

Being in Appreciation

There's something very fascinating about human beings. I don't know if you have noticed it, but when a person is feeling good, when a person is happy, content, they act completely differently. They become kind. Automatically. You don't have to teach them. They actually become tolerant. They actually become considerate.

If an older person is standing in a bus, and a younger person is sitting down, if the younger one is feeling good, they say, 'Here, you take this seat.' No problem. A parking lot and two cars want the same space? The happy one gestures to the other person to take the space.

How is it that when happiness rules, people become very, very nice. Simple. Kind. All the things that they lecture us for hours about how we should be: 'You should be kind, considerate; you should be this, you should be that.' Feeling good? Feeling happy? Automatic. Feeling empty? You don't feel like a human being any more.

How is that? Maybe the clue is that's how you're supposed to be. You're supposed to be in contentment. You're supposed to be in joy. You're supposed to be in appreciation. You are supposed to be witnessing the most incredible

of all miracles taking place.

Maybe this life is really about the amazing journey that is happening. And maybe all we need to do is to open our eyes. Awaken. And see, understand, and realise what it is - from our heart.

You have given your logic many chances. Maybe it is time to listen to the heart and recognise the simple call to be fulfilled, recognise that what I am looking for is within me. Not outside. How easy it has become for us to look outside for all that we seek. Maybe the time has come to look within.

Whatever is powered out there - the suns, stars, whatever is powered out there - is courtesy of the very thing that resides within you. No different.

Some people say, 'Prove it.' I would love to. Not by words, but by feeling. Why not by words? With words, I cannot even begin to describe it. And it wouldn't do you any good. For it to do some good to you, you must feel it, too. And that's what's within you.