

Happy Thanksgiving Brothers,

I hope at least A got to be with family and R and R ate together. It was me and the cat here. But it's ok. I am healthy, I have a job, a roof over my head, a spiritual path that brings me peace, a cat who seems to like me. And, though it's taken a long time, I like me - I accept and love myself unconditionally - like a parent loves a child. When your parents are passed on, then you have to be your own parent. You HAVE to give yourself that unconditional love and acceptance. Being at peace with where you are, feeling okay just exactly how you are here and now - knowing you are OK.

You can't really love anyone else if you don't love yourself. That includes being gentle with yourself. Letting go of the overly self-critical crap, opening your heart and letting yourself be happy here and now, as is. Beyond philosophy, beyond politics, beyond mundane things - we three are sons of Kathleen and William Thorp. They worked hard to give us a good life and set a good example for us. Were they perfect? No. Neither are we. But they did the very best they could. They both shared a love of nature with us. They both showed us the importance and value of helping and serving others. They taught us the importance of kindness by their example. Our father never appeared to be very philosophical. But one day, when he was living in Waikiki, we got to talking about what the measure of success in life was. He said that for him it was how you treated other people that was the true measure of your life. Whether you were kind, considerate, generous, and compassionate. For a seeming agnostic, our Father realized the truth at the heart of most religions. And tried to live it.

Our Mother, was always helping someone or some group when she wasn't helping the children of Waiana'e. She overcame such a horrendous childhood to be kind and gentle. So how do we show them our thankfulness and gratitude for what they gave us? I think it is as simple as being happy, really happy and being at peace. And, being kind and compassionate to people around us.

You have both been very kind to me: caring, concerned, being there for me. I hope I have given some of that caring back in return. On this day, I am thankful for having had two kind, caring parents. And I am thankful for having two kind, caring older brothers.

Be well. Love, David