

# The Paradox of Earth

by

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I cannot count the number of times that people will come to Tricia and me and ask, "What can I do to make a difference in the world? Its troubles are so great and I am just one person."

Our answer is always the same. Began today to view each person; each situation; with simple human compassion and kindness.

You see, far too often we wait to do something **BIG** for people or events. We feel if it isn't **HUGE** or major then it can't be of any real value. The paradox of Earth, however is that it is a mirror. As above so below, As below so above. Remember that anytime you look into a mirror what you see is exactly the opposite of what you are. On Planet Earth that which appears big is really very small in the spiritual sense and that what appears small is actually Very Big. One of Earth's Master Teachers has said, "That which you do unto the least of these do you also unto me". What he was saying is take the time to look for the little ways to make a difference. Not so long ago I was driving along the street near the neighborhood where we live and saw an elderly gentleman, about 80ish, on an electric cart stuck in a pothole. Standing not twenty feet from him was a young woman in a driveway, watching him. As I drove past I noticed that he seemed very frustrated and the young lady walked away into her house. I pulled over and walked back to him and asked if he needed a push. He replied, "I sure would appreciate it". With very little effort I pushed he and his cart out of the pothole and on his way. As I turned to leave he said, with tears in his eyes, "Thank you so much, I have been sitting here for 20 minutes and no one else would help me. Thank you". Well it is needless to say that the gift he gave me the rest of that day and today is far greater than the time and effort it took me to assist him. You see, it is in the little things we do that the greatest benefits are derived. The smile and kind word to a check-out person in the grocery. The helping of someone in need. Smiling to someone on the street. All of these have a ripple effect that reaches far beyond us.

Today as you go about your Busy-ness, take time to look around for those little opportunities to be of service and know that with each one our Earth becomes a more compassionate and pleasant place and with each one an Angel smiles for us all.

*The fundamental teaching of the Buddha is his teaching on the Four Noble Truths: 1) There is suffering: 2) that suffering has cause: 3) there is cessation of suffering: 4) there is a path to such freedom. What becomes important in the understanding of this basic teaching is a genuine awareness of one's own potentials and the need to utilize them to their fullest. Seen in this light, every human action becomes significant.*

**His Holiness The 14th Dalai Lama**