

“Try a Little Kindness” – Glen Campbell

Dr. David R. Hawkins, MD, PhD. authored a number of books, the most widely read of which is doubtless, *Power vs. Force*. On the subject of enlightenment or becoming enlightened, his explanation was very useful to me. After sufficient background, he distilled the strategy and tactics recommended toward achieving the enlightened state into the simple admonition: “Be Kind.”

That essential message – as I understand it – is that, by being kind – toward everyone and everything *without exception* - we align ourselves with the truth of who we (really) are – and the consequence is a developing awareness of the larger truth – compassion.. encompassing a scope previously unrealized.

We can grasp an intellectual understanding and agree with the idea that we are – at our core – beings of awesome power the essence of which is Love. (Agreed? – OK.) The experiential knowing of this? Now THAT is something that I posit is worth every calorie expended in it’s pursuit. And a technique to acquire this is the practice of simply being kind.

And then doing it again.. and again. Going “out of your way” and developing this habit. Over time– and/or quite possibly “all at once” ..as the breaking of a gentle dawn or the simultaneous turning of a flock of birds you will be introduced to a knowingness that confirms your suspicions that we live in a friendly universe. That the phrase, “God is Love” is in fact a grossly incomplete understatement.

The Greatest Salesman in the World is probably the most well-known work of Og Mandino. Recently I came upon a Facebook friend’s post - a quote attributed to Og. It expresses in different words – perhaps more poignantly – a tactic that leads in this direction. If one who desired enlightenment took up this practice it is my opinion they would rapidly access a glimpse of the core of who we all truly are.

Once experienced, this is transformative. I put this quote in the box below – and I tell you plainly that – IF one will choose to actually DO this, something will happen. Insight will come. And the at once exceedingly gentle yet awesomely powerful knowingness of compassion – at the experiential level - will result in gratitude and appreciation in the years to come.. knowing the reality of what has been called the essence and the substance of our universe: compassion.

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend them all the care, kindness and understanding you can muster. Your life will never be the same again.

Og Mandino, *The Greatest Miracle in the World* (1923 - 1996)

Intellectually we can agree this could be useful... For those who will go ahead and - Fearlessly, Boldly – actually DO this... Their lives and experience are going to change. And If it takes some practice.. ..if this enlightenment isn’t fully realized overnight? That is still OK. You may Count on it. Try a little Kindness.

Author and Speaker Rev. George B. Thomas is a Certified Practitioner of Matrix Energetics™ and Certified Hypnotist using transformative modalities (Medipic, et al) in clinical and remote sessions.. For additional information or to schedule a face to face or remote Session, visit the website: **www.Iwantjoy.com**