

Rainy day in your heart

On having to give up a beloved pet to the local humane society

Aloha Brother,

So yes please slowly heal. But do not be depressed for years. Just learn and grow - what else is there to do? Find new ways to be kind and compassionate. Help other beings when you can. That is enough. Compassion includes being compassionate with oneself. Do not waste a second of precious life being depressed. Sad is ok. But, here and now, just flow with as much loving kindness you can. That is always the way forward. Never know who you will be able to help along the path.

And you know, I have crappy things happen at work sometime courtesy of crazed folks, I stumble along in my social awkwardness, feeling pretty darn lonely sometimes, and yet most of the time I do feel delight in the moments I pause and the touch the energy of now - and gratitude and inspiration. The Buddha teaches that the path is awakening to one's inherent Buddha nature. Those are no longer just concepts to me now. When I create space in the moment I feel that primordial awareness and it brings me to bliss. It hums - the universe does hum - maybe om or aum.