

EXCERPTS

Of all the truths I've come to know, none have had a more profound effect on me than the soul-deep acceptance that everyone is a temple of God, and a fountain of life and love. We are, in fact, one human family, created by God for all eternity.

I believe that happiness, a mental state, is our most precious earthly possession. More than any material thing, inner joy brings value to your life. Love makes this world a better place for everyone.

Perhaps our greatest human grace is kindness. Even in the face of pain, we can choose to be generous.

The 3-Step Spiritual Action Plan

1. Embrace each day to the fullest.
2. Visit frequently with God.
3. Serve God by serving humanity.

How can we become effective instruments of God's ministry to the needy? I suggest we do this best by opening our hearts, minds and souls to the people who come to us for help. This isn't always as easy as it sounds; opportunities to do good things often come at inconvenient times. The person you see might appear shameful, disgusting or unworthy of help; she might be a neighbor who annoys you, a member of some group that offends you, or a person you'd prefer to pass by on the street. This is where the real challenge of love appears; not in helping people you might want to help, but in helping people you might normally avoid.

The talents you and I have are not personal inventions but gifts from God. We may work hard to refine them but they originate in spiritual grace. It's our responsibility to use those gifts to help people in need. When we do this, we experience the overwhelming happiness for which we've been created. Helping others, after all, feels much more satisfying than helping one's self.

I ask you this:

- What are you living for?
- What do you hope to experience?
- And what will you do to make the most of your life while you can?

I believe in God and eternity as a matter of faith. When I look to the heavens on a clear night and see the star-filled galaxies millions or even billions of light-years away twinkling in the seemingly unending vastness of the universe, I intuitively know that God exists.

I tell you this: A person who lives as though his or her soul MATTERS has a happier life than one who does not.

If, by some miracle, the people of all faiths could shock the world and join together through their shared inspiration, they could usher in an era of peace and joy for almost every person on earth. A “Big Picture” view of human happiness can make such things possible.

God directs all of us to help the needy in a spirit of love, compassion, sharing and forgiveness.

In time of crisis, because I am fragile and dependent, my spiritual weaknesses force me to lean on someone or something beyond myself. As a vibrant and energetic man, it’s been a struggle for me to accept those fragilities and dependencies. At times, the choice has been made for me; as I mentioned, we are all mortal, myself included. Facing that truth can be frightening indeed.

Gratitude is a major element of my spiritual life.

I look forward to the ultimate human adventure: Moving on to eternity, and seeing what’s there whenever God calls me home.