2013)

Even though we might always offend others' unknown sensibilities & fragile egos, courageous LOVE — no matter what form it takes — never offends the Soul ... With this in mind, here are some guidelines for taking the offense out of “offensive”:

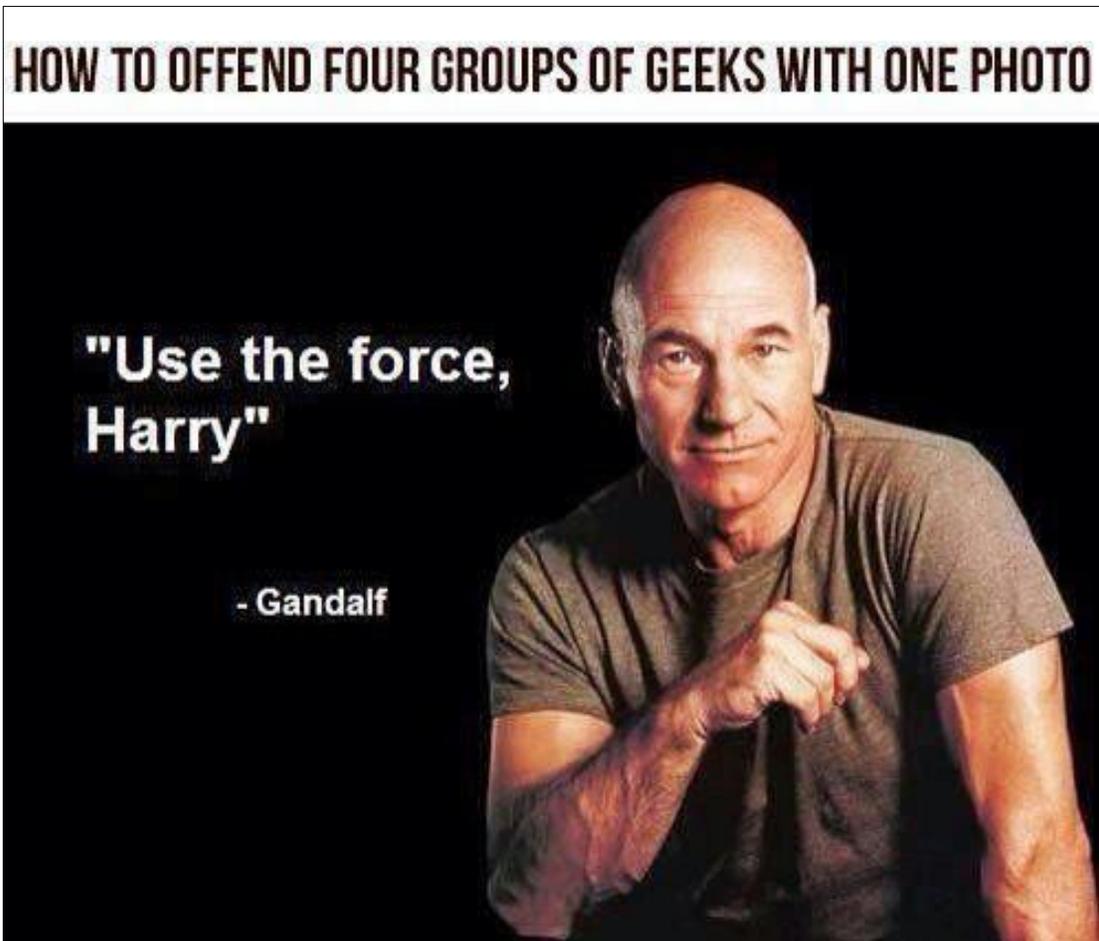
\*Tip #01) Say something Kind ... or nothing at all.

\*Tip #02) Gently smiling silence is the only criticism that is truly constructive.

\*Tip #03) The Truth that doesn't offend is the only Truth worth uttering.

\*Tip #04) Let your actions do most of your talking ... and,

\*Tip #05) Let your actions be *LOVE*.



*Freeing the children ...*  
(07/27/2013)

My Friends, we are crucifying our children.

\*We crucify our children when we teach them that hospitals & doctors & medicines are necessary for Health ...

\*We crucify our children when we teach them that war is necessary to ensure Peace ...

\*We crucify our children when we teach them that pleasure & comfort & wealth are necessary for Happiness ...

\*We crucify our children when we teach them that chemical sprays & genetic manipulations are necessary for Sustenance ...

\*We crucify our children when we teach them that animals are lesser beings; thoughtless things to be used or worn or eaten ...

\*We crucify our children when we teach them that might makes right; that guns make them safer; that punishing “criminals” is somehow just or fair ...

\*We crucify our children when we teach them that only our particular religion is correct; that God has a “love” that is partial & a judgment that is condemnatory; that we need not go forth to actively be the change we wish to see — because God is someday coming to “make things right”.

We have crucified our children long enough, my Friends. It is high time we removed the nails of fear & hatred & ignorance from their palms & feet. It is high time we lowered them gently back into the arms of humility & acceptance ... It is high time we taught them — with our actions much more than our words — the courage of selfless **LOVE**.



[art by Erik Ravelo]

*How to be a Hero ...*  
(07/29/2013)

*“Heroes don’t leap tall buildings or stop bullets with an outstretched hand; they don’t wear boots and capes. They bleed, and they bruise, and their superpowers are as simple as listening and Loving. Heroes are ordinary people who know that even if their own lives are impossibly knotted, they can still help to untangle the sufferings of another.”*  
~ Jodi Picoult

Wanting to hide what others might find out about you is normal ...  
... and yet hiding who you are choosing to be is impossible.

So quit worrying about who’s watching,  
... and let your True Self shine!



*Got Clarity? ...*  
(07/28/2013)

An objective sense of Clarity — the deep-seated Awareness of what is actually happening in our lives — can only come to us when we have the humility to admit that we might be wrong about how we are currently viewing our world ... We must admit that we might be wrong about the nature of our government & about the worth of our jobs ... We must admit that we might be wrong about the correctness of our church & about the nature of our God ... We must admit that we might be wrong about the benefits of our friendships & about the evil in our enemies.

For it is more often than not the case that the one is actually the other;  
... that the pressures & demands of our jobs rule our everyday lives more than do our patently disinterested & flagrantly self-serving politicians;  
... that the dogmatic proclamations of our churches have pushed away God from our hearts and erected their own thrones in His place;  
... that our friends are our greatest enemies; keeping us complacent in relationships cowardly and stagnated in beliefs outdated;  
... and that our enemies are actually our greatest Friends -- showing us where our own Love is still lacking, and giving us the opportunity to powerfully awaken our courageously caring Selves instead.

In essence, real Happiness can only come into our lives in the moments we choose to enliven what is most Kind & most Humane within us. And this bold Revolution of Self can only take place after we set aside our indoctrinated delusions of fear & want — after we dismiss the myths we have been sold and replace them with an uncompromising acceptance of what truly is happening both within and all around us.

Despite the continued efforts of our governments and our preachers and our bosses and even our own families, Reality is no longer hidden from our of view ...

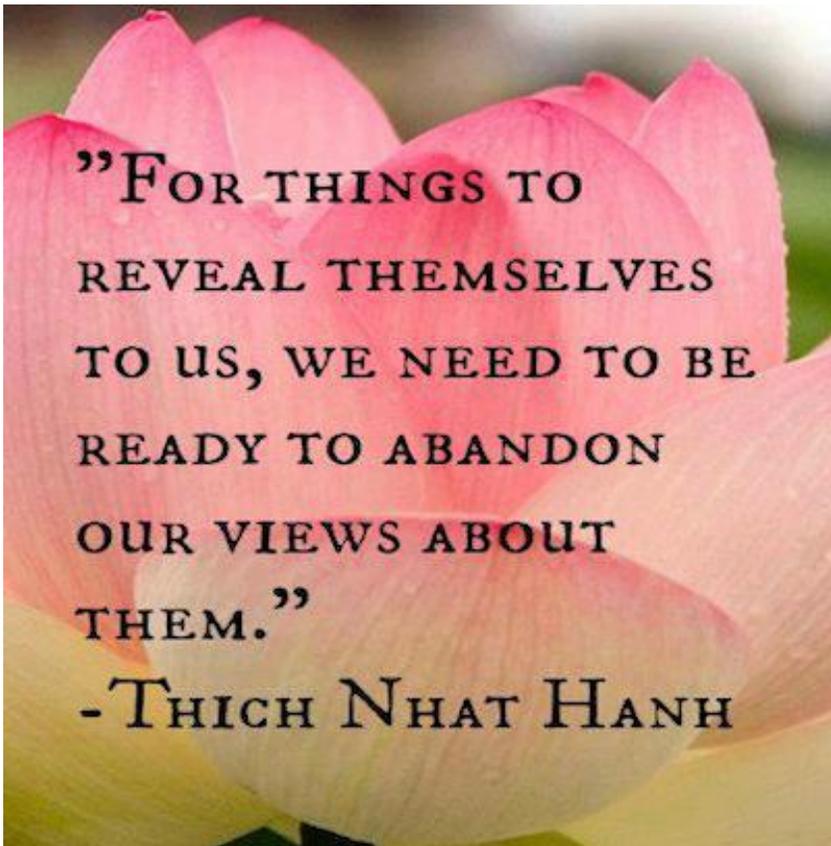
Clarity has finally emerged from the cage of propaganda that is now too brittle to hold it. Truth has stepped forth from the shadows of the fears now too irrational to hold us back ...

\*We now know that our political leaders have succumbed to self-centered greed & dishonesty; that they have succumbed to a system of deceit & manipulation; that we are free to change our own lives without their help or permission; and that *we* must now be the change we wish to see.

\*We now know that our religious leaders have long been selling us false doctrines of discrimination, rejection, fear & hatred; that the only God worth worshipping is a God of **LOVE**; that this God is alive & well within every one of us; and that it is up to *us* to leave the cozy confines of our churches, go forth into our communities, and worship with mouths closed and Hearts open.

\*We now know that there is no such thing as an “enemy”; that our criticism, condemnation & punishment of others only allow their hatred & ignorance & violence to grow stronger; that *all* sentient beings on this planet are literally members of one single Family; and that it is time for us start acting accordingly.

My Friends, the facts of this new Awakened Life are standing naked before us, waiting for us to draw them gently in and cloak them with our lives ... All that remains is for us to turn towards them and open our eyes -- by opening our Hearts.



Such a real **LOVE** is The Way, and such a real **LOVE** is available – and yet such a real **LOVE** needs our awakening.

So, my Friends ...  
... got Clarity?

*Someone's watching ...*  
(07/29/2013)

In case you missed it, the White House & conservative members of the U.S. Congress recently defeated an amendment that would have limited the enormous powers of the NSA to collect data on the private lives of primarily American citizens ... How ironic it is that the agency in charge of protecting U.S. "national security" has become the enemy that now poses the greatest threat to the freedom of Americans.

Of course, as with any other challenge or tragedy that might befall us, there is positive to be taken from this development as well.

First & foremost, it is a reminder *NOT* that we should fight for our "right to privacy" (which hasn't existed in the United States in any viable form since the Patriot Act was passed some twelve years ago), but is rather a clarion wake up call to a new way of Living — to the realization that **we need not fear** being spied upon if we choose to have nothing to hide.

After all, even if the NSA's piercing gaze is not cast in your particular direction, God always knows what you are doing anyway ... And even if God is busy elsewhere (or even if He doesn't exist at all), your own conscience (what some call "the Soul") is monitoring your every move — rejoicing when you choose to sacrifice for others, and forgiving you whenever you slip into acts of greed or self-centeredness.

In essence, my friends, we don't need to defeat those who would spy on us or find better ways to hide from them ... We simply need to start living in ways that don't need to remain hidden.

*"The severest trial of oppression is the constant outrage which one suffers at the mere thought of the oppressor. What Jesus discovered was how to avoid these inner devastations. And his technique was simple: simply face anger and practice the opposite emotion, Love ... When this principle is actively embraced, even though a person may continue to be oppressed, he ceases to suffer. Even though a person seems to have lost certain liberties, she remains completely free." ~ inspired by B. F. Skinner*



I saw that.

-God

*The Way of **LOVE** ...*  
(08/09/2013)

Though I fear her never coming to me, and though I fear her leaving me once she arrives, I am not that fear ... And though I yearn to be by his side and see desire dance in his eyes, I am not that desire.

What I fear & what I desire is not who I truly am ... What I seek for myself is not what I truly Seek.

For I am **Love**, and therefore seek only to Love ... I am **Love**, and therefore I simply Love.

This is the Narrow Way; the path between fear & desire ... the life that lives only while giving itself away.

So he will choose what he chooses -- and if his choice one day brings him close to me, then I will Love him with everything I have to Love even before he arrives ... And she will choose what she chooses -- and if her choice one day carries her far from me, I will thank God in Heaven that my Love may always join her there — wherever she might land.



*The Cure for all deadly sin ...*  
(08/09/2013)

**Lust** desires to know pleasure & comfort for oneself,  
... while *LOVE* only desires to bring Joy to others.  
As such, *LOVE* dampens all lust.

**Gluttony** soaks in superficial excess & ravenous consumptions,  
... while *LOVE* only wants to share all its excess with those in need.  
As such, *LOVE* extinguishes all gluttony.

**Greed** yearns for effortless ease & material wealth,  
... while *LOVE* only strives to give to the downtrodden.  
As such, *LOVE* dismisses all greed.

**Wrath** craves revenge or control,  
... while *LOVE* only seeks to forgive & to harmonize.  
As such, *LOVE* neutralizes all wrath.

**Envy** covets the riches & successes of others,  
... while *LOVE* only yearns for *all* to rejoice.  
As such, *LOVE* calms all envy.

**Pride** attempts to convince or convert the “ignorant”,  
... while *LOVE* only wishes to empathize & encourage ...  
As such, *LOVE* dismisses all pride.

**Sloth** tries to make “love” a passive thought or a giddy feeling, ... while *LOVE* makes Love into a verb.  
As such, *LOVE* shatters all sloth.

My dear Friends, we are all walking around in fleshly machines that are programmed to “sin” — bodies that are calibrated to repeatedly “miss the mark” by caring for self first and others at some point thereafter ... *And yet* we are *all* also so much more than mere machines.

It is our ability to *LOVE* that makes us so.

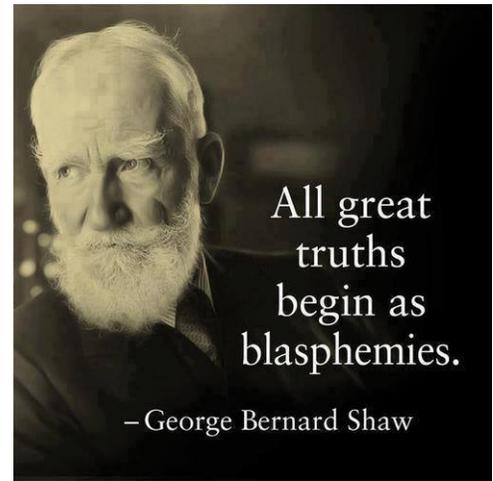
So, sinner ... got *LOVE*?



*Beautiful blasphemies ...*  
(08/10/2013)

We have been raised & conditioned to believe a lot of lies; myths that are plundering our planet, collapsing our countries, razing our relationships and shackling our Souls. And yet Freedom from these falsehoods stands just outside their cage — and that liberation starts with us recognizing the untruths that have locked us up for far too long.

With that in mind, I offer the following tidbits of TRUTH ...



**\*Truth #01)** Animals are *not* “stupid”, certainly not stupid enough to justify us humans needlessly killing them for sport, sustenance or science. All beings with eyes, brains &/or hearts are as sentient as you & I, and have therefore just as much a right to live a naturally long & happy life as you do ... period.

**\*Truth #02)** Politics is *not* the answer to any current societal wrong or cultural challenge. Contrary to popular belief, Democrats (and other “liberals” the world over) are not interested in helping the poor. Contrary to popular belief, Republicans (and other “conservatives” the world over) are not interested in “preserving democracy” or “increasing prosperity”. No, politicians the world over are primarily interested in two things: their own pocketbooks & their own power. It has been this way from the beginning, and it will be this way until the end. While not bad people per se; politicians are simply lost – all of them to one degree or another wandering aimlessly through a system warped by their own unmaking.

**\*Truth #03)** Religion is *not* a relationship with God and it does *not* adhere to or encourage the “Will of God”. Religion is a relationship with one’s church — a man-made institution, one that more often than not adheres to & encourages condemnatory man-made dogmas and furthers corrupt man-made desires.

**\*Truth #04)** Most importantly of all, you are *not* powerless to change the way things are — you are *not* too weak to set yourself free, nor are you too impotent to free your family & your neighborhood & indeed your entire nation along with you.

You *can* set your conscience free by choosing to respect all sentient life forms as if they were as important as yourself — for indeed, they are.

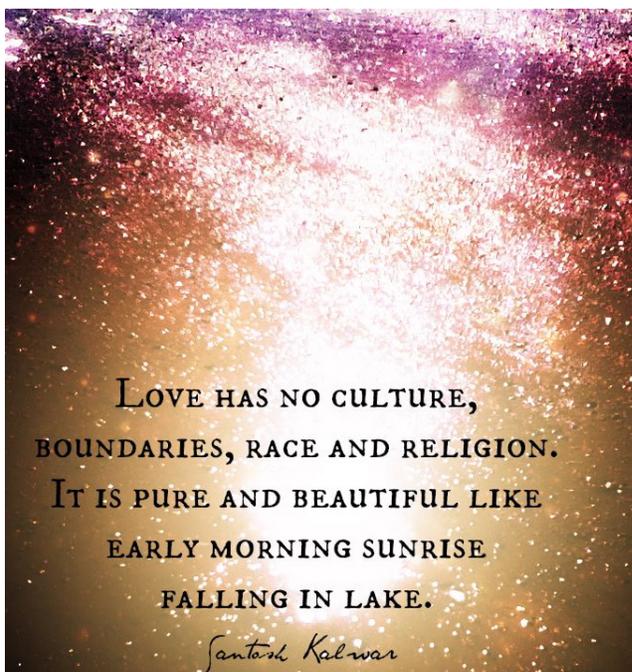
You *can* set your communities free by gently ignoring your politicians & your politics, and investing instead in doing for each other what those “leaders” should have long ago already done.

You *can* set your Soul free by setting your religion aside to rediscover the portion of the Divine that already resides within you; to remember the too-long-forgotten Truth that God (by any name) is literally *LOVE* unconditional; to walk out into life anew -- hand-in-hand with that God -- by acting accordingly.

This is bold stuff, to be sure, and these are certainly thoughts that most of you would rather not entertain. It is indeed terrifying to let go of the indoctrinations & the propagandas & the manipulations that have been shoved down our throats and stuffed into our brains since childhood — to set those lies aside in favor of the Truths we have all known since birth; Truths we knew but steadily repressed thereafter.

And yet the only way to be truly Happy is for us to demand a reunion with the Brave & Caring person we truly are ... The only way to be truly Free is to demand our Freedom from all myth & falsehood ... And the only way to ensure that those demands are heard is to courageously fulfill them yourself.

Jailbreaks, after all, are not for the faint of Heart ...  
... and neither is your Truth.



*Your soul  
is rooting  
for you*

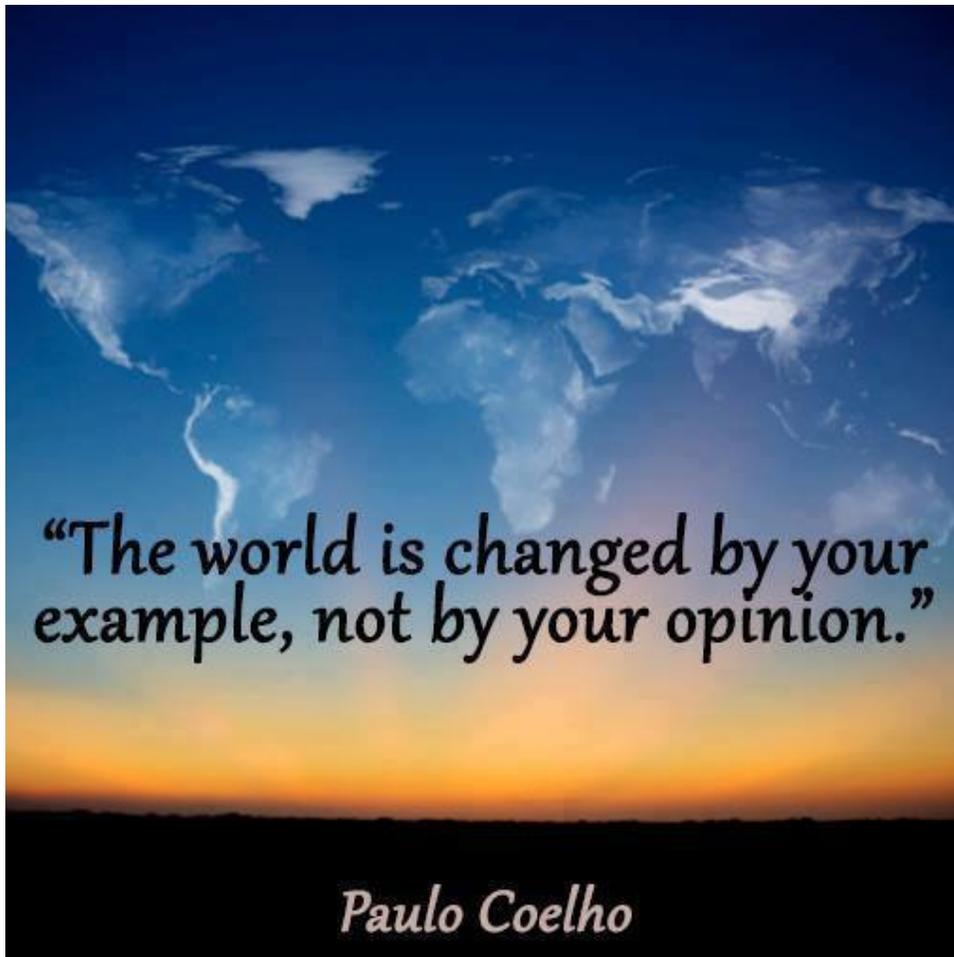
*The Shift is a verb ...*  
(08/15/2013)

*“Love is an untamed force. When we try to control it, it destroys us. When we try to imprison it, it enslaves us. When we try to understand it, it leaves us feeling lost and confused ...*

*And yet when we choose to embody Love fully; when we choose to give it raw, without holding anything back — especially in those moments we least wish to do so,*

*... then Love becomes Life itself.”*

*(~ inspired by Paulo Coelho)*



*Got Kindness? ...*  
(08/19/2013)

You are never too young to inspire the admiration of those older.

So ... got *Kindness*?



*When I was young I admired  
clever people. Now that I am  
old I admire kind people.*

*- Abraham Joshua Heschel*

*Your inner Dog ...*  
(08/22/2013)

Lasting & deep-seated Contentment does not come from choosing to be the person your dog *thinks* you are ... Rather, true Joy comes after you remember that you already *ARE* the person your dog thinks you are — while acting accordingly, of course.

So ... wanna' go for a Walk?

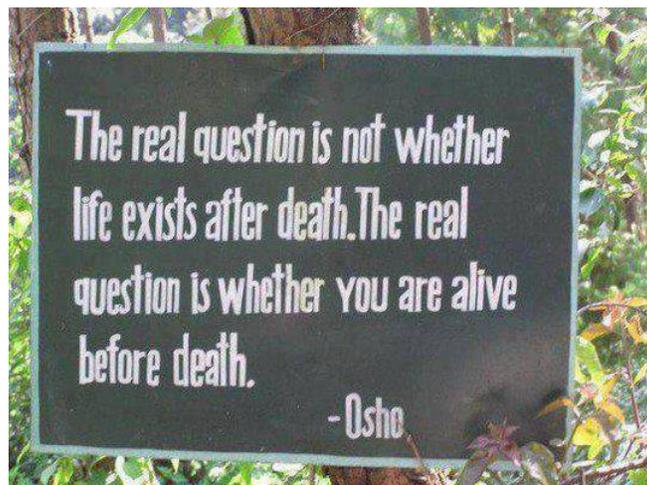
**BE THE PERSON THAT  
YOUR DOG THINKS YOU ARE**



*Got Life? ...*  
(08/27/2013)

To be fully alive is to **LOVE** others fully ...  
To **LOVE** others fully is to serve others selflessly ...  
To serve others selflessly is to give to others completely ...  
To give to others completely is to sacrifice for others Joy-fully ...  
To sacrifice for others Joy-fully -- is to be fully alive.

So ... got *LIFE*?



*War sucks; allWays ...*  
(09/04/2013)

In these times of misinformation, fear & darkness, here is a Great Truth well worth remembering: ... Without exception, **war sucks**.

*“One day we must come to see that peace is not merely a distant goal that we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends only with peaceful means.” ~ Martin Luther King, Jr.*

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**IRONY :**  
The country that used...



**ATOMIC WEAPONS IN JAPAN**

**CHEMICAL WEAPONS IN VIETNAM**

**and CHEMICAL WEAPONS IN IRAQ**

... going around the world dictating which countries should be allowed to have weapons of mass destruction

**THEY LIED**  
ABOUT WEAPONS OF MASS DESTRUCTION IN IRAQ

**THEY LIED**  
ABOUT VIETNAM, CAMBODIA, SERBIA AND SO ON

**THEY LIED**  
ABOUT PROVIDING LIBYAN "HUMANITARIAN AID"

**THEY ARE LYING ABOUT SYRIA**  
**AND WILL LIE ABOUT IRAN**

**PLEASE WAKE UP!**



*The answer to everything ...*  
(10/06/2013)

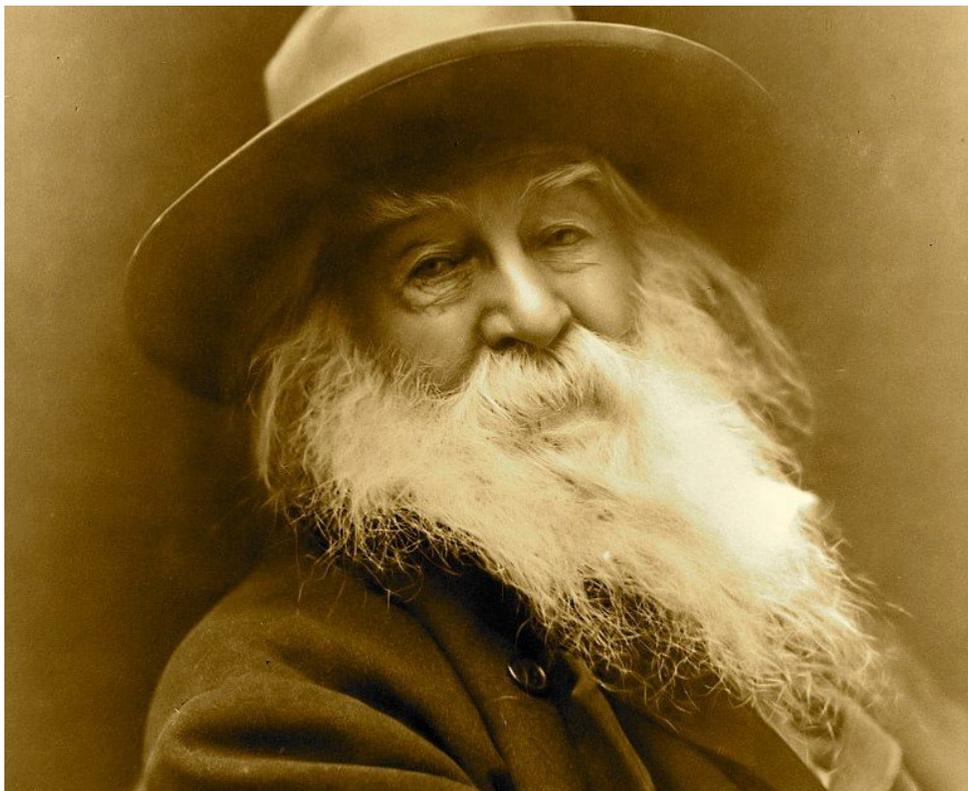
*“Love the earth and the sun and all animals ... Despise riches and give alms to everyone that asks ... Stand up for the ‘weak’ and the ‘stupid’ and the ‘crazy’ ... Devote your income and your possessions and your labor to others ... Re-examine all you have been told at school or church or in any book and gently dismiss whatever insults your own Caring Soul ... Do this, and your very flesh shall become a great poem.”*

*~ inspired by Walt Whitman*

We all understand that these words are Truth ...  
We all have known their veracity since birth ...  
We have simply chosen to look away from them ...  
We have all simply chosen to forget.

Please avoid the common mistake of waiting for your beard to grow  
or your hair to turn white to remember who you truly Are ...

Please re-member Kindness today.



*Got Courage? ...*  
(09/09/2013)

Courage is not the absence of fear or the repression thereof. Courage is being scared out of our minds, and yet choosing to stride forth to do Good anyway ... Courage is only as Courage does – and Courage does as follows:

\*Courage is realizing that your government is corrupt, and that it very well might toss you in jail for protesting its warmongering indecencies, ... and yet actively & vociferously protesting *anyway*.

\*Courage is recognizing that you, if you are a soldier, could very well be court-martialed and labeled a “traitor” for refusing to kill other humans to protect the financial interests of corrupt politicians, immoral defense contractors & greedy oil companies, ... and yet refusing to go to war *anyway*.

\*Courage is admitting to yourself, if you are an elected official, that you could lose the support of your constituency (and thereby lose your next bid for re-election) if you stand up to the blatantly dishonest hypocrisy of the current U.S. administration, ... and yet openly defying them by demanding Peace *anyway*.

\*Courage is knowing that your friends & family members will shun you, ridicule you, and possibly even call you crazy for standing up for the rights of animals by refusing to support their confinement, abuse & murder, ... and yet doing so *anyway* (at the very least by going vegan).

\*Courage is understanding that you will be denounced by your preacher (and possibly cast out of your church) for rejecting all sermons preaching hate & intolerance & condemnation; for standing up instead in support of a God of perfect, unconditional **LOVE**, ... and yet standing up and openly speaking for **LOVE** *anyway*.

\*Courage is comprehending that exuding Compassion to your personal enemies — those who annoy you, those who treat you poorly, those who gossip behind your back, those who sabotage your work &/or those who cheer your losses — might very well lead to them continuing to try and harm your Happiness,

... and yet standing above such pettiness by being Kind to them *anyway*.

Courage is never easy, my Friends. Courage is terrifying ... Courage is risky ... Courage can even be dangerous. And yet Courage is the only thing that will save us ...

... Indeed, real Courage is all we have left.

So ... got Courage?



“The corporations that profit from permanent war need us to be afraid. Fear stops us from objecting to government spending on a bloated military. Fear means we will not ask unpleasant questions of those in power. Fear permits the government to operate in secret. Fear means we are willing to give up our rights and liberties for promises of security. The imposition of fear ensures that the corporations that wrecked the country cannot be challenged. Fear keeps us penned in like livestock.”

— Chris Hedges

## *Cradling the Truth ...*

... What's really going on with Syria  
(09/11/2013)

Barack Obama gave a speech yesterday outlining some of his newfound beliefs and fresh objectives regarding the conflict in Syria. It seems the American public is not as easily duped these days — with 63% of them still adamantly opposed to the President's original, trumped-up plans to directly attack the Syrian government — so he is now trying to save face (& maintain influence) by changing his tone. And to this I say: Well done, my courageous American Friends ... well done.

**AND YET** please don't be fooled by this new "gentler Obama". War with Syria is necessary to instigate a war with Iran, and war with Iran is desired above all else by the American administration. As such, war with both of these countries is on its way regardless ... The only question that remains is what are we going to do about this travesty of injustice & immorality — both before it begins, as well as while it then takes place. It is with this in mind that I offer a bit of clarity regarding Obama's latest speech – clarity that just might help to motivate you to prepare your own Peaceful Resistance thereto ...

\*Obama maintains his claim that Assad's use of chemical weapons against his own people is a moral outrage. *IF* Assad was actually the one behind these attacks, then this statement is true ... Of course, Obama still neglects to admit a few critical facts:

First, much of the evidence released so far by independent sources shows that it is the Syrian rebels (along with quite a few extra-national jihadists — all of whom the U.S. is supporting) who probably carried out these attacks — *NOT* Assad.

Second, it is immensely hypocritical to attack another country over their "moral outrages" when your own country's track record is far worse — *AND* when far greater travesties are occurring all over the world; travesties that the U.S. continues to ignore. If the American government truly is responding to a "moral outrage", then why is the United States still refusing to aid Tibet?

Third, Obama now admits that a U.S. attack will not be able to resolve Syria's convoluted internal difficulties. This correct ... so what good will a limited military engagement of any kind actually do?

Fourth, history has shown over & over & over & over again that military actions do *NOT* improve the behaviors of rogue leaders & terrorist cells, but rather actually serve to *encourage* them to inflict even greater despicabilities in the future.

\*Obama also maintains that Syria's chemical weapons arsenal poses a threat to United States security ... *THIS IS AN OUTRIGHT LIE!* Syria is engaged in an *internal* civil war, and has given no hints & shown no tendencies whatsoever to evidence that it wishes to attack the United States in any way — either directly or covertly. In essence, neither the everyday American citizen's overall safety, nor their general livelihood, nor their practical freedoms are being threatened by the Syrian government at all ... period.

Now, it *IS* true that the financial lusts & potential power-grabs of American politicians and American corporations *are* being threatened by Syria's regional independence, and yet these desires are *NOT* valid justifications for putting American troops in harm's way — and they are certainly *NOT* valid justifications for destroying the lives of tens if not hundreds of thousands of Syrian civilians -- most of whom simply want to get on with living their lives.

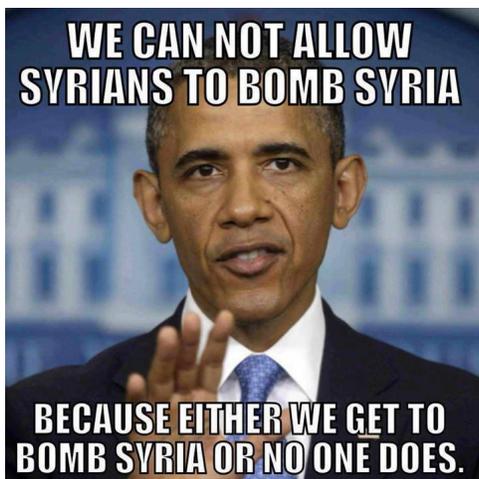
So, to the American corporations sponsoring the administration's current war machine, I ask: Don't you have enough already? Does your greed really know no bounds? How many wars will you have to engineer — how many cities will you have to destroy, how many families will you have to rip apart, how many children will you have to murder — before you will have enough to satisfy your lust and cease this Machiavellian madness?

Well I say you already have more than enough ...  
... and I say the time to stop the killing is **NOW**.

And to Mr. Obama, I ask: Have you so soon forgotten the brave, moral man you once were? Have you truly strayed so far from the noble promises and glowing goals you recited to us so eloquently during your initial inauguration?

Well I say you still have time to wake up ... I say you can still remember ... I say that it is time for you to obtain your power from the American people, by honorably serving them ...

... not from defense contractors, by selling your Soul.



## *Winning the War for Peace ...* (09/17/2013)

*“One can acquire everything in solitude except genuine Character, real Love & true Happiness.” ~ inspired by Stendhal*

I know how tempting it is to get distracted by all the international intrigue and violent melodrama that’s been filling our newsfeeds of late ... And I know that it *IS* indeed truly important to “become informed” – to then be better able to stand up to the injustices we see manifesting themselves in our world at large.

That having been said, there is another war that has been raging for a lot longer than the current crisis in Syria. Indeed, it is a conflict that has been playing itself out on each and every doorstep of every homestead in every community all around the world, and it is a battle that has been violently waged in every Heart of every human being on Earth ... It has been raging since the dawn of time, and up until recently it has shown little signs of waning in either scope or intensity.

You see, the war of which I speak is not being fought on the material plane at all. It has very little to do with guns or bombs or “national security”, and even less to do with money or power or influence ... No, the battle to which I refer — the war that is now so ripe for the winning — is being fought between the Hearts and the minds of every human being on this planet.

It is a war between pride & Humility ...  
It is a war between judgment and Forgiveness ...  
It is a war between greed and Giving ...  
It is war between apathy and Compassion ...  
Essentially, it is a war between fear and **LOVE**.

Up until a few years ago, pride and judgment and greed and apathy were literally smothering the Forces of **LOVE**. Up until recently the “forces of evil” were poised on the verge of a dark & shadowed victory — just a few crushing blows away from sending Goodness scampering into eternal hiding and Humanity spiraling downward towards its own extinction.

*AND YET* recently I have noticed a shift in the balance of Power ... I have felt a change in the weather of Humanity’s collective Soul. I have sensed that this war might actually be coming to an end; that the latent Goodness of Humanity might indeed turn the tide and finally win the day.



You must not  
lose faith in  
humanity.  
Humanity is  
an ocean;  
if a few drops  
of the ocean are  
dirty, the ocean  
does not become dirty.  
Gandhi

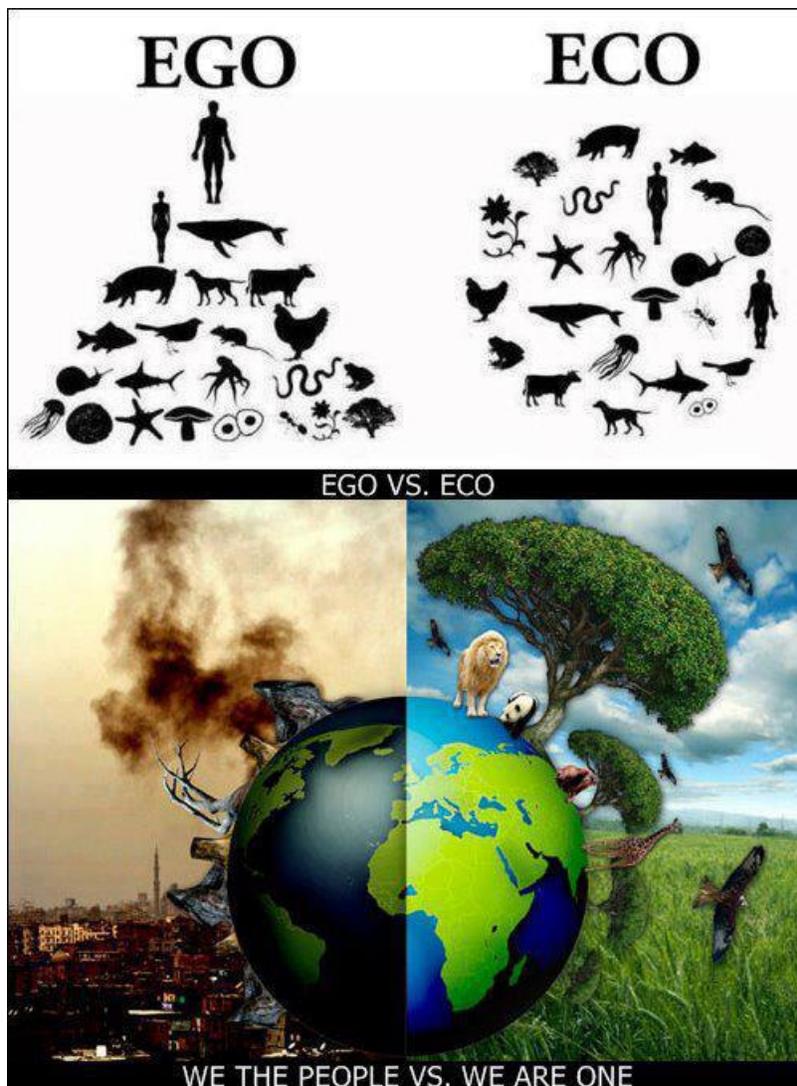
You see, even though you won't see much evidence of it on your television or hear much about it on your radio, there *is* something wonderful happening all over the world these days ...

\*All over the world, people are standing up to their unjust & aggressive political "leaders" and demanding Peace ...

\*All over the world, people are standing up to their arrogant & condemnatory religious "authorities" and demanding Compassion ...

\*All over the world, people are standing up to their own cowardly & selfish egos and demanding a show of Generosity & Kindness.

Indeed, everywhere I go, I see selfless **LOVE** blossoming ... I see men & women in suits reaching out to touch the shoulders of men & women in rags; I see men & women of faith reaching out to embrace men & women of faiths other; I see men & women who have been wronged reaching out to extend Compassion towards their enemies; and I see men & women who used to look down on animals as mere fun & food treating them as sentient brothers & sisters instead.



Times are hard, I will admit, and we as a species have indeed already wandered perilously close to a precipice most deadly. In fact, anyone looking at us objectively must admit that we might not make it — that we might not survive the drastic mistakes of our past & recent present. And yet even so, it is not too late for us to **DO SOMETHING** about it!

\*It is not too late to soften our religious beliefs; to set aside our self-centered certainty in our own future salvation in favor of reaching out to unconditionally befriend someone who cherishes spiritual beliefs different from our own ... For this would be a great Victory ...

This would be a victory for Humility over arrogance.

\*It is not too late to be gentle with those who have wronged us; to let go of our justifiable disappointments & release our understandable anger in favor of openly showing our enemies the **LOVE** & Respect that we ourselves deserve, and that they — despite their cruelties & confusions — equally deserve as well ... For this would be a great Victory ...

This would be a victory for Forgiveness over condemnation.

\*It is not too late to reach out to the homeless people we meet on the street — to sit down with them for just a few minutes; to touch them on the shoulder and ask how they are doing; to re-open our Souls by showing them we truly Care ... For this would be a great Victory ...

This would be a great victory for Generosity over greed.

\*And it is not too late to courageously face the constant horrors we humans visit upon our animal brethren in the name of hollow entertainments, fickle “fashion”, dead-end “research” and superficial pleasures of palate — to recognize that their lives are as worthy & as wonderful as our own, and then to act accordingly; by championing their rights in public, and by going vegan at home ... For this too would be a great Victory ...

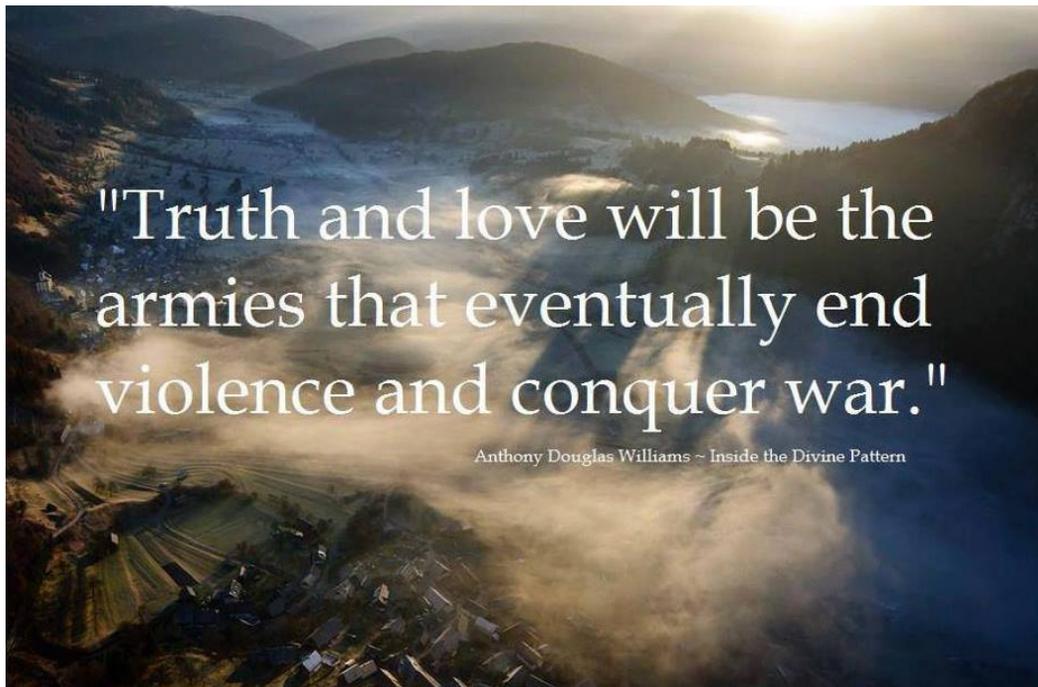
This would be a great victory for Compassion over apathy.

Yes, in these times of imminent war, political corruption, religious zealotry and moral apathy, our acts of civil disobedience and public protest do indeed have an important role to play in the survival of our species ... My Friends, please remember that the War of the Soul is being fought on many fronts — not just the more obvious ones. As such, every one of your acts of selfless gentleness, no matter how “small” and no matter how “quiet”, adds *IMMENSE* power to Humanity’s continued shift away from the primitiveness of separates & conflict, and towards the enlightenment of Oneness & Peace.

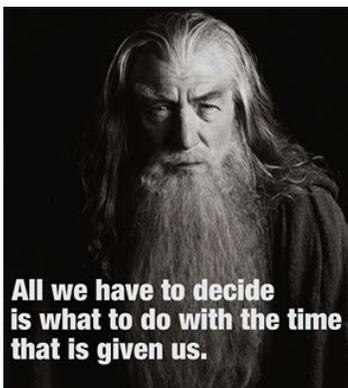
Every act of Kindness counts ... Every single act of **LOVE** brings us one step further away from our still-imminent plummet, and one step closer to our potential transcendence.

Victory is ours for the taking, my Friends, and the side of Peace is finally gaining ground ... *And yet* we need more “troops” on the ground and in the trenches; we need more folks willing to fight for Peace with their Compassion -- to fight for Freedom with their **LOVE**.

Won't you join the fray today?



*“The first question which the priest and the Levite asked was: ‘If I stop to help this man, what will happen to me?’ But the good Samaritan reversed the question, asking: ‘If I do not stop to help this man, what will happen to him?’ ... Despite all deception & distraction, every man must ultimately decide whether he will actively walk in the light of creative altruism or timidly wallow in the darkness of destructive selfishness.” ~ inspired by Martin Luther King, Jr.*



*Amazing things ...*  
(09/24/2013)

*“All I ask is one thing: Please do not be cynical ... It doesn't lead anywhere. Nobody in life ever gets exactly what they thought they were going to get. But if you work really hard and you're Kind, amazing things will happen. I'm telling you — AMAZING THINGS WILL HAPPEN ... It's just true.” ~ Conan O'Brien*

It's just so beautiful to see Humanity continue to slowly wake up; to yawn and stretch — to open eyes and Hearts that have been closed for so long — getting ready to roll out of bed and stride forth into our fresh, new destiny of Compassion & Harmony & Oneness.

We are changing, my Friends. All around us, egos steeped in fear & self-centeredness are falling away to reveal their gleaming, selfless Souls within — Souls alive with **LOVE**; Souls radiating rays of gentle Kindness; Souls thumping out their smooth beats of Harmony & Compassion.

I really am starting to think that we're going to be OK ...

Let us all go do our part to make it so.



*Our Blind Eye ...*  
(10/08/2013)

We turned a blind eye to slavery ...  
... until we woke UP to Justice.

We turned a blind eye to discrimination against women ...  
... until we woke UP to Equality.

We turned a blind eye to bigoted hatred of those from different cultures,  
those following different faiths &/or those having different sexual orientations ...  
... until we woke UP to mutual Respect.

Now, we are still turning a blind eye to the millions of caring & conscious  
sentient beings that are imprisoned, abused and slaughtered every day – tortured &  
terminated merely to satisfy our lusts for pleasure & entertainment.

We claim to be an “advanced intelligence”, and yet we continue to behave  
as barbarians ... We claim to love animals, and yet we look away from their  
suffering with a cowardice that is shocking and an apathy that is sickening.

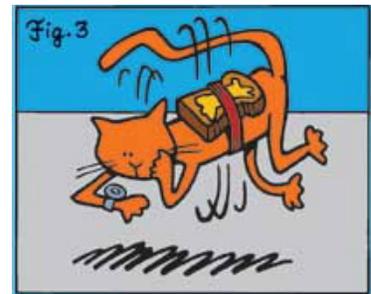
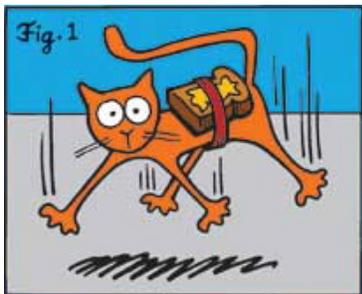
It is time to wake UP once again, my Friends ...  
... It is time we woke UP to Compassion.



## *A Tale of Two Paradoxes ...* (11/10/2013)

There once were two paradoxes, living side by side in the minds of men:

The first Paradox asked, “If toast always lands butter-side down, and cats always land on their feet, what happens when you strap a piece of buttered toast on the back of a cat and then let it fall?”



The second Paradox was not at all like the first, boldly stating that, “We are never safer than when choosing to be completely vulnerable; never more soundly fortified than after all our defenses have been lowered.”



The first paradox provides us with the amusing image of a cat hovering permanently a few inches off the floor ...

... while the latter paradox is actually not a paradox at all. For the latter “paradox” has actually been openly championed by many the Great Men & Great Women of humanity’s past (Lao Tsu, Buddha, Peace Pilgrim, Rumi, Gandhi & Jesus Christ — just to name a few), and it has actually been tested and proven True thousands of times over the past nine+ years of my own life as well.

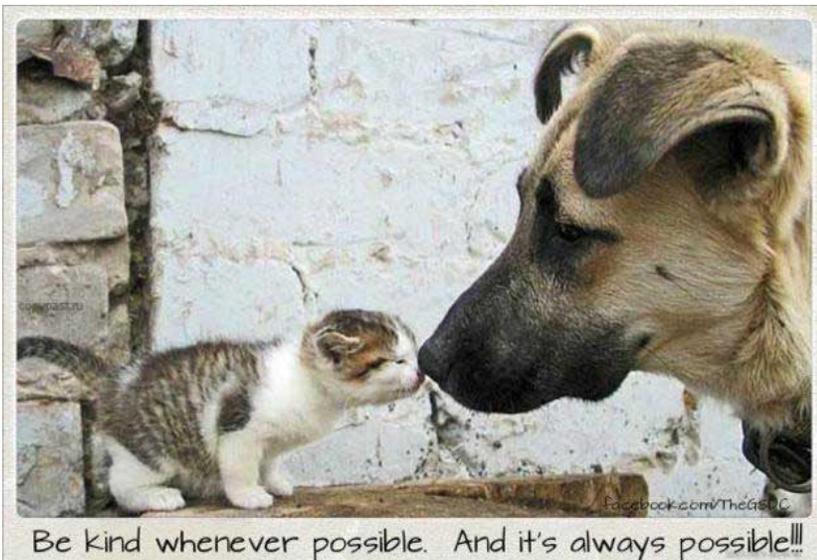
You see, every time we are blasted in any way by someone “mean” or “manipulative” or “evil”, we are actually being asked to give these “bad people” what they want more than anything else — our annoyance, our sadness, our anger or our fear. And thus, when we choose to defend ourselves against their attacks — or run away, or sulk, or attack them in return -- we are actually giving them their most prized desire on a silvered platter. By responding in such ways, they have effectively manipulated us into giving them the very negativity they so desperately desire; making them feel powerful on the short-term, and yet ultimately entrenching the very feelings of low self-esteem & self-loathing that inspired their poor behaviors in the first place.

In this way, your acts of “self defense” actually make your enemies that much stronger, and thus their future attacks much more likely ... thereby making your life actually much *LESS* safe as well.

On the other hand, consciously responding to such dysfunctions with gentle Kindness is thoroughly unsatisfying to these “villains”. They want your condemnation, and yet receive your compassion ... They want your hatred, and yet receive your Love ... They want a victim either cowering or enraged, and yet receive someone behaving valiantly ... And, if you decide to persist with such a courageously Caring response, these folks will have only one penultimate choice: either leave you alone to find their victim elsewhere -- or reawaken to the True Self they have forgotten, and start treating you like a Friend.

As such, quite ironically — and despite your ego’s fervent desire to believe otherwise, responding to attacks & aggressions with flagrant acts of humble Kindness is your best (if not only) form of effective “self-defense”.

Consider this with humility ...  
... And please, enact it with Courage.



(inspired by John Frazee)

*You are Beauty-full ...*  
(11/11/2013)

Always remember that you are in all ways Beauty-full ...  
Always remember that you are just as beautiful as you are Beauty-full ...  
... and always remember to act accordingly.



*Being Beauty-full ...*  
(11/15/2013)

*“Every day, think as you wake up, ‘Today I am fortunate to have woken up. I am alive, I have a precious human life. I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry, or think badly about others. I am going to benefit others as much as I can.’”*  
~ the Dalai Lama

Go be Beauty-full today, my Friends!



Beautiful in my opinion  
has nothing to do with  
looks. Its how you are  
as a person and how  
you make others feel  
about themselves.

The Notebook of Life

*Staying focused ...*  
(11/14/2013)

Every day, I am reminded by a few dear Friends to stay focused; to encourage myself to Care for others; to allow them to encourage me to keep serving humanity – and to listen to them when they do so. Their encouragement is priceless to me ... Indeed, in all my times of down & darkness, theirs is the spark that relights my Heart's flame.

And as such, in honor of their unconditional support and perfect Love for me, I offer the same to you with the following reminder:

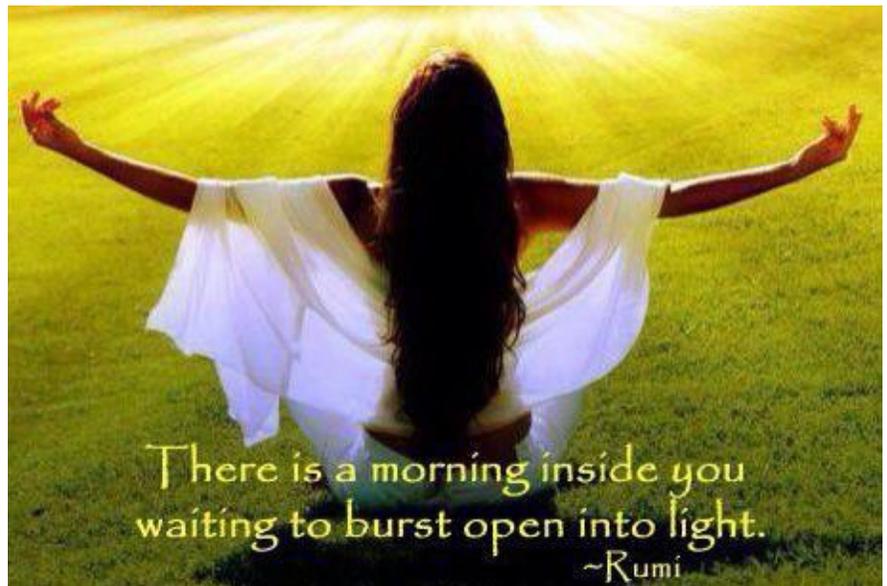
You will have many critics in your life; there will be many who will go out of their Way to tell you all the reasons you cannot live your life the way you have been Called to live it – that you can't afford it, that you won't have enough money when you are older, that it's too dangerous or too irresponsible or too crazy to “rock the boat”, that you are not talented enough, not good enough, not tough enough, not beautiful enough, not smart enough, or not brave enough to enliven your Heart's desire ... Well, I only have one thing to say about that

... *Avoid listening to them!*

Even when they come and whisper their warnings in your ear; even when they try and keep you small & trembling; even when they eloquently persuade you to simply “tow the line” or “behave” or “be normal” or do what you are told, *stay focused* on the fact that this is *YOUR* life; that it is you & you alone who call the shots as to how you will live, and for whom. Take your life in your own hands and make it yours again.

Find your Work -- the gift in each moment that only you can give -- and have the guts to make it real; and this, no matter what “they” might say.

Be able to look in the mirror each morning and see the Truth of You ... and be able to look in the mirror every night and give thanks for having lived another day filled with Meaning.



And rest assured that your enemies will keep coming at you ...

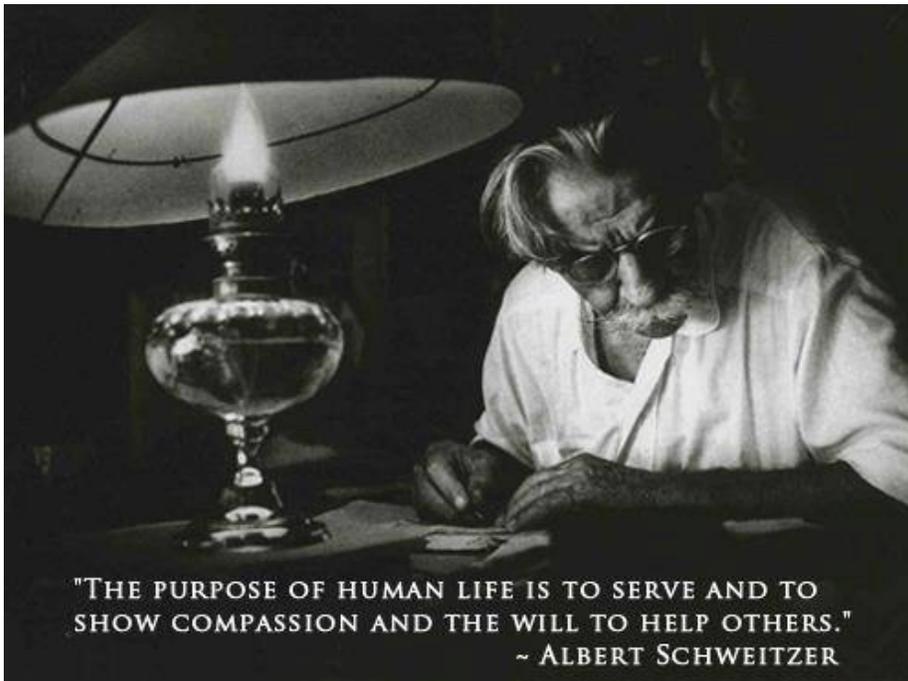
Indeed, the “jerks” & the “pudwhackers” & the naysayers & the goat-feather sellers & all the other small-minded people in your life will keep flocking to get in your way. Know that that such folks will keep trying to bring you back into their lazy herd of comfort & ease & superficiality & judgment. Remember to exude Compassion to them when they do ... *AND* firmly refuse to let them wear you down.

There might indeed be millions of them who show up on your doorstep looking to distract you from living your life, and yet even banded together they are not as strong as your one, shining Soul.

So stay focused on who you truly Are instead ...

Stay focused, my Friends, on *LOVE*.

(inspired by unknown)



"THE PURPOSE OF HUMAN LIFE IS TO SERVE AND TO SHOW COMPASSION AND THE WILL TO HELP OTHERS."  
~ ALBERT SCHWEITZER

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”  
— Rumi



*Small signature or mark.*

WHEN SOMEONE SAYS  
"YOU'VE CHANGED"  
IT SIMPLY MEANS  
YOU'VE STOPPED  
LIVING YOUR LIFE  
THEIR WAY.

YOU HAVE THE  
POWER TO SAY,  
"THIS IS NOT  
HOW MY STORY  
WILL END."

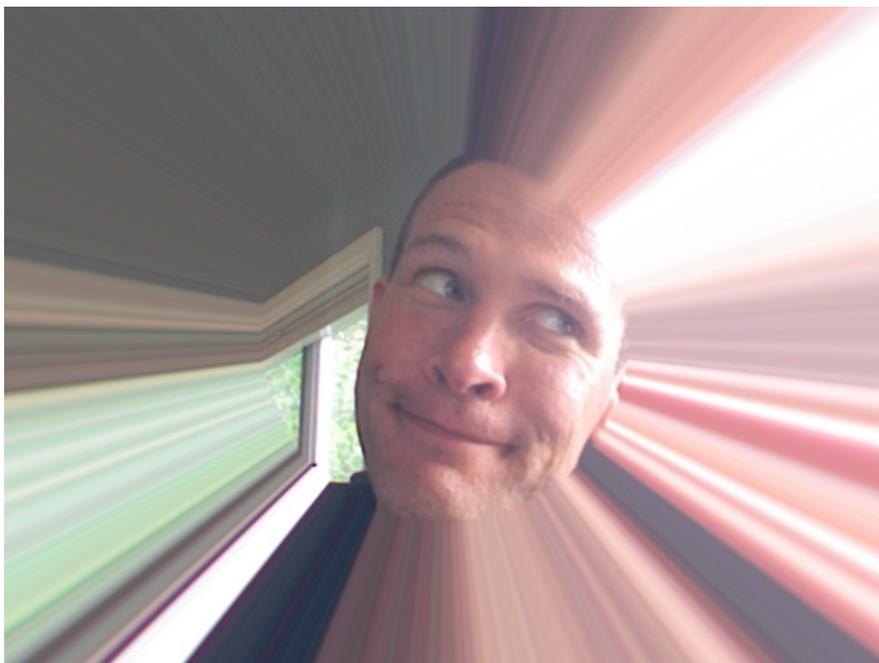
*Awakening to Importance ...*  
(11/19/2013)

The **three most important days in your life** are:

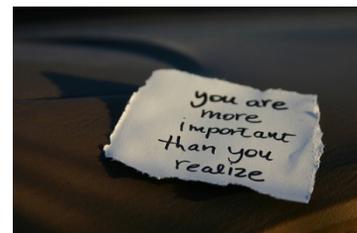
\*... the day you are Born,



\*... the day you find out Why,



\*... and the day you start acting accordingly.



(~ inspired by Mark Twain)

*Clarity true Blue...*  
(11/21/2013)

There is only one place for us to find true Clarity:  
in the reflections that ripple between “You” & “Me”.



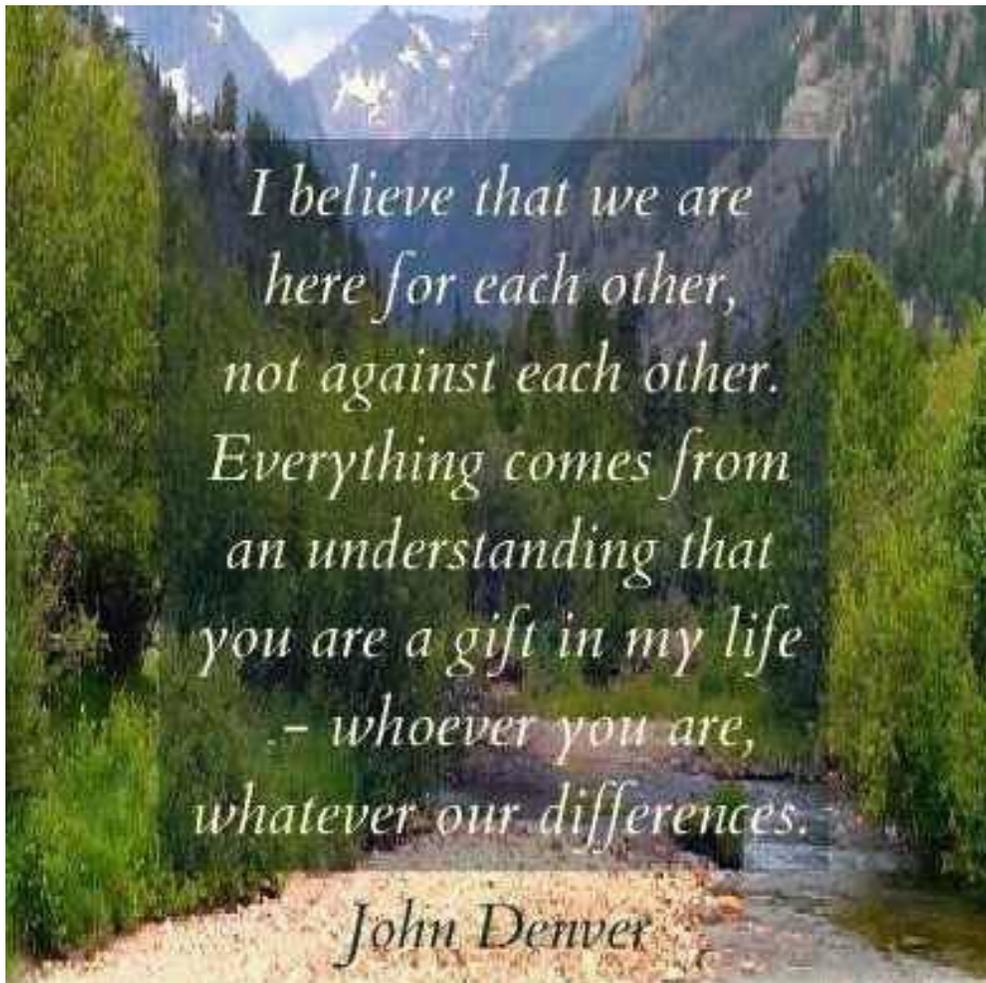
(inspired by Mitchell Sohn)

*Sowing Goodness ...*  
(11/23/2013)

Your eyes will always be beautiful when they look upon another with Kindness, especially when the object of that gentle gaze is less than worthy of the same ...

And if you do happen to sow such pure Goodness, then not only will your raw Beauty illuminate the Soul of the one upon whom you directly shine it ... but all those nearby will also find their Souls basking in that perfect Peace.

(inspired by Anita Price)



*The ever-spreading Soul ...*  
(12/01/2013)

*“Flowers are like the butterfly. Like me — indeed like each & every one of us — they too are metamorphic. They start as one thing — a seed small and dry; not yet alive yet full of potential ... and they become something else — a blossom moist and fragrant; full of peace ... full of giving ... full of life.*

*And once they make this transformation, their sweet redolence flows to every corner of their surroundings, and this without a worry as to what they might receive in return. And finally — by way of their own seeds; a progeny spread even during their own passing as a final act of Giving — their vivid Beauty is reborn again & again, eventually spreading to every corner of the Earth.*

*In the human realm, only Love is this persistent ... In the human realm, it is only Peace that can take root anywhere ... Indeed, in the human realm, it is only Compassion that can be the thread soft enough to hold our Humanity together.”*

~ inspired by Peace Artist



*Being Flowers ...*  
(12/05/2013)

Some people believe that they can “find Inner Peace” and know “true Happiness” via meditation or visualization or affirmation or devotion to some other mental practice ... And who knows? Maybe they can.

Other individuals truly believe that they can “find God” and “be saved” through belief or prayer or worship or devotion to some other faith-based thinking ... And who knows? Maybe they can as well.

Of course, for the former folks — for those seekers of “enlightenment” — it is important to remember that “Inner Peace” is only the first step on a much longer Journey. It would be prudent for them to remember that it isn’t nearly as important to “Be the flowers”, as it is to reach out with Kindness and water them.

And for the latter folks — for all those “true believers” seeking their “salvation” — it is just as important to remember that “personal redemption” is only the first small step on the Road to Heaven. It would be wise for them to remember that it isn’t nearly as important to become one of God’s “chosen children”, as it is to humbly reach out to others and act accordingly.



Amen ... Let it be so.

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

*“Not everyone who says to me,  
‘Lord, Lord!’, will enter the Kingdom  
of Heaven, but only the one who  
DOES the will of my Father ... Truly  
I tell you, just as you **DO** for one of  
the least of these who are my  
brothers, so you also do for me.” ~  
Jesus Christ (Matthew 7:21 +25:40)*

*Dying to Death ...*  
(12/10/2013)

*“Live as if you were already dead.”*  
*~ Japanese Samurai saying*

In actuality, this seemingly dark wisdom is anything but morbid ... In fact, this wisdom is raw genius; potentially the most important thing I could ever share with any of you ... For when we wake up to the **TRUTH** that life — everyone’s life — is fragile and precious and fleeting, then we have no choice but to become fully alive once more — alive like we were in our infancy — alive like we were in our beginning.

When we wake up to the **TRUTH** that we are not here to merely “have fun” or “be successful” or “live a good life” — the **TRUTH** that these pursuits are actually an avoidance of life and not a living of it, then our options become deliciously limited:

\*In such moments of Awakening, we have no choice but to go beyond being merely nice to our loved ones, and we must choose to openly honor them instead ...

\*In such moments of Enlightenment, we have no choice but to go beyond being merely respectful to strangers, and we must choose to be courageously Kind to them instead ...

\*In such moments of Clarity, we have no choice but to go beyond being merely “fair” to our enemies, and we must choose to be selflessly compassionate with them instead ...

\*And in such moments of Epiphany, we have no choice but to go beyond being merely “good to ourselves”, and we must choose to be Good to our Selves — by being Good to all others – instead.

The fact of the matter is: you don’t have much time left, my Friend ...

... The fact of the matter is: none of us do.

Indeed, today is both the very first and the very last today you will ever have, and if you are truly Loving of your Self, you will ponder this **TRUTH** — you will ask yourself this morning: what worthiness am I going to *DO* today? Right now, what soft Kindness am I going to set in motion?



"Listen, dammit: You step outside, you risk your life. you take a drink of water, you risk your life. And nowadays you breathe and you risk your life. Every moment now, you don't have a choice. The only thing you can choose is what you're risking it for."

-Hershel Greene

And once we choose to make this Leap into *LOVE* — once we choose to cherish the tender pricelessness of each & every moment we have been given, then and only then do we begin to truly enjoy the Good Life ... Then & only then do we begin to truly Live.

\*In-deed, how precious our loved ones become when we realize that today is our last day with them ...

\*How sacred every stranger becomes when we remember that that each small, chance meeting with them is the only chance we will ever have to make their lives a bit happier ...

\*How perfectly priceless our enemies become when we realize that they are the ones who provide us with our purest Power — for they & only they are the ones who give us the opportunity to *Love anyway*.

My Friends, no matter what you have done or neglected to do with your life, today is a new day ... No matter how selfishly or superficially you have lived to this point, today you may begin anew:

Today you may make your life one filled with Joy & Peace ...

Today you may mold you life into one of Meaning & Purpose ...

Today you may make your life a stroll through Heaven ...

... Today you may choose to live for *LOVE*.

When you live your life as though you're already dead, life takes on new Meaning. Each moment becomes a lifetime — a universe unto itself, and each & every encounter within that slice of forever becomes a jewel of the greatest value — every chance meeting becomes its own pearl of greatest sheen ... Indeed, if our only spiritual practice were to live as though we were already dead, relating to all we meet and engaging all we do as though it were our final moment in this world, what time would there be for old games or petty falsehoods or proud posturing? What time would there be for negative criticism or arrogance judgment or cold condemnation?

In-deed, if we lived our lives as though we were already dead, as though our loved ones and our friends and our associates and even our enemies were all already dead as well, how much time would we really waste on “self help” or “self defense” or even “self salvation”?

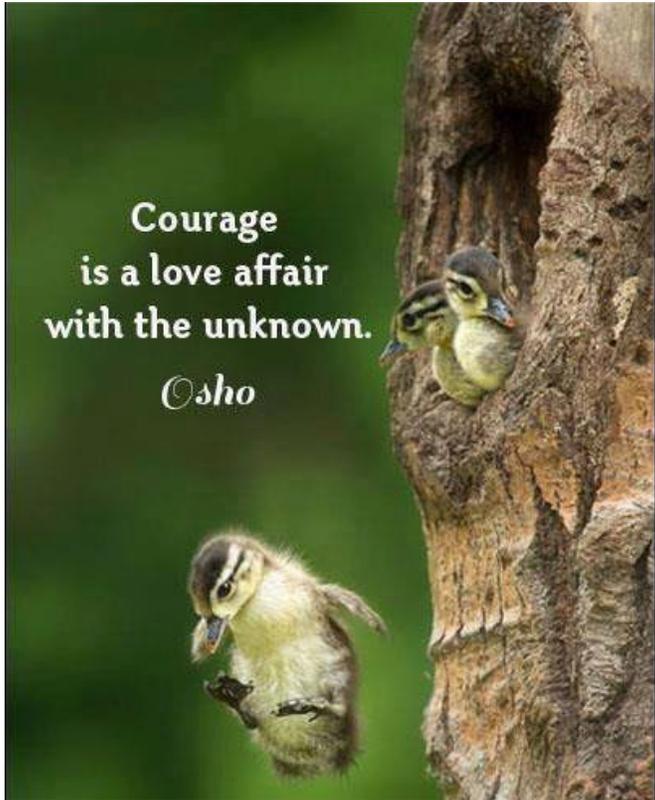
None at all, of course ...

Once we understand what is actually the case — once we wake up to the **TRUTH** that we are all already teetering on the verge of death & disappearance, only **LOVE** becomes appropriate, and only the Harmony of Oneness remains.

Amen ... Let it be so.

(inspired by Stephen Levine)

People wait  
all week for friday,  
all year for summer,  
all life for happiness



*Move it, move it ...*  
(12/11/2013)

*“You want me to play hide and seek with Lemmy? ... I can show you my seeking technique, and I can also show you my counting technique. I invented a few new numbers I think you will like.” ~ King Julien (of “Madagascar” fame)*

When it gets right down to it, most of us spend so much time “looking for happiness” that we keep ourselves from ever finding it ... We desire pleasure & we yearn for power & we pine for comfort -- and we expend enormous amounts of energy not only in striving to attain these things, but also in rationalizing our pursuit of them.

Of course, despite what we have been taught & told — despite our parents telling us that we need to “take care of ourselves”, despite our politicians telling us to be “responsible citizens” & despite our culture in general telling us to “work hard” for our own wealth and safety, the fact remains that the more desires we entertain, the more misery we create for ourselves and those around us.

Misery is clearly a direct consequence of our desiring — and yet go on desiring, we do. Just like King Julien, we think that once our desires are fulfilled, our miseries will disappear ... And so we keep defending & hiding & protecting & accumulating & wanting & striving — all to no productive end; indeed, all to our own immense & deep-seated dissatisfaction.

In bodies that are steadily aging towards death and in a world that is always shifting & fading & falling apart, it is literally impossible for *any* desire to ever be steadfastly fulfilled. And, much more importantly, even in those fleeting instants when our wants are seemingly fulfilled, nothing is fulfilled by their fulfillment. For it is desire itself that makes us brittle & hollow, and no amount of “wealth” or “success” or “health” or “glee” can ever hope to fill the massive void of such a raw & self-centered isolation ... Living under this still-popular mindset, no matter how many goals you attain and no matter how many dreams you realize, you will always remain as fundamentally empty as you have always been.

“Masters” and “Wise Ones” from more than few religious traditions & spiritual sects have told us that the solution to this quandry is an elusive state of mind called “desirelessness” -- that all we have to do is sit quietly and “still the mind” to then be able to “sink into the now” and attain the Bliss that we so desperately seek.

Of course, this is a trap as well; one even more insidious than our more materialistic greeds — for the source of our suffering is not a lack of Inner Peace, but rather our personal need to experience that Peace for ourselves; the source of our deepest pain is not the things we seemingly lack, but rather comes solely from our determination to attain the same.

So how do we remove ourselves from this cycle of despair? How can we leave the life of futile striving and enter the realm of Bliss-full Living? ... I do not know all the ways to do so, and yet there is one Way of which I am aware — one Way I have tested myself for over a decade of my own life — one Way that always brings Peace to moments of discord, always brings Joy to times of sadness, and always brings Contentment to instants filled with fear.

And this is the “Way of Selfless Dancing” -- the Way of setting aside our personal regrets & feelings of weakness in favor of engaging bold acts of courageous caring ... the Way of setting aside our reasonable criticisms of enemies & annoyances in favor of engaging bold acts of humble forgiveness & radical gratitude ... the Way of setting aside our understandable desires to have “more” & attain “better” in favor of engaging bold acts of selfless giving ... the Way of setting aside the subtle temptations to live our lives internally; to merely think about “being more loving” — in favor of getting up and going forth to *BE* that *LOVE*.

In closing, it must be clear to you all by now that striving for “happiness” will simply not ever work, and that merely sitting still & “going within” won’t bring you real Joy either ... No, my Friends, when it comes to attaining that ever-elusive state of lasting, deep-seated Bliss, we must eventually choose to make our lives about Giving instead of receiving. And in order to make our lives reflections of that pure Giving, we will have to eventually open our eyes, stand our bodies up,

... and choose to “Move it, Move it”!

Amen ... Let it be so.

*“I will teach you everything about being a lemur king: the bossing, the bragging — but most of all, the boogieing!” ~ King Julien*

(inspired by Osho ...  
... & of course, King Julien)

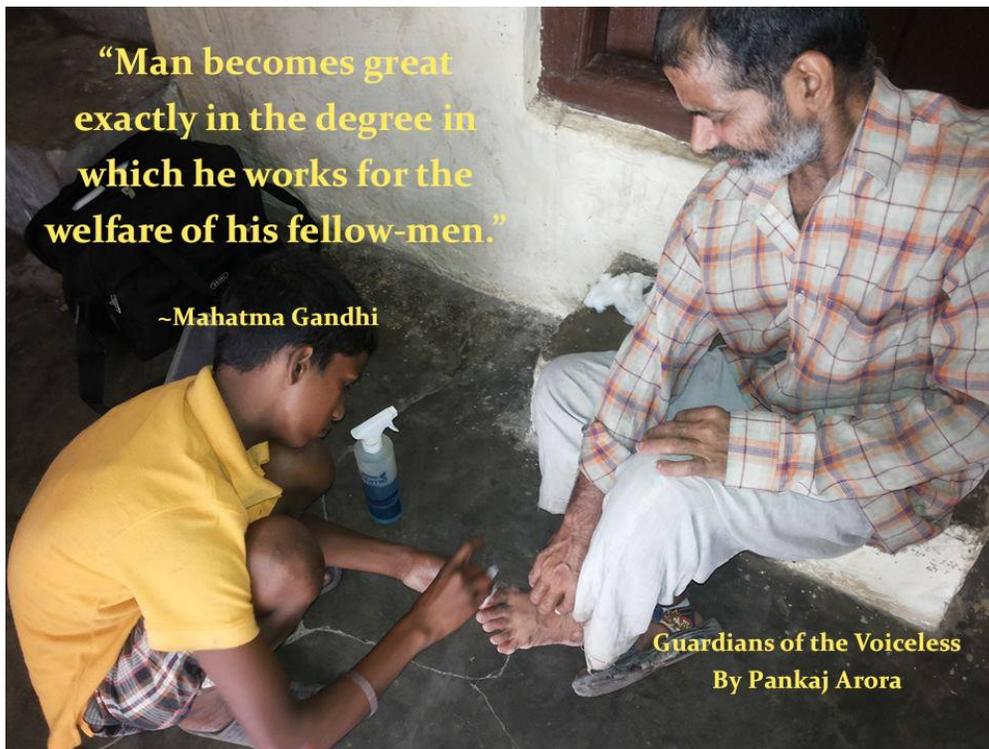


*Having real Wealth ...*  
(12/17/2013)

*“One is only truly poor when he desires much for himself ... Life is always a wondrous adventure when one keeps their mind on the well-being of others.” ~ inspired by Laura Steven*

Real Wealth comes from True Happiness,  
True Happiness comes from Pure Peace,  
... & Pure Peace comes from Selfless Giving.

So ... got *Wealth*?



Life is better when you are happy but  
life is best when other people are  
happy because of you! Be an inspiration,  
give peace, share your smile.

*The genius of Freedom ...*  
(12/18/2013)

David Foster Wallace simply was, to put it mildly, a genius. And as humble proof thereof, I offer the following:

*“Here is just one example of the total wrongness of something I tend to be automatically sure: everything in my own immediate experience supports my deep belief that I am the absolute center of the universe; the realest, most vivid and important person in existence.*

*We rarely think about this sort of natural, basic self-centeredness because it’s so socially repulsive. But it’s pretty much the same for all of us. It is our default setting, hard-wired into our boards at birth.*

*Think about it: there is no experience you have had that you are not the absolute center of. The world as you experience it is there in front of YOU or behind YOU, to the left or right of YOU, on YOUR TV or YOUR monitor. And so on. Other people’s thoughts and feelings have to be communicated to you somehow, but your own are so immediate, urgent, real. And the so-called real world will not discourage you from operating on your default settings, because the so-called real world of men and money and power hums merrily along in a pool of fear and anger and frustration and craving and worship of self.*

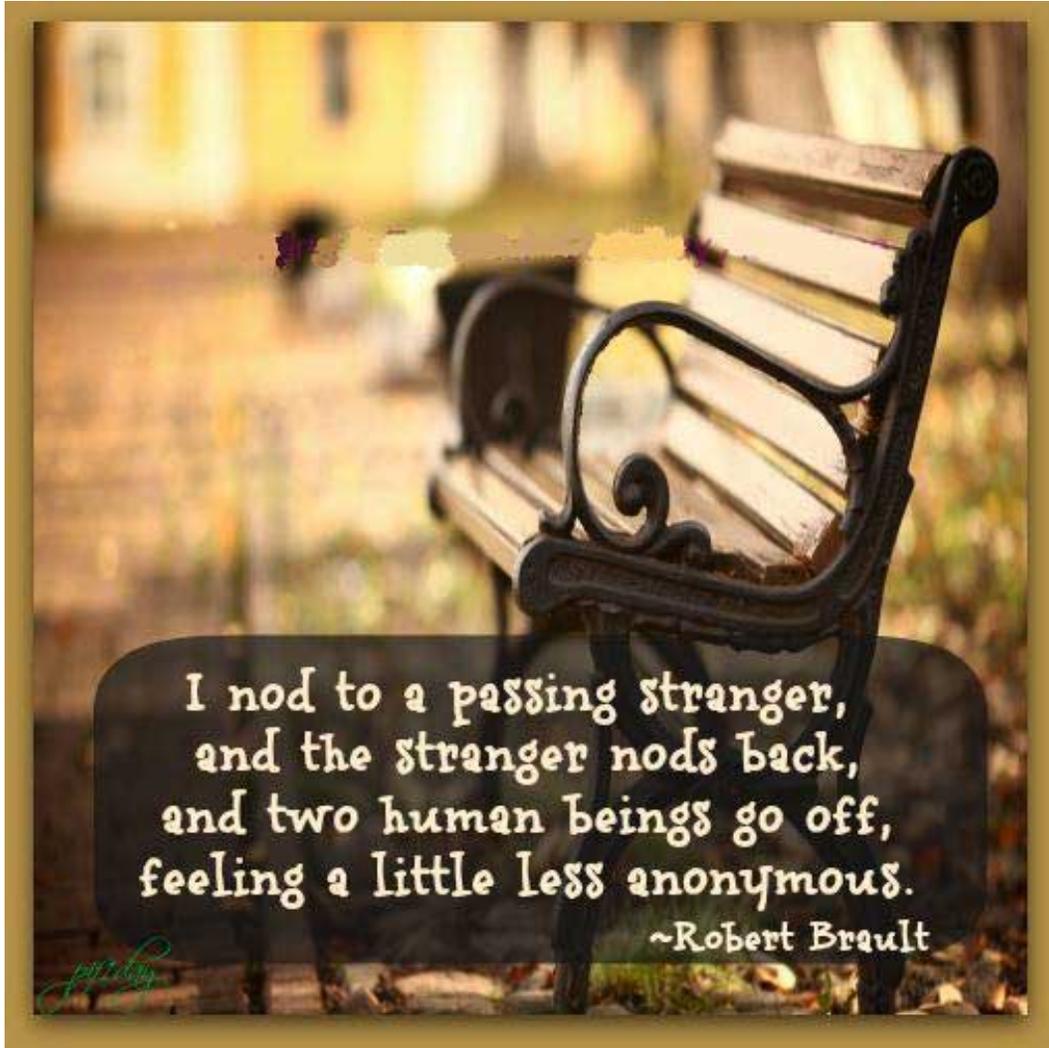
*Our own present culture has harnessed these forces in ways that have yielded extraordinary wealth and comfort and personal freedom -- the freedom all to be lords of our tiny skull-sized kingdoms; alone at the center of all creation.*

*This kind of freedom has much to recommend it. But of course there are all different kinds of freedom, and the kind that is most precious you will not hear much talk about in the great outside world of wanting and achieving and [owning] ... The really important kind of Freedom involves attention and awareness and discipline, and being able truly to Care about other people and to sacrifice for them over & over in a myriad petty, unsexy ways every day ...*

... **That** is real Freedom.”

~ David Foster Wallace





*"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)*