

# New Western Cuisine



ISSUE 71 May 2011



产品设计

与自然为伍

Dining with Nature





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# We're All Dying

Of course we're all dying. If one was born of the flesh, he'll die of the flesh: The only question is not "if one will die"; only "when one will die". The moment one is born, he is one moment closer to death than before his delivery. So, one can either worry about it day and night or get on with living with style and enthusiasm until his last breath. Make the most of every day, as though you knew it was your last day on Earth; make every thought, every deed, every action count, so that whether it is or is not your last day alive, it's a day worth remembering, dedicated to serving others, rather than yourself.

Increasingly many people spend endless hours on matters that are of very little consequence to mankind, let alone themselves. In many places family values and higher principles are a thing of the past: For more and more of us worship things over people and the pursuit of material wealth has come to dictate our moral code, rather than simply practicing right over wrong. Families are torn apart over the division of inheritances; children are sold by their parents for next to nothing, and in particular, young girls as young as seven are sold as child brides to older men for a suitable dowry; while others, young and old are abducted into slavery and worse. And as has always been the case, since the establishment of organized religion, lives are taken, wars are fought, atrocities are committed without conscience and terrorists seek to inflict maximum carnage on whomever they see as their enemies; including the assassination of those they consider to have committed blasphemy against the name of their god.

The concept of living every day as though it was one's last is far from new, yet if more of the world's population practiced it, the world would most certainly be a far better place in which to live. But in order to determine what would constitute a worthy

"last day", one must look deeply inside himself to know what is important and what is unimportant. My rule of thumb is simple: If an action is self-serving without benefiting others as much or more, I consider it unimportant; if on the other hand, an action is selfless or even for the most part selfless and benefits others, it deserves consideration, relative to all other possible uses of my last day or possible last day in this life.

Naturally we are all entitled to our daily rituals for leading a healthy way of life; however, when it comes to our "electives", they should simply be acts that serve others, rather than just ourselves. Others notice those who are considerate of their fellow man; who act with deep respect and calm abiding: Who speak and walk softly with an open heart...perhaps most beautifully expressed by the great Sioux shaman Black Elk "To walk in a sacred manner is to make an art of life, to attend to each moment as though it were the last, to take each step as though it were the first."

Go in peace for the harmony of all creation. Care for your family, your neighbor, your community, your country, your planet; simply because it is the right thing to do; yet knowing that if you live to serve others, your basic needs will always be met: For it is a perfect world and the Energy of the Universe wants good to be done. Live every day as though it were your last and you will soon know the songs of the Angels who always surround you, care for you and bless your service of others with Heaven's gentle touch. Know also, as Stephen Levine writes in his best seller "Healing into Life and Death" that even death is impermanent. Live for others and know the meaning of Eternal Life. I am **Red Owl**, over & out.

