

Reflections

In the still of the night we lay our heads down, we take that one last breath deep into the dantien to throw another log onto our internal stove before we drift off to sleep. We curl our toes back as far as they'll go toward our nose starting with the right side and alternating back and forth an odd number of times to unblock energy channels in our lower extremities. Sleep comes to our physical body, but our souls now go to work, traveling all over the universe keeping a watchful eye over others and helping sentient beings along their road in this lifetime.

As we wake our souls come back into their present "house," we do our morning rituals; go through the routine, but where did the routine come from? We put it into place, it is our lives, which means we can change that routine. Perhaps before rushing out of bed upon wakening you could take a moment or two to stoke the furnace, take three or four deep breaths into your dantien, curl your toes back toward your nose, take a moment to realize yes, I'm alive, I've been given the chance for another day of life.

But is your life just for your own self-gain? That seems a bit selfish. Of course, you must be happy with yourself before you can help others, but if you wake up feeling okay, happy to be alive, perhaps as you go through daily activities, you could be more aware of the feelings of the people that you come into contact with.

A day or night doesn't go by in this crowded world where we don't see someone new, a total stranger. Maybe a smile, a quiet hello, an expression of kindness, whatever form it takes, might just cheer up another one of us. It's all about us. Us that are in the same few years of existence we have in this lifetime. Even though we may look different from the outside, we're all the same inside at our core, we all basically want to be good and kind; the bad comes from all the external input we're bombarded with in this self-indulgent society we live in.

See beyond the exterior of your fellow humans, believe in their inherent goodness and behave accordingly. We're all borrowing the space on earth only for a short while, strive to make it a better place, even if it's just your little patch of this world. Realize we are all the center of the universe, all brothers and sisters under the Tao of it all.

Modify your routine, make yourself feel better, your self—improvement will spill over onto others. Be the true, compassionate person that resides within us all. Don't let our exterior world and materialistic influences affect whom you are deep down inside. Sounds idealistic? Maybe so, but if we never try, we can never succeed. So try as you might. We can never make that difference without the effort. Change your routine that you now think is normal. Be the abnormal. It's not a bad word. Be the one that created a speck of goodness in this otherwise chaotic, fast-paced world we live in. For as it was once written, shoot for the moon, because even if you miss, you may land amongst the stars.

Sifu Frank Versagi

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