

Peace, Happiness & Heart You Can't Have One Without The Other

They say that one man's squalor is another man's palace. And so it goes. People who keep simple clothing without designer or other brand names, purely for warmth and basic necessity show us by example a pious way of life dedicated to others.

Service is about tending to the needs of others, especially those less fortunate; so there is no need to draw attention to oneself with special clothing that conveys wealth or social status or both. The amazing smile of the cripple girl on the street hoping for the generosity of passers by is easily the most genuine expression of grace and beauty. A young lady just like this I see several times a week in the exact same spot every time on the crumbling sidewalk along Sukhumvit Road in Bangkok, Thailand has just such a smile: It could easily light 10,000 homes without detracting the slightest from its magnificence or special gift for everyone who passes, regardless if they take pity and choose to share the wealth in their purse or pocket. I always give her 100 Baht (USD\$3.00).

I often notice the people coming from the other direction as they approach her and they quickly divert their glance from her direction, instead peering down at the ground ahead of them or in another direction: They choose not to accept her smile, because they are ashamed that their heart is closed to her and others like her; they prefer not to share what they consider to be their good fortune. They do not know the universal truth that giving is truly receiving, for they see their only means of protecting their financial circumstances and improving upon them is by hoarding and keeping others less fortunate from sharing them.

They are blind to the true path to peace, happiness and the means of connecting one's heart and soul with the heart and soul of the Universe: For it is they who are handicapped. The girl on the street is free of these inhibitions and false beliefs: For she is closer to the Energy of the Universe than anyone who has the benefit of all

their body parts and knows not the joy of sharing with those less fortunate until it feels good, simply because it is the right thing to do and not for any selfish purpose or hidden agenda. The cripple girl on the street is really your Jesus, your Buddha, your Mohammed, your Abraham; your savior, your deity or whoever He may be.

When you arise each morning, do you dedicate your day to those depending on you? What is your intention to serve those less fortunate each day? Do you plan how you will serve others each morning as you begin your day? If you have no goals, they say any road will do. If you choose not to make specific plans or goals to serve others, at least dedicate yourself for that day to better serving all those who depend on you and those less fortunate you encounter or who you find you are in a position to aid in some way.

In this way you start each day with right mindedness and both your conscious as well as your unconscious mind is focused on what is important: All others, yourself last. This is not to suggest that one should serve others at the expense of one's health or fall into poverty if it is not your preference as a way of life, but every day we have unlimited choices to make a difference for others, especially those who cannot help themselves as can we.

And at the end of the day as you prepare to enter the Dream World (Which Shamans the world over consider the REAL world, while what most of us consider to be our real world, they consider to be the DREAM world), think back on what you accomplished since arising. Did you focus on others? Did you make a difference? If it was your last day in this life, was it worthy of being your last day or less than worthy? The Buddhists have a very interesting expression: "One never knows which comes first: The next morning or the next life". Think about it each morning as you set your goals of service to others for the day. If it is to be your last day, insure that it is filled with acts of mercy, caring and loving. For as you are losing consciousness at the end of your time in this life, you will be concerned with but two issues: "Have I loved enough?" and "Have I been loved enough?"

Looking back, you realize that the decision has always been yours and yours alone. Share whatever is yours with whoever needs it more. No matter your possession or resource, when it is your time to depart for the next life, whatever is yours will remain for others to divide among themselves. So share and share again, before you are no longer present so to do. Love and be loved, this day until your last. See you in the next life. I'll be looking for all my old friends.

As always, this is **Red Fred**, over and out.

