

Doing what there is to DO

How to Live Life Positively & Peace-fully -- and thereby Power-fully

The critical shift in every human's Life comes when their desire to harmonize with the Universe becomes greater than their fear of the change in lifestyle that this re-alignment requires. This shift becomes completely success-ful the instant one **Believes** that "I am totally Willing to Live my Truth" **and** then courageously walks that Talk. If one thing has become clear to me over the years, it is that mere "friendliness", politeness or tact is not enough to engender true Inner Peace. Rather, in order to truly bring one a deep-seated, lasting contentment, the acts in question must be challenging both in their sincerity and their selflessness. And such a transformation is what this "calendar" is all about -- 366 days and 366 different yet equally powerful acts of Kindness.

While I take no personal credit for the generation of these ideas, every one of them is a "Life Tip" that I have mySelf seen practiced &/or personally experienced ... And every one of them, especially the ones that shock or scare you, functions Power-fully for Peace and Happiness when courageously applied to Living ... Of course, it is my humble belief that *none* of them will perfectly engage your unique Gifts of Self, and yet each of them, if courageously engaged, **will** help to awaken in you what you allReady Know: namely, that you are here to Serve, that you can do so uniquely and powerfully, and that it matters not how close you get to your "perfect path" as long as you continue to walk its general direction – by being continually and selflessly Kind.

Each of the activities are presented in a "one-per-day" format. They commence December 1st, and the first few "tasks" have been purpose-fully chosen to "ease you in" to the process of radical Kindness that is ultimately the focus of them all. That having been said, there is no need to commence using this calendar on that particular day. Pick any day you wish to start – and simply get to it! Engage the action recommended only for that day, or, if a particular action "catches your fancy", make it a part of your new everyday Life ...

Please note that this is not a "process." You are not attempting to "get better" or stimulate yourself to "grow" as a person. To re-Awaken your True Self, you must choose to be completely true to that Self's selfless inclinations *for one moment*. For this to take place, the moment must be an active one – incorporating the harmonization of positive thoughts, kind intentions and selfless actions. In essence, to hop onto The Way, all that is required is one moment of action that is deliberately and selflessly Caring. The only question then becomes whether or not you will repeat that instant's selfless choices in your life's subsequent moments ...

Remember as well that these are not mere "niceties", but actual acts of selfless Service. As such, some of them will prove to be a bit challenging to engage. That having been said, if a particular day's task is "too much" for you, attempt to "tone it down" and engage it anyway. If that doesn't seem feasible, simply repeat yesterday's task or move ahead and try tomorrow's. One thing is seemingly certain – for Inner Peace to be attained and your True Self to be "woken up", merely reading this calendar's entries will not be sufficient. Though such a perusal would prove to be inspirational, only the courageous **practicing** of these acts of Service will revolutionize your Life and bring You deep-seated Peace ... May You therefore not only read them earnestly, but also apply them courageously, thereby experiencing Life as the Joy-full Adventure it can, and was meant to, BE!!!

Remember that you are an emissary of Peace via your Kindness ...
... and re-member to **Have Fun** while doing so!

Scaughdt

(November 30, 2007)

P.S. As a tip, it might prove useful to pre-read the next day's "task" the night before, so as to be better prepared for the logistical alterations to your day that might be required ...

December 01 – Dedication to re-Awakening: Dedicate one hour this evening to being completely alone ... In this time, sit in stillness (no TV, no radio, no music, no cell phone, no conversation, no books) ... In this time, decide whether or not you earnestly want to engage in the Awakening of your True Self ... Your mind may wander, and yet continue to bring it gently back to the task at hand for the full hour; namely, focusing on the Vision of the person you wish to become and the change you are willing to engage in order to experience deep-seated Peace ... At the end of the hour, intone that "I Am completely Willing to enLiven my True Self!" ...

December 02 – Simplification: Go through your house and find 9 items that you have not used in the last month (and that are not broken) and drop them off at the nearest Goodwill store (or branch of the Salvation Army or a local church, etc.) ...

Bonus Activity: Find 9 more items, wrap them as presents and give them personally away – 3 to friends, 3 to associates and 3 to strangers ...

December 03 – Unconditional Repentance: Sit down and write down ten of your past actions that hurt someone else (with physical pain, intellectual confusion &/or emotional sadness/fear) ... Now write a letter forgiving yourself for those transgressions ... Mail that letter to yourself – today!

December 04 – Unconditional Forgiveness: Sit down and write down ten of the actions of others that have most harmed you (with physical pain, intellectual confusion &/or emotional sadness/fear) ... Now write each of these actions' "perpetrators" a note, outlining your perception of their offense(s) and expressing your unconditional Forgiveness to them ... By setting them Free, you Free your True Self as well ... Imagine yourself Forgiving them in person ... See them accepting your Forgiveness with Gratitude ... Envision hugging each other before parting ways ...

Bonus Activity: Have the Courage to share these notes in person ...

Bonus Activity #2: Include a message of sincere Gratitude for these "villains" -- for giving you the opportunity to Awaken your True Self by caring for them anyway ...

December 05 – Dying to the old self: Find a time this morning and have the courage to visualize your own death ... If you were to die this instant, what regrets would you have? What would you have done that you did not attempt? What would you have said that you did not say?

Sometime this afternoon, write your own eulogy ... Keep it short and keep it potent ... Mention what you stood for in Life and remember to mention your Gratitude for your Life in general ... Conclude with the epitaph you'd like to be placed on your grave/memorial ...

Finally, sometime this evening, take 30-60 minutes and write an "Ethical Will" ... This is not so much a distribution of your possessions (though you may include this of you wish) as it is an Honoring of your Life ... Mention the major Blessings that graced your Life and your Gratitude for them ... Mention the major pains that challenged you along the way and your Gratitude for them as well ... Mention the ways that you served others selflessly ... Leave your "Final Wisdom" – the one thing you would tell a loved one about "the Meaning of Life" (if you were only allowed to tell them one thing) ...

Bonus Activity: Write a short "Goodbye Note" to your Life's 9 "Major Players" (e.g. parents, siblings, partners, Friends, Enemies) ... Where feasible, have the Courage to share these notes in person ...

December 06 – Refreshing your Routine: In bed, interlock your fingers and notice which thumb is "on top" ... Let your thumbs switch places and see how it feels ... Now, get up and get dressed by putting on your shirt and socks before your underwear and pants ... Then sit down and cross your legs the way you normally would ... Now let your legs switch places as well and sit there for a bit ...

So much of our day is filled with thousands of small habits, and while altering them might not seem important, doing so is an invaluable aid to the release of the ego-self that is controlling many of your unhealthy choices ... So take a few moments and write down your general everyday routines ... Now, next to those notes, jot down ways that you can easily alter them (e.g. perform tasks in a different order, perform them with your non-dominant hand, do the opposite, don't perform them at all, replace them with another activity, etc.) ... Put this New Routine into your pocket ... Go forth today and Live it!

December 07 – Honoring the dead: In succession, visit the cancer ward of a local hospital (it is not necessary to engage the patients today – simply See them, though that would be a lovely Bonus Activity), the city morgue, **and** a cemetery ... Take gardening tools and flowers to the cemetery, find the least appreciated or "loneliest" grave, and spruce/adorn it ... Make it Beauty-full ... Honor the priceless Life it represents ...

Bonus Activity: Say a prayer of remembrance and Gratitude before departing the gravesite – a prayer of remembrance for the glorious Life represented by the hyphen between that grave's birth-date and death-date, and a prayer of Gratitude for that person Serving your Life by allowing you to Honor theirs ...

December 08 – Getting to Know yourSelf: You may have made mistakes in your Life and you may not be "perfect" by societal standards, and yet deep Within you are a facet of Perfection ... And in order to set that True Self free, you must have the Courage to Acknowledge It and Care for It ... So this morning, take 3 minutes and listen without interruption to your own heartbeat ... Then, go to a mirror and look into your own *pupils* without interruption for 2 minutes (one minute per pupil) ... See the True Self within your body – residing at the "core" of your mind (what many call the "Heart") ... For one more minute, while still looking into your own eyes, extend both unconditional Love and complete Acceptance to that True Self ...

December 09 – Status Check: Today, every 30 minutes, stop what you are doing and ask your Self either "What Time is it?" (Answer: "Now") or "Where Am I?" (Answer: "Here") ... Alternate the asking of these questions and keep it up for one full day ... Be sure to pause after both the asking and the answering to look around and Appreciate exactly Where & When You ARE ...

December 10 – Being Conscious: Your “reptile brain” (home of your defense mechanisms of “friend or foe” & “fight or flight”) is working constantly to keep you “safe”, and every moment of your life is filled with stimuli that allow that “ego-self” to encourage you to engage in impulsive, emotional reactions ... Because the neo-cortex (Home of consciousness and your ability to Choose) engages those same stimuli a few Moments *after* your reptile brain does, it is necessary to Purpose-fully pause before undertaking any response to Life’s stimuli ...

So today, for as often as you remember to Do so, pause before every choice is made and before every action is engaged ... Focus especially on your Life’s most common “autopilot” activities (e.g. waking = pause before getting out of bed; dressing = pause and really choose what you wear today and how each article really looks and feels; eating = pause before putting food or drink into your mouth and choose to really taste it; talking = pause before speaking and really Mean whatever you decide to say; commuting = put books and I-pods down and pay attention to your surroundings while traveling; sleeping = pause before closing your eyes to reflect on your day, etc.) ... In short, Honor your day by making it a conscious one ...

December 11 – Delayed Gratification: At least for today, Purpose-fully wait five (5) minutes before fulfilling any desire or wish ... Hungry? Wait five minutes before going to get food ... Thirsty? Wait five minutes before getting a drink ... Have to go to the bathroom? Wait five minutes before going ... Want to listen to your I-Pod or car radio? Wait five minutes before turning it on... Want to call a friend to chat on the phone? Wait five minutes ... Finish the day by holding your breath for as long as you can ... “Simmer” in bed before sleeping and think on your new-found Appreciation for what you allReady possess ...

Note: To get the most out of this activity, it’s important that you wait Meaning-fully (e.g. appreciating nature, watching other people interact, simply sitting and Being Aware of your breathing, etc.) ... Waiting for five minutes while pining to “get yours” defeats the purpose, as does reading or otherwise “filling the time” ...

December 12 – Willingness: At least for today, choose to willingly do everything you do ... Do so especially during those activities you feel that you “have to do”; activities that your ego normally detests but that you engage out of a sense of either obligation or fear ... Don’t want to get out of bed? Choose to want to get up ... Don’t want to go to work? Choose to want to go ... Don’t want to pick up your kids or meet with someone? Choose to want to do so ... Simply resolve to say “YES!” to every opportunity to Live today, regardless of whether or not it’s something your ego wants to do ...

Bonus Activity: Choose to not only willingly engage your day’s tasks, but do so Joy-fully as well ...

December 13 – Self-Awareness: Start the day by getting to know yourself anew ... Pause this morning to really look at yourself in the mirror (naked is best, looking slowly and neutrally from head to toe) ... Avoid judging what you see ... Simply note that “This is the body I have been given” ... Put on some comfortable clothes and sit down for a few minutes ... Be still and just listen to your breathing ... Now take a few moments to look verrrry closely at your hands ... Head to the mirror again and examine your eyes similarly ... Take your time ... See all the different shades and hues and spots and levels of both your retinas ... Notice how they are both similar and different ... The neat thing about hands and eyes is that they are per se Beauty-full (even by societal standards) ... Notice how amazing yours are ... Notice how uniquely amazing **you ARE!** ... Glance in mirrors and windows throughout the day today; not to see “how you look”, but rather to remember these moments Self-re-cognition ...

December 14 – Empowered Giving: Take a few moments this morning and identify three of your most frequent and/or most powerful cravings ... Instead of fulfilling them for your self today, attempt to give them to (or fulfill them for) someone else ...

December 15 – Space-Cleansing: Gather all the old catalogs, magazines and newspapers in your home and take them to be recycled ...

Bonus Activity: Cancel your subscriptions to all of these paper-based periodicals ...

December 16 – Detachment from Expectations: List 5 expectations you have for your behaviors/performance ... Write a letter to yourself releasing you from those “demands” ... Mail it today... List 5 expectations you have related to the behaviors/performance of three “Major Players” in your Life ... Write notes to each of them releasing them from the same ... Affirm your unconditional Acceptance of them regardless of whether or not they fulfill your particular fantasies, wishes or desires ...

Bonus Activity: Deliver those notes in person ...

December 17 – Refreshing your Outlook: Go find a tree that you can climb and climb it ... Sit there a bit a look around ... Notice how everything looks quite different from this higher perspective ...

Note: It doesn't matter how high you climb, though, like every other act, the more courageous you engage it, the more potent it becomes ...

December 18 – Respecting the Earth: Upon waking, stay in bed a while and think about how the Earth provides for you ... Without its air, you would suffocate ... Without its water, you would die of thirst ... Without its animals and plants, you would starve ... Upon rising, go immediately and lower your thermostat significantly ... If you end up wearing more cozy clothes around the house and/or using your fireplace more, so be it ... Now go forth and buy a large quantity of energy-efficient light bulbs and install them throughout your home ... Finally, at sundown, choose to use only candlelight tonight before going to bed ...

Bonus Activity: Invest in solar power for your home ... It more than pays for itself, and simultaneously does the Earth a lot of good ...

December 19 – Paying Attention to your Life: Take a few moments this morning and jot down everything you did yesterday and when you did it ... As far as it's feasible, repeat everything on that list today ... Try to exactly duplicate your yesterday, only this time, open your eyes and **Look Around** you while doing so ... Notice and write down the beautiful and amazing things you missed yesterday ... Re-Mind yourself to remain **Awake** tomorrow as well ...

December 20 – Taking the New Way: Take a few moments to envision your normal routines ... Now note all the routes you normally take – to work, to school, to the store, to the gas station, to church, to the post office, to the park, to home, etc. ... Whether you “have to” or not, go to each of these afore-mentioned places (and as many more of your “usuals” as you wish), and do so by taking a route you have never before taken ... Go slowly and look around while doing so ... Note that the longer and the more “roundabout” the path chosen, the better ...

December 21 – Beautifying the Planet: After work or school, find either a park or a long stretch of sidewalk in your neighborhood that looks “messy” ... For at least one hour, clean it up ... Be creative and have fun while doing so ... Notice how much better it Feels after you’ve finished ... Notice how much better **you** feel while serving selflessly! ...

Bonus Activity: Collect dead wood from a local park or forest and light a “bonfire” tonight to celebrate that Cleansing (it can be a very small one – even a candle-lighting ceremony is fine) ... Invite friends and family to share its warmth on this, the longest night of the year ...

December 22 – Cleansing Envy: List 3 possessions that others have that you wish you had ... Be Happy for their “success” by anonymously doing something kind for them today ...

Bonus Activity: In addition to those anonymous Good Deeds, approach each of these people personally (even if it’s merely by phone) and offer to help them in any way they might need it ...

December 23 – Facing Fear: Take a few moments to recognize and then list your five most potent fears (e.g. death, abandonment, ridicule, pain, poverty, etc.) ... Choose to remember that fears are not only irrational, but that they also only exist in the future ... Now envision a situation from your past where you were confronted by these fears ... Do so while “rewriting the script” of those memories; making them emPowering visions instead of terrifying ones ...

Bonus Activity: Find ways to actively face each of your fears ... See that fears are only that – fears ... Note: The more courageously a particular fear is faced, the more completely it will be cleansed from your system ... Note #2: Fearlessness does not mean recklessness ... If you have a fear of sharks, going swimming in the open ocean is enough to face it ... You do not have to cut yourself before going into the water! ...

December 24 – The Invisible Footprint: Go the entire day today Giving back more than you take from every person or place ... Give out more food than you consume ... Take away all the garbage you personally generate with you in a bag (while attempting to generate as little as possible) ... Do more for others than is done for you ... Find creative ways to fulfill this task ... Hint: It is more effective to actively “beautify” where you are before you leave than it is to try to leave it “as clean” as when you first arrived ...

December 25 – Radical Gratitude: Take a few moments to list the 3 past difficulties or “crises” that created the most pain for you ... Take a few more moments to list the 3 current “obstacles” that are giving you the most frustration ... Finally, add the 3 future-based worries that cause you the most current stress ... Now, next to each of those 9 entries, note what you have learned, are learning and can learn from each of them ... Realize that without challenge, Life becomes a malaise of meaninglessness ... Yes, it is rational to desire less difficulty in our lives, and it would not be Self-Loving to yearn for more pain than what we are already encountering ... At the same time, one of the traits that seems to separate us as Human Beings is the ability to be Thank-full for our challenges ... Choose to Do so now ...

Bonus Activity: Take each of those 9 “problems” and “positivize” them – that is, take each of them and *envision* them leading to something Wonder-full (e.g. losing a job that a better offer can enter, breaking up with a partner that a Soulmate can enter, etc.) ... Note: It is the

afore-mentioned gratitude for your Life's challenges that allows for these "positives" to then enter your Life thereafter ...

December 26 – Re-Conceiving your Self: Go forth today choosing to See as though this were your first day of Life ... Let go of all your memories and judgments and preconceptions and beliefs and convictions ... Simply BE and SEE ... Notice the sun and the moon anew ... Try to count how many different shades of green there are around you each day ... Notice the architecture of your city's buildings and the infinite styles of clothing worn by others ... Pay attention to people's eyes and the different ways they all walk ...

Pause mid-morning and write out a list of 6 things in your immediate environment that you would have labeled as "normal" on any other day ... Pause long enough to See them anew – as wondrous, as miraculous, as unique ... Repeat this exercise at mid-afternoon, and then a third time upon arriving home this evening ... Re-claim your Right to Live in Awe ...

December 27 – Respecting the Earth: Take steps today to minimize your "carbon footprint" ... There are many ways to do so, though today, it is enough to simply choose between riding your bike or using public transportation all day ... Do some research tonight on other ways you can "de-carbonize" your Living ...

Bonus Activity: Weatherize your house by installing storm windows, adding insulation &/or surrounding your water heater with a heater-blanket ...

December 28 – Releasing Excess: Go through your home and gather 9 items that you would consider to be "luxuries" (e.g. gold jewelry, china dishware, crystal glassware, the "good silver", furs, fancy watches, leather coats, etc.) ... Lay all of them on the living room floor, put on a blindfold, and give away the first two you happen to touch ... Note: More than a few families do not have any typical "luxuries", and yet *everyone* I've ever met (including myself and my compatriots during the time when I lived "on the street") owns a number of cherished items that are irregularly used &/or have no "true purpose" ... They are owned merely to own them – more for the status of owning them than for their substance ... These qualify as "luxuries" as well ...

For the Advanced: Give the items away personally and give them to a stranger, as opposed to a Friend or dropping them off at Goodwill ...

December 29 – Slow-Flowing: In this world where we are encouraged to "go as fast as you can to do as much as you can do", make your Life smooth instead ... Purpose-fully alter the tempo of all your actions today ... Walk at a slower tempo than normal ... Drive at or below the speed limit (or, better still, drive a bit slower than the slowest car around you) ... When you speak, speak slowly and distinctly ... Take a longer-than-usual lunch break to actually chew and taste your food ... When you perform a task, pay attention to each portion of it instead of worrying about "completing" it (this means no multi-tasking today!) ... In the evening, relax Purpose-fully ... Listen to loved ones ... Read a good book (TV is way to fast, so turn it off tonight!) ... Review your day calmly (and with Gratitude) before falling asleep ...

December 30 – Art Appreciation: Today is a day to appreciate Art in your Life ... This presents a number of options – going to an art museum being the most obvious among them ... If you do go to a museum, that's great, and yet your task for the day is to find art in *unconventional* spaces – sculptures in the park, the architecture downtown, the unusual way a man or woman might wear their hair, the wind-swept curve of a certain tree ... Regardless of where you happen

to find your art, the task involves *appreciating* it ... This means that the art must be recognized, calmly taken in, and then complimented (by word or deed) in some way (e.g. leave flowers at/on the sculpture, leave a note for the building manager about its graceful architecture, verbally compliment the snazzy hairdo, and/or hug the tree) ... Do this three times during the day and share your experiences with a friend or family member this evening ...

December 31 – General Gratitude: Go somewhere away from your home (e.g. the woods, a mountaintop, the roof of a skyscraper, etc.) and pause to reflect on the Blessing that is your Life itself ... Wait until you really **feel** Grateful for being alive – then scream “Thank Youuuuuuuuuuuuu!” to the Cosmos for as loud and as long as you can ...

Note that the purpose behind this task is not to scare or intimidate anyone else, but rather to honestly and courageously express your Gratitude for your Life ...

January 01 – Respecting Sentient Life: Today, do not eat, imbibe or utilize any animals or animal products ...

Bonus Activity: From this day forth, decide to eat only animals that either you kill yourself or that you personally witness being killed ...

January 02 – Personalizing your Calendar: Establish &/or renew personal Holy Days ... Get your standard calendar and note the day of your conception (“exactly” 9 months before your birth) ... Write “Mother’s Day” on your own birthday ... Note anniversaries (of relationships, jobs and/or travels), birthdays, death-days and the day you began your current job ... Other than that, be creative ... Honor these days by beautifying them as you write them in ... Finally, be sure to remove any traditional holidays that do not resonate with your personal Life-Views ...

January 03 – “Soul Vision”: Regardless of your particular religious (or non-religious) beliefs, live the entire day today under the assumption that everything that happens to you, everything that you see &/or hear, and everyone who crosses your path is a direct messenger from God (a.k.a. “the Universe” or “the Life Force”) ... Assume simultaneously that these messengers are all well-intended ... It is merely your task to Find that Goodness they are relaying and to use these Wisdoms to augment your Life ... This means, of course, that the traffic light turning red is keeping you in the “right tempo” (be Thank-full for it!), that the butterflies you see are more than merely butterflies (follow them!), and that every stranger with whom you make prolonged eye-contact has some bit of information that will keep you on the Path to Happiness (engage these individuals in conversation – and Listen to them!) ... Note that the more courageously you engage your Life’s “messengers”, the clearer (& the more potent) their Wisdoms will become ...

January 04 – Flowing Faith-fully: Start the day today by “randomly” choosing a number, a color, and a direction (“left” is as good as “north”) ... Then, at the time of day of your choosing, set off for one hour and only walk towards/with these three “signposts” ... At the end of the hour, have Faith (again, regardless of your particular religious beliefs or lack thereof) that you have something Important to Do at that location ... Look for a way to Serve someone nearby (anonymously is best) ... Once the Service is rendered, head back ...

January 05 – Respecting the Earth: Fresh water is arguably your most precious resource – and the world is rapidly running out of it ... Today, respect water by conserving it ... All day long, turn off the tap when brushing your teeth and washing dishes (wash them by hand), shower no longer than 5 minutes (no baths!), and only immediately flush your bowel movements (“If it’s yellow, let it mellow, if it’s brown flush it down”) ...

January 06 – Silent Being: Go sit silently with a Friend for 30 minutes ... Gaze at him/her regularly ... See his/her True Self when you do so ... If no Friend is handy, find someone on a public bench and sit next to them for that amount of time ... Note that this is not a time to read or listen to music ... Even if the other person is doing so, your task is simply to be Present in his or her Presence ... It is a powerful experience to simply BE with another human without the small talk and idle activity that normally keeps us from Appreciating a true sharing of Space ...

January 07 – Acting on Intuition: Put a six-sided die or a special coin or two same-sized stones (one dark and one light) into your pocket ... Then Base every decision today on the “roll of the dice” (e.g. the die’s odd numbers = “Yes” and the even ones = “Not now”) ...

Note that intuition is more accurately activated if you pause and think earnestly on the decision to be made before you then consult your “random decision generator” ... You will find that not only are “random decisions” of this nature a bit less than random, but also that any choice you make has powerful Good consequences (if your intention is selfless and if you engage it with courage) if you choose to look for them ...

January 08 – Music Appreciation: Some have said that mankind invented music to “correct” our own discordant vibrations &/or to harmonize the discord in our surroundings ... Regardless of whether or not this is true, music is clearly a powerful force in human culture ... That having been said, today is the day in which to appreciate music in your Life ... Notice that you are not to merely listen to music – you are to *Appreciate* it ... This can manifest itself in a number of ways ... Go to a foyer with great acoustics and hum or whistle therein ... Drum loudly on a park bench ... Put on your favorite tune and dance to it in public ... Regardless, true appreciation is not to be done in private ... Somehow, someday (creativity is encouraged), show the world that you are Thank-full for music in your Life ...

January 09 – Specific Gratuities: Take a few moments this morning and write out a list of ten things for which you are Thank-full ... To help get you started, at the top of the list write “Life”, then “Consciousness”, then “Free Will” and then “Nature’s Wonders” ... You get to fill in the final six spaces – three of them with past Joys and three of them with current Blessings ... Read this list once every hour all day today ... Feel your Gratitude – and act accordingly ...

January 10 – Respecting your Elders: Visit a local elderly care facility or retirement community and pay your respects ... Ask the residents there for their Life Advice ... Ask them what they think the Meaning to Life is ... Ask them to tell you their Life stories ... Ask them if there is anything you can do for them ...

Bonus Activity: As you depart, ask an attendant for the name(s) of the resident(s) who seldom get mail ... Send that person(s) a card of Appreciation today ...

January 11 – Pure Positivity: Go the entire day without complaining about anything or criticizing anyone ... This includes cursing ...

Bonus Activity: Whenever tempted to be negative, go out of your way to say something positive &/or do something Caring ...

January 12 – Cultural Immersion: Today, choose to take a trip into a neighborhood where you become a “minority” ... Though many believe such an action to be “dangerous”, if

you go and attend a church there or choose to be a patron of a store (barbershops are great for this), you will come to no harm ... Remember to do more than merely “dash in” ... Take your time ... Engage others in conversation ... Ask them what their lives are like in their neighborhood ... You will inevitably find that “people are people” no and that the vast majority of people are Good-Hearted, no matter where you go ... Enlarging your “larger family” in this way is a priceless exercise ...

Bonus Activity: For the truly courageous, head into a “dangerous part of town” during the day today, perform an anonymous Good Deed, and depart ...

January 13 – Being Amazed: Go somewhere tonight where you can see the sunset ... Go there ahead of time with your favorite healthy snack and/or inspirational book ... When the time comes, put the food and the book down and intently watch the sun set ... Allow yourself to be re-amazed ...

Bonus Activity: Set an alarm for tomorrow morning that will enable you to go a similar location and watch the sun rise ... Allow yourself to be re-amazed yet again ...

January 14 – Respecting the Earth: Recycle everything you use on this day ... Collect all paper, plastic, metals and glass used and take them to your local recycling center at the end of the day ... Take all your biodegradable refuse, chop it up and “express-compost” it in your garden/yard ...

Bonus Activity: Buy recycling bins to enable you to make recycling a regular part of your Life ... Buy a composting bin (the “Earth Machine” is a great one) to do the same ...

January 15 – Extending your Moments: Make it a point today to “linger” wherever you are before moving on to another location ... When it’s time to get out of bed, pause there before doing so ... Realize where you Are ... When it’s time to go to work or school, pause for a deep breath or two at home before setting out ... When you move from one room or classroom to another, stay seated for a moment or two before doing so ... When greeting another person, do so intently and sincerely ... Make prolonged eye-contact ... Choose to truly See them (as opposed to the much more typical and superficial “greet and get on with it”) ... Do the same when disengaging from another (a.k.a. “saying goodbye”) as well ... Your moments are yours to cherish ... You cherished them all in your early childhood ... Today is the day to Do so again ...

January 16 – Eliminating Addiction: Take a few moments to identify and list your personal addictions ... Everyone has more than one ... They may not be traditional (like alcohol, cigarette or drug abuse), and yet any behavior that is both self-centered and self-destructive qualifies ... This can be overeating, gossiping about others, engaging in superficial sexual intercourse, immersing yourself in “the news” or watching soap operas ... Once you’ve displayed the courage to honestly list yours, rank them from most to least difficult to stop (disregarding for the time being whether or not you feel you should stop them) ... Note the most difficult addiction and do not engage it at all today ...

Bonus Activity: Every time a craving to satisfy your “top addiction” surfaces, instead of rejecting that impulse, actively replace it with a healthy alternative ... As an example, when I first started disengaging from my coffee addiction, I would make a cup of herbal tea with honey every time a coffee craving surfaced ... In this way, I curbed the addiction and enhanced my personal power (a.k.a. “well-being”) at the same time ...

January 17 – Art in Nature: Today’s task involves making art in nature ... Go to a nearby park or field or woods and sit for awhile (It helps if this space is one of your personal “favorites”) ... Notice the different facets of your environment there – the trees, the leaves, the stones, the dirt, the grass, the water, etc. ... Now find a space that seems to “call out” for beautification ... Using only the natural materials nearby, make some “Nature-Art” ... It need not be seen by anyone else; only intended to further the Beauty of that particular place ... After you are finished, make a statement of humble Thanks afterwards as you depart ... If you wish, watch the DVD “Rivers & Tides” beforehand for inspiration ...

Bonus Activity: Visit your art later in the day and regularly for week or so ... Watch how it changes as it biodegrades ...

January 18 – Setting Love Free: Write a Love letter to Life ... Be specific regarding what you are thankful for as well as what has Blessed you in the past ... Conclude it with a “Mission Statement” – your current belief as to what you are Here to Do ... Now put the letter into a bottle and set it afloat ...

Bonus Activity: Include a return address on the letter ...

January 19 – Respecting the Downtrodden: To Respect the poor of your community, it is necessary to treat them as human beings, and not as “poor people” ... Pity, sympathy and worry only serve to entrench the challenges faced by the “materially challenged” ... Go forth today into an impoverished community and look for ways to Do Good without exuding any pity or sadness to/for them ... Invite others around you to help you do so ...

Bonus Activity: See the “infliction” of poverty as a Blessing instead of a curse ... Be Happy for the poor – not for their pain, of course, but that for them the slightest act of Goodwill means so much more to them – bringing them so much more Peace than the same activity performed by someone of “wealth” ...

January 20 – Flagrant Honesty: Go the entire day answering every question and making every comment with “flagrant honesty” ... This means no embellishing, no exaggerating, no dramatization, no sarcasm, no “politeness”/tact and no “white lies” ...

Bonus Activity: Wear a sign that says “Free Honest Opinions” and encourage others to ask you difficult questions ... Answer each with complete honesty – keeping in mind that oftentimes silence and a smile is the most honest (i.e. the “best”) answer to a question (flagrant honesty **never** requires you to hurt another’s feelings!) ...

January 21 – The “Meaning of Life”: Take a community survey with regards to the question “What is the Meaning of Life?” ... Ask at least one elderly person, one child, one friend, one preacher, one relative, one homeless person, one “wealthy” stranger (anyone in a business suit &/or driving a “fancy car”), one dog and one tree ... Write down the answers they give and share your findings with 3 friends, 3 associates and 3 strangers ... Discuss ways you all could make your lives more Meaning-full ...

January 22 – Being Bold: Make or buy an outrageous hat and wear it all day today ...

January 23 – “Last Place”: Today, be the last person to depart from every space you occupy ... Be the last to leave home, the last to rise from any table, the last to stand after a

meeting or a class, the last to depart from any room, the last to leave a gathering, the last to depart from a conversation, the last to leave a movie theater, etc. ... Head to a museum this evening and be the last to leave when it closes ...

Bonus Activity: Go to a shopping mall or fast food restaurant late this evening and be the last to exit their parking lot/store ...

January 24 – Re-writing Personal History: Take some time to remember and note three of your past personal “tragedies” ... Re-envision each of them anew and see yourself responding with Nobility and Grace in the face of those pains ... Ponder them until you realize what you have learned from them ... Write those three lessons down next to the “tragedies” on your list ... Carry this note with you today ... Re-read it every hour and attempt to actively engage one of the three lessons after reading them ...

Bonus Activity: Think about your three “crises” again and realize what Good came from them as well ... Be Thank-full for them (and Thank-full that, if you apply their lessons, you won’t have to experience them again) ...

January 25 – Spontaneity: Every hour today, do something completely “random” ... Listen to your “gut” &/or flow with “first thought, best thought” ... Make all your decisions – major as well as minor ones – “on a whim” ...

January 26 – Symbolizing Joy: Invent a new punctuation mark that represents Happiness ... Write three letters (to a friend, a family member, and an acquaintance) and use the new symbol profusely ... Be creative enough that at least one of the three is likely to ask what the symbol means ... Be clear enough that they can probably guess that it relates to Contentment ...

January 27 – Kindness to Animals: Go to a local animal shelter and be Kind to the animals next scheduled to be “terminated” ... Walk them ... Pet them ... Feed them treats ... Let them know that, at least for today, they are Loved ...

Bonus Activity: If you can find a “no-kill” shelter, express your Thanks for their no-euthanasia policy and offer to volunteer there for a day ...

January 28 – Caring for the Humbled: Visit a local jail and bring the inmates there inspirational reading materials ... Ask if you can visit with them ... If so, Do so ... Ask them how they are “holding up” and intently Listen to their answers ... Let them know that you still See them as integral members of society regardless of what they did (or did not do) to get put into jail ... If visitation is not allowed, ask the staff which of the inmates has been in the longest and/or receives the least amount of visits/mail ... Send that inmate(s) a card today (include an inspirational quote and a funny cartoon) ...

January 29 – Letting Go: Gather all of your old photos together ... Go through them and put two of every three photos into a pile to give away ... If some are not “givable”, burn them in a cleansing ceremony this evening ...

January 30 – Sincere Humility: Seek out a preacher of a “rival faith” and ask him/her about Salvation ... Listen openly without judgment ... Offer your own insights only if you are

asked to do so -- and be very brief if you are so asked ... This is a humble listening mission, not a proud preaching one ...

January 31 – “Unplugging”: All day today, refuse to use your electronic communication appliances ... This means no watching TV (unplug it), no using your cell phone (turn it off) and no talking on your traditional phone (take it off the hook) ...

Bonus Activity: Cancel your subscription to cable, satellite or digital TV ...

February 01 – Welcoming Newborns: Greet every baby you see today and cordially welcome it to Life ...

Bonus Activity: Remind a friend that today is the first day of the rest of their Life ... Welcome them to Life as well ...

February 02 – Caring for your Caregivers: Massage each of your own hands for 10 minutes each ... This evening, do the same for your feet ...

February 03 – Following a Leader: On the way to work/school this morning, walk part of the way (for at least fifteen minutes – even if it’s a fifteen minute walk outside your office/school), find someone interesting and subtly emulate their walk from afar ... Follow them in their style, walking just as they walk, for fifteen minutes ... For the rest of the day, pause every hour to notice others’ different styles of Being ... For five minutes every hour, purposefully be completely different from whomever you are watching ... Finally, on the way home from work/school, walk part of the way (for at least fifteen minutes – even if it’s a fifteen minute walk in the neighborhood near to your home) in a way that is completely unique ... “Invent” a new style of movement for yourself and make it as distinctive as possible ... Have fun!

February 04 – Personal Communiq  : Write three emails this morning – one to a family member or Friend, one to an associate and one to a stranger ... The content of the mails should be almost identical ... Wish them well today and in their Life in general ... Include messages of Kindness and Gratitude ... Include a joke &/or a funny cartoon of some sort ... When finished, print them out and “spruce them up” (with markers, colored pencils, stickers, etc.) ... Finally, sometime today, hand-deliver them in silence -- with a smile...

February 05 – Unconventionality: Challenge traditional “style” today by wearing something “outrageous” (e.g. color un-coordination, plaids with stripes with polka-dots, a tie with a t-shirt, etc.) ... Be creative and have fun ... Note that this exercise is more powerful if you let your “weirdness” extend just barely beyond the line that society has drawn for “appropriate” dress ... Be sure not to tell anyone that you are “dressing up” ... Act – no, choose to believe – as though your outfit is completely acceptable, if not “stylish” ...

February 06 – Caring for the Ill: Go to a local hospital and head to the cancer ward (or other part of the facility where terminally ill patients are staying) ... Bring a flowering plant (avoid flowers, that will soon wilt) ... Visit with the patients there ... Listen to their stories, bring them cartoons or tell them jokes ... Tell them about your own Life (only if they ask!) ...

Bonus Activity: Before you leave offer to fulfill a “dying wish” ... Keep offering until you find someone who accepts your offer ... Head out and get to it!

February 07 – Cleansing the Sanctuary: Go through all your clothes this morning (and call a few neighbors to encourage them to do the same) ... Make a pile of all the items that you rarely use &/or don't truly "need" ... Items that are "in season" and yet have not been worn in over three weeks go into the pile, as do all items "out of season" that you wore twice or less when they were "in season" ... Note that you don't "need" more than seven pairs of underwear or more than 14 pairs of socks ... You don't "need" more than 3 pairs of shoes either (one active pair, one "dressy" pair and one comfortable pair) ... Be courageous and make the pile as big as you can ... After the sorting is complete, include one item that you regularly wear (or, if you're feeling extra-Kind, one that you truly cherish) ... Bag these items up, collect any items that your friends' might have collected, and take them this afternoon to your local homeless shelter ...

Bonus Activity: While sorting through your clothes, think about your friends and family, as well as your associates from work/school, and try to find "Gag Gifts" for them – items that you don't want or "need" that they would find amusing ... Wrap these up as gifts tonight and distribute them during the week for a few laughs ...

February 08 – Humility via Self-Booming: You are special and amazing ... You are the only YOU that is alive today and the only YOU that has ever lived ... You have Gifts to Give and Services to render that no other human on the planet can do half as well ...

While remembering these thoughts today, make "grand entrances" all day today ... Be creative ... Remember that you are the Queen/King of your existence and "boom" that Self-Appreciation into every room you enter ... Be sure to smile while doing so ...

Note that this is not a call to arrogance at all ... Remain humble, even while actively and unconventionally letting the world Know that – at least for today – you are fully Aware of how powerful your Kindness IS ... While you "boom", be on the look-out for ways in which you can use your Power to help others ...

February 09 – Appreciating Hearing & Sight: We tend to rely primarily on our vision, and secondarily on our sense of hearing, to get through our days ... As a result, our other senses have become dampened from lack of use ... This morning, wear earplugs ... Pay attention to how Life changes ... Keep them in through lunchtime... Afterwards, take them out and put on something that will dampen or remove your sense of sight (e.g. a blindfold, eye-patches, two pairs of dark sunglasses, etc.) ... The less you can see the better ... Pay attention when doing so, especially to your newly and radically awakened sense of hearing ... If you already have dampened hearing, engage the "blind" portion of this activity three times today ... Let your touch guide your Life ...

February 10 – Remembering True Kinship: All day today (at least once per hour), greet strangers warmly ... Be the first to say "Hello" to them ... Be Kind whether they respond with Kindness or not ... Mention what a Wonder-full day it is ... Part from them with a sincere "Peace be with you" ...

February 11 – Sinking into Here&Now: This morning, lie comfortably on the floor ... Breathe slowly and deeply for a few minutes ... Breathe from your stomach, letting it gently rise and fall ... Slowly close your eyes and sink consciously into the earth ... Once you've "sunk" as deep as you can, remain there for forty seconds and then slowly "return" ... Open your eyes, pause for a moment, and then slowly stand ... Notice how energized you feel ... Perform this

exercise four more times today (e.g. mid-morning, at lunchtime, mid-afternoon, and before going to bed) ...

Bonus Activity: When at your “deepest place”, use the forty seconds there to engage in visualizations of Gratitude (your Life’s past and current Blessings) and/or visions of Willingness (i.e. See the ways you can Serve others today and/or in the near future) ...

February 12 – Coasting & Soaring: Find three different ways to experience movement today while not moving your feet ... Note that you are not merely to move, but to *experience movement* (i.e. riding in a car or bus doesn’t give an intimate experience of movement, while riding *on top* of a car or bus certainly would!) ... Escalators are mild examples of this activity, while glass-bottomed elevators are much better (though hard to find) ... It can be as simple as getting on your bicycle and “swooping” down a long hill ... It can be as courageous as jumping out of an airplane or leaping from a high-dive into a pool ... In short, be creative and have fun remembering the Joy of Motion ...

Bonus Activity: Discover your favorite way to fulfill this activity and then invite others to join in with you as you repeat it ...

February 13 – Refreshing the Rainbow: Find a color without a name (there are quite a few of them) or a color that has a name that could well use replacing (e.g. Crayola’s “macaroni & cheese”) ... Create a name for your hue and go through the day looking for that color while informing others of its name [e.g. I helped re-name orange-yellow as “muntella” and have been telling people, especially children, about it ever since]... Note that it helps to love the color you’re naming ... If feasible, find a ribbon or article of clothing and wear your color today ...

Bonus Activity: Find the color you dislike the most and rename it as well ... Give it a name that reflects something fun or beautiful ... Now find either a ribbon or an article of clothing (or anything) that exhibits this color and wear it for a day ...

February 14 – Gratitude Visits: Take a few moments to list as many of the people you can remember who either inspired you, enabled your Happiness &/or supported you unconditionally in your childhood ... Sometime today pay one of those people a surprise visit to relay your Gratitude in person ... Taking them small Gifts is optional ... If a visit is impractical, call them and set up a time to visit ...

February 15 – Respecting the Children: Visit a local kindergarten or pre-school this morning (It might help to call around first to ask permission) ... Bring along some games that further teamwork, sharing or cooperation (most toy stores have quite a few these days) &/or bring a pre-packaged healthy snack for them ... If you are allowed to help the teacher by reading to the kids or playing with them, Do so ... If not, simply watch them and allow your Faith in Humanity to be renewed ... Offer to speak with them about your Mission of Kindness and ask them for their ideas ... LISTEN to them! ...

February 16 – Pure Communication: For one hour, communicate using only your hand gestures, body language and/or facial expressions ... Repeat this activity two more times, with at least one of the stints occurring at work/school ... If it’s too uncomfortable to simply stop talking for that hour, inform your co-workers/classmates what you are doing and invite them to join you for a “silent, yet communicative” lunchtime ... Note that if you live alone, all three stints must be somehow engaged in the company of others ...

February 17 – Compassion for “Criminals”: Visit night court (or day court) today ... Pay attention to the emotions that permeate the room ... Be thankful that you are there freely ...

Silently extend the prosecuting attorney as much Compassion as possible ... From personal experience, I know that this is one of the more morally challenging jobs ... Extend the same Compassion to the judge ... While it will be tempting to send the “accused” pity or sympathy, refuse to do so ... Send them Compassion, yes, and yet do not make their plight worse by tempting them into feeling sorry for themselves ... Smile & send them Strength instead ...

Bonus Activity: Anonymously bail out a stranger ...

February 18 – Polite “Impoliteness”: At regular intervals (at least once per hour), stare at people who aren’t looking your way ... Do so for at least two full minutes or until they look at you ... When they do look your way (and they often will), pause and smile at them gently before looking away ...

Bonus Activity: Make and wear “blinders” (pieces of cardboard or plastic that completely block your peripheral vision) ... Wear them often today ...

February 19 – Powerful Salutations: The handshake symbolically represents showing your enemies that you have no weapon up your sleeve ... Needless to say, this is not a powerful way to express either Friendship or Kindness ... So, all day today, choose to greet all your friends, family and acquaintances with a hug instead of a handshake ...

February 20 – De-Craving Comfort: Remove all the typical “comforters” from your Life today ... When you awaken, use no slippers ... Shower cold ... If feasible, “use the bathroom” outside ... Eat cold bread and drink only water for breakfast (no butter and no jam!) ... Drive to and from work without using your car’s heater or radio ... Take no coffee breaks ... Avoid the internet entirely ... Eat meagerly for lunch and dinner (no sweets, no coffee and no hot tea all day today) ... Imbibe no alcohol and smoke no cigarettes ... This evening, watch no TV and read no “pulp literature” ... Go to bed without blankets & without a pillow ...

Note that the purpose of this day is not “suffer”, but rather to renew your Appreciation for all the “luxuries” you already possess and regularly use ... Tomorrow, you’ll intimately remember how good you’ve got it!

Bonus Activity: Go the whole day without sitting down ...

February 21 – Color-Roaming: Take a few moments this morning and identify both your favorite and your least favorite colors (If they are still pertinent, use the same colors from February 13’s task) ... All morning, let your least favorite color make your “decisions” for you ... Say “yes” to it all morning ... Then, at lunchtime, head out and “follow” that color for 10 minutes ... Find a restaurant nearby and eat either where you can see that color or food that contains that color ... Thank the color for lunch and head back to work/school ... For the rest of the day, look for, pay attention to and “follow” the other hue – your favorite color ... After work/school, buy dinner from a restaurant where you find that hue ... Thank your favorite color for the food and head home ... Before going to bed, reflect on what you experienced today ...

February 22 – Making Today Sacred: Make today a uniquely personal holiday (do some research if necessary) ... Inform others about it and celebrate it with them creatively ...

February 23 – Honoring a Hero: Name your residence after your hero/role model ... Be clever and Respect-full, both with your choice of hero and how you express your choice ... Hang a sign(s) to make it “official” ...

Bonus Activity: Order new mailing labels and include your new home’s name on them ...

February 24 – Magick Mailbox: Wait until this evening and anonymously decorate a neighbor’s mailbox ... Use the morning to come up with creative ideas for the decorating and the afternoon to procure the necessary supplies ... Attempt to make the mailbox an Inspiration and a Wonder ...

February 25 – Unconventional Gesture: Invent a new hand gesture ... Make it flowing, unusual and Respect-full ... Be sure you know what it means and let that meaning further Joy or Happiness or Peace or Wonder ... Use the new gesture at least once per hour all day ... Only explain it if asked to do so ...

February 26 – Humbling the Ego: Note initially that humbling your ego has nothing to do with humiliating it ... Ironically, it is our lack of **H**umility that opens the door for us to then be susceptible to humiliation ... Only the proud person can muster the hubris necessary to grant another authority over his/her True Self ... So choose to be powerfully **H**umble today ... When “wronged”, see those slights as opportunities to powerfully forgive ... When criticized, listen neutrally and intently ... When insulted, exude Compassion ... When praised, feel the same enthusiasm and send it back to the source of the compliment(s) ...

Sometime this morning, ask a Friend to criticize you & your Life ... Listen, responding only with “Is that so?” ... Ask the same Friend to list your positive traits and good choices as well ... Listen, responding again only with “Is that so?” ... Go out and ask an associate to do the same ... Respond identically and then thank them ... Finally, on the way home this afternoon, gather three “first impressions” about yourself from strangers on the street ... Tonight, ruminate on both the similarities and the differences in the critiques, compliments and impressions given you today ...

Bonus Activity: Tonight, call an “enemy”, ask the same questions you asked your friend earlier, and respond to him/her the same way ...

February 27 – Tightening your Touch: Wear gloves all day today ... See how it feels to Live with a dampened sense of touch ... Every hour, take off your gloves for 5 minutes and focus on your renewed sense ... Touch as many different types of surfaces as you can in your immediate environment ... Touch things around you as if for the first time ... Put your gloves back on and repeat this activity for the rest of the day ...

February 28 – A New Way: Go for a one-hour walk today -- backwards ... Remember to smile while doing so ...

February 29 – The IS of Incognito: “Disappear” for the day ... Let loved ones know that you’re doing so (though do not tell them, or anyone else, where you’re going) ... Head somewhere you’ve never been before and keep your name and personal history to yourself ... You are allowed to invent a “new persona” (what some call “going undercover”) ... Feel how Free your Are ... Feel as well how Thank-full you are for the relationships in your Life ...

March 01 – Faithful Flow: Hitchhike to a destination more than one (and less than 5) mile(s) away ... Hitchhike home again ... Be Kind along the way ... Take along small gifts to the two people who give you rides ...

March 02 – Shadow Vision: Pay attention to shadows today ... Find the line where light ends and shadow begins ... Watch the sun dip behind the clouds ... Go somewhere at lunchtime and sit in the shade ... This evening, go into a dark room alone and light one candle ... Sit there in shadow ... After a few minutes, light several more candles, making sure that shadows are still vibrant and clearly seen ... Put on a favorite song and dance with your shadow(s) ...

March 03 – Sacred Space: Go to a nearby plot of “wilderness” and tend a corner of it ... Clean it up ... Rearrange its features to enhance its “Feel” ... Using only natural materials from nearby, “decorate” it as well (while leaving it looking “natural”) ... Finally, sit in your Sacred Space and dedicate it to the Community as a place of Peace and Inspiration ... Say an invocation of Gratitude as you depart ...

Bonus Activity: Make a small “shrine” there for others to Appreciate ...

Bonus Activity #2: Invite others to experience your site ... Share your Space with a friend, an acquaintance and a stranger ...

March 04 – Time Travel: Today, alter your Time-Awareness ... Set your personal watch 30 minutes “fast” this morning and go the whole morning being “early” ... After lunch, set your watch back to 30 minutes “slow” and go the entire afternoon being “late” ...

Bonus Activity: Set all the clocks in your house to different times ... Make sure a few are radically “slow” and a few significantly “fast” ... After a few days, forget which is which ... You will automatically begin to use your “internal clock” ... As an alternative, remove all clocks from your home completely ...

Bonus Activity #2: Go the whole day telling time either intuitively or by looking at the position of the sun in the sky ...

March 05 – Relieving Burdens: Ask your neighbor to share three of the most nagging concerns about their current lives ... Pick one of them and somehow ease that burden anonymously ...

March 06 – Empowering your Freedom: Take a few minutes this morning and list 3 of your commitments (promises you have made to others) ... Openly release yourself from each of them by writing “I am still Free” next to each of them ... Finally, and most importantly, find a way today to *voluntarily* and *actively* fulfill each one of them today ...

March 07 – Releasing Embarrassment: Fall down or slip in public today ... Do so in 3 different times, in three different places and in three different ways ...

March 08 – Enhancing Sensation: Smell your Life today ... Spend at least a few minutes in or near a forest, a florist, a bakery, a butcher, a dumpster, a public market, a public bathroom, a hospital and a coffee shop (or tea house) ... In each location, close your eyes, cover your ears and focus intently for several minutes on the smells you encounter therein ... What emotions do they inspire? What memories do they activate? Can you distinguish between smells that are related to life and those associated with death?

Pause tonight at home and smell your house while you reflect on your day ...

March 09 – Enabling Others to Give: Head to an unfamiliar part of town, stop on a street corner there and ask others for directions to a destination that is within your current line-of-sight ... Thank them profusely when they point it out to you ...

Bonus Activity: Place a cup of water or some flowers on your car and drive around until someone points it/them out to you ... Again, thank them profusely ...

March 10 – Cleansing the Past: List 3 of your regrets related either to past actions that you did and “shouldn’t have” done or to past opportunities that you “should have” engaged but didn’t ... Write them down on a piece of paper and carry them with you today ... Refer to them every hour and – after briefly remembering them –let them go ... Replace them by focusing on a current Blessing &/or nearby Wonder ...

March 11 – Cleansing the Future: List 3 of your worries related to some future “crisis” that either could or “probably will” happen to you ... Write them down on a piece of paper and carry them with you today ... Refer to them every hour and – after briefly remembering them –let them go ... Replace them by focusing on a current Blessing &/or nearby Wonder ...

March 12 – Co-Creative Communication: Create a new word this morning ... Use whatever means you desire to do so (e.g. draw “random” letters, invert the spelling of a favorite town or author, etc.) ... Afterwards, give your new word a definition (one that is related somehow to Contentment or Creativity or Peace or Kindness) ... Finally, use it in a sentence at least once per hour all day, only defining it for others when asked by them ... Do not mention that you “made it up” AND encourage them to use it freely in their communications as well ...

March 13 – Inspiring Laughter: “Humorize” your answering machine message this morning ... If you’re not good with accents or aren’t feeling particularly clever, simply tell a good, clean, uplifting joke ...

Bonus Activity: Look for ways today to make others smile or laugh with your words and actions (e.g. dance in public, make silly faces, etc.) ...

March 14 – Providing Shelter: Take 3 light blankets (or thick sheets) and distribute them to the first 3 homeless people you encounter today ... Just as powerful, take the time to ask them how they’re doing ... If they are interested, ask as well for them to share their stories related to how they got “on the streets” ... Take no money with you when you go ...

March 15 – Eating Right: Eat small meals every two hours all day today ... This means, of course, that no traditional “big meals” are allowed ... Do not eat lunch at your normal lunchtime and do not eat anything other than fruit after 6 p.m. ... Instead of these traditional meals, gather some foodstuffs (be creative) at lunchtime and dinnertime and distribute them to the poor of your Community ...

March 16 – Journeying Within: Sensory Deprivation is a powerful tool that actualizes your True Self by empowering visualizations of how that Self can come into Being ... To engage this activity, arrange to have an hour of uninterrupted time alone ... Fill your bathtub with water that is slightly warm and add a healthy portion of salt (sea salt is best) ... Close the door, turn out the lights and lie in the tub ... Insert ear plugs and put on a blindfold ... Relax completely and float in the tub for at least 30 minutes (set an alarm at 60 minutes if you wish) ... Empty your mind while intending to let visions of your current “Life Mission” come to you (not what you

could someday do for others, but what you can do for others tomorrow) ... Before getting out, envision yourself Awakening and you discovering powerful ways to help others ... See it happening tomorrow ... Note: If you do not have a bathtub or your bathtub is too small to lie down in, this exercise can be equally effective while lying on the floor under a thin blanket ...

March 17 – Sensory Activation: Pause for a few minutes every hour today to verify not only that you are Alive, but also that you are Aware of your Life and can sense the Wonders of Life all around you ... Be grateful for this Gift ... Act accordingly ...

Bonus Activity: Inform others of the wonders you Sense ...

March 18 – Getting Involved: Call a local branch of an “Action Group” today and ask about volunteer opportunities ... Mention that you are grateful for all the hard work they do to make our world a better place in which to Live ... Here is contact information for some of them:

Habitat for Humanity – 121 Habitat St., Americus, Georgia 31709 ... (800) 422-4828
Big Brother/Big Sister – 230 North 13th St., Philadelphia, PA 19107 ... (215) 567-7000
Coalition for World Peace – 8124 W. 3rd St. #202, L.A., CA 90048 ... (323) 281-7322
Amnesty International – 5 Penn Plaza, 14th Floor, New York, NY 10001 ... (212) 807-8400
Greenpeace – 702 H Street NW, Washington DC 20001 ... (202) 462-1177
National Resource Defense Council – 40 W. 20th St., New York, NY 10011 ... (212) 727-2700
World Wildlife Fund – 1250 24th St. NW, PO Box 97180, Wash. DC 20090 ... (202) 293-4800

* While your ego may tempt some of you to see this as a political activity, in Truth there is nothing political about Caring for other people and/or our planet ... Regardless of your particular political affiliations, these groups (and many more like them) are all making a *moral* difference for our world ... Choose to, in some way, join them in their efforts ...

March 19 – Getting Fed: Eat lunch at a local soup kitchen ... Many churches have information with regards to your community’s soup-kitchen schedule(s) ... Remember to interact with the workers there as though they are long-lost Friends ... Indeed, they ARE! ...

March 20 – Providing Sustenance: Volunteer at yesterday’s soup kitchen ... Remember to interact with the patrons there as though they are long-lost friends ... Indeed, they ARE!

March 21 – Getting Grace: Move Grace-fully today ... Pause every hour and move slowly and purposefully for one full minute ... To be effective, slow down and divide your actions into their component movements ... Make each motion an act, in and of itself ... Pay careful attention while doing so ... Now, for two additional minutes, watch others move and see them as Grace-full as well (even though they’re moving at “full speed”) ...

March 22 – Redefining Needs: Redefine your “survival needs today” ... Eat frugally for breakfast ... Make a small “brown bag” lunch consisting of granola, yogurt and fresh fruit ... Drink only water or tea all day (and lots of it) ... The goal is not to suffer, but rather to realize how little you truly need to be healthy and happy ... Eat & drink only barely enough to remain so ...

Bonus Activity: Tonight, head to a local park bench and sleep under the stars ...

March 23 – Asking to Assist: Go the entire day actively looking for opportunities to help others ... At least once every hour, ask someone if there is anything you can do for them ...

March 24 – Disengaging from Gossip: "There are three who are involved in every act of gossip: the one spoken about, the one who speaks, and the one who hears. But our Sages uniformly startle us with the insight that the one who hears is injured the most." ~ Lawrence Kushner

Refuse to gossip today ... Take it a step further by listening closely for others gossiping around you and then defending those who are being so attacked ... This defense need not be aggressive ... Defending another against gossip is as simple as providing an alternative explanation for the talked-about behavior or hypothesizing about a valid reason why the talked-about actions would have taken place ...

Bonus Activity: Go 3 hours today without discussing or listening to anything about someone else. Push those words away gently and say "Let's talk about something else."

March 25 – Securing the Self: Embarrassment is a self-imposed shackle on your Freedom, and anything but objective ... There are no patently "inappropriate" actions ... True, decisions that purposefully harm or provoke others are immoral, and yet all other "embarrassing" actions are only made shameful by arbitrary public opinion ...

So, every hour today, choose to do something harmless that the "masses" find embarrassing or "shameful" (e.g. laugh loudly "for no reason", pick your nose, "pass gas", burp loudly, etc.) ... These things are not "right" per se, and yet Freeing yourself from your fear of embarrassment certainly is!

March 26 – Sharing Wonderment: Build a "sand castle" in or near a public park ... Decorate it as though it were a Gift for God ... Encourage children to help you build it and then spend some time playing with them in and around it ... Step back and watch them enjoying it awhile before departing ...

March 27 – Renewing Faith: Pause today regularly (at least once every hour) and really Watch people ... Every person you see has dreams ... Every one of them has loved and lost ... Every one of them has experienced Joy and crisis ... Despite their apparent "faults", every one of them has done at least one amazingly Kind deed ... Choose to See how Good they truly Are ... Act accordingly today – and smile while doing so ...

March 28 – Local Tourist: Take a backpack this morning and pack it with a camera (if you have one), some snack food, a water bottle (or a thermos) and a map of your town (if you don't have the map, stop at a local gas station or download one from the internet) ... During the day, go online (or to a library) and research your local region for its cultural history and "Sacred Sites" ... After work/school today, "backpack" through your hometown ... Do "the tourist thing" ... Ask your townspeople what there is to see or do ... Get the local history from the locals ... When you get home, be sure to contact three friends and tell them something amazing that you learned today about your town ...

March 29 – "Random" Journey: Go to a local bus stop, get on the next bus that arrives and ride to "the end of the line" ... Get out and walk around ... See what you can SEE ... Find something Wonder-full that you never would have expected to see there ... Do one anonymous Good Deed and then return ...

March 30 – Cleansing Community: Contact Friends this morning and let them know that you're planning an impromptu "cleansing" party tonight ... Everyone can bring whatever they wish as far as food and drink are concerned, **AND** everyone is to bring a sheet of paper upon which they are to write 3 of their fears, 3 of their own "transgressions" and 3 of their regrets ...

These will be burned at the party (reading them aloud is powerful *and* completely optional) ... Either build a bonfire in your backyard, go to a local park that has fire pits, or ask for suggestions as to where you could all meet ... Go there early and Celebrate Renewal ...

March 31 – Awakening Personal Holiness: At least once every hour, introduce yourself as “Saint ____” to a stranger ... Act accordingly by asking if there is anything you can do for that particular person (do not carry money with you when you go out) ...

Bonus Activity: Make your own I.D. ... Give yourself a new, Meaning-full name ... Let your “Re-Birthday” be “Now” and your “Re-Birthplace” be “Here” ... Other than that, be creative and inspirational ... Use your new identification three times today ...

April 01 – Sensing the Humorous: Go through your own belongings (or go to thrift stores) and find 3 items that relate to three of your friends in a funny way ... Wrap these “gag gifts” nicely (with a note of explanation if necessary), and give them away this evening ...

April 02 – Keeping it Here&Now: Avoid using either the past tense or the future tense all day today ... If someone asks you about yesterday (or anything else in your past), note that “I’ve already let that go” or “I don’t exactly remember. I’m focusing on the present moment today” ... If someone asks about tomorrow (or anything else speculative), simply state that “I’ll wait and see” (or something to that effect) ... It is not necessary to repeat these responses verbatim, of course ... The more creative your answers, the better ... What IS important today is that you continue to re-focus all your conversations in the Here&Now ...

April 03 – Returning to Joy: On the way to work/school this morning, “scout” your town for the “coolest” playground you can find ... Then this afternoon, go to that playground and have fun there for one hour ... Return there this evening with at least one Friend or family member and have fun again ...

April 04 – True Wealth: Use no money all day today (and take nothing from home to eat either!) ... You are, however, allowed to take a sack full of useful items and foodstuffs (e.g. pens, apples, granola bars, brownies, water bottles, etc.) to use as means to barter for your lunch and dinner (&/or whatever else you might fancy) ... The more creative you are with your “trade goods”, the more fun you’ll have with this one ... Attempt to live as “normally” as possible, simply using the method of trade as opposed to payment ...

April 05 – Constructing a Sanctuary: Take a few moments this morning and draw the plans for a one-person, one-room personal Sanctuary ... Let it contain all the things you would want to have in it to be completely at Peace ... During the day, every hour, pause to envision how it would look and feel; how it would “re-charge your batteries” just by spending a few moments in such a place ... This evening, set aside one hour of time to actually build such a “fort” ... If it’s warm enough outside, build it in your backyard ... If not, use pillows from a sofa or a space in your closet ... Use the “blueprint” that you drew up this morning and place or hang items there that symbolically represent all the trappings and trimmings of your plan ... Hang out a while therein, feeling completely at Peace ... Dedicate this place of rest (both the actual “fort” and the Sanctuary in your mind) to being a place of recuperation that will enable you to gather energy and empower all your future acts of Service for others ...

April 06 – Preening Politeness: Many of us have learned that it is Kind to be either dishonest or superficial “to avoid hurting others” ... Nothing could be further from the Truth ... Not only are these acts completely transparent – leading to more pain than flagrant honesty ever would have caused, but they also tend to “carve out” the substance of our relationships; making

them hollow and weak ... When fear grounds our actions, intimacy is the first victim ... And without courageous intimacy, our relationships effectively die shortly thereafter ...

Today, replace all temptations to be polite and tactful with “radical Kindness” ... When you listen to another, pay attention to them ... When you look at another, See them ... When you speak with another be consciously Kind to them ... If you Care about someone, courageously let them know exactly how you feel (Be supportive!) ... If you happen to feel annoyed by another, have the courage to keep your mouth shut, as opposed to being merely polite ...

Bonus Activity: Choose to sincerely like everyone you encounter today ... You **can** do this ... It’s one of the things that separates us from most “animals” ...

April 07 – Cheering up Children: Buy lots of colorful stickers this morning and distribute them Joy-fully them to the children you encounter today ...

April 08 – Waking up the Media: **Visit** five local newspapers &/or radio stations and ask why they don’t report more “positive news” ... Let them know that, even though fear is currently media’s best seller, many people are ready to be positively inspired by the nightly news, as opposed to being frightened by it ...

Bonus Activity: Write a story for your local newspaper related to the numerous acts of Kindness you have recently witnessed (or one particular act of Kindness) ...

April 09 – Decreasing Duality: We have all grown up learning to judge between what is “good” (i.e. what brings us “safety” or pleasure) and what is “bad” (i.e. what brings us “danger” or pain) ... In fact, this distinction is so primal that it infects every analysis, opinion and belief that we formulate in our minds ... While serving its purpose for more than few millennia (after all, “friend vs. foe” kept us viable as a species for quite a few thousand years), we no longer need to see the world from this patently primitive point of view ...

Today, go beyond dualities in assessing all the situations you encounter ... Today, there are no more enemies, obstacles, ugliness, “mean people”, weakness or normalcy ... To do this, purpose-fully analyze situations from a foreign perspective ... Take the negative judgments you have formulated about 3 other people (regardless of how “rational” or “justified” they are) and alter them to the positive ... List 3 views you have about the world and openly espouse the opposing “minority” opinion (as long as it is a positive one) to an associate ... Ask them what they think ... Today, be a calm champion for a new, more Wonder-full Reality ...

April 10 – Feeding your Community: Buy a large portion of fresh vegetables and divide them into three portions ... Give those portions to a Friend, a rarely seen neighbor, and a stranger, respectively ... To make this activity more fun, include some unusual veggies in the packages ... To make it more powerful, let the vegetables be organic &/or from a farmer’s market ... Include a note wishing all three recipients “Good Health” ...

Bonus Activity: Give a similar portion to the wealthiest person you know ...

April 11 – Seeing Clearly: Take the time to thoroughly clean all the windows in your house today ... After you're finished, pause and really **Look** through them anew ... Notice things you have never noticed before ...

April 12 – Knowing the God of Love: This morning, read each the following verses aloud to yourself in succession:

“Love thy neighbor as thyself.”

~ from the Hebrew Bible, the basis of **Judaism**

“Love your enemies, Do Good to those who hate you ...”

~ from the New Testament, the basis of **Christianity**

“And let not your ill-will towards another keep you from acting with Kindness.”

~ from the Koran, the basis of **Islam**

“Better than 1000 useless words is the single word that gives another Peace.”

~ from the Dhammapada, the basis of **Buddhism**

“Every selfless act is born from God. He is present in every act of Service.”

~ from the Bhagavad Gita, the basis of **Hinduism**

“If a person seems wicked, respond to his injury with Kindness.”

~ from the Tao Te Ching, the basis of **Taoism**

Now read the following quotes to yourself in silence ... Reflect on them for a few minutes ...

“Show your Love in everything you Do.” ~ Mother Teresa, Christian Saint

“Those with Open Hearts always have Open Hands.” ~ J. Rumi, Islamic Saint

“My religion is Kindness.” ~ The Dalai Lama, Buddhist Saint

“There is no way to Peace ... Peace is the Way.” ~ Gandhi, Hindu Saint

Bonus Activity: Print out these verses and quotes and distribute them today to some of the pastors/priests/rabbis of the various churches, temples and mosques in your community ...

Bonus Activity #2: Read them out loud to a Friend, an associate and a stranger ... Ask them each what they think ...

April 13 – Remembering Innocence: Go to a park or a field and spin around until you get dizzy ... Find a grassy hill and roll down it ... On the way home, take off your shoes and splash your feet in a puddle or a stream ... Smile at anyone who notices your “unusual behavior” and invite them to join you ...

April 14 – Honoring Community Founders: Gather some gardening equipment, head to a local cemetery that could use some sprucing, and spruce it up for an hour or two ... Walk around afterwards and look for three epitaphs that inspire you ... Jot them down and share them with 3 other people tonight ...

April 15 – The Myth of “Safety”: Cleanse your lust for “security” today ... Gather all the warranty papers you can find for the appliances in your home and burn them ... If you have

one, turn off your alarm system today ... This evening, call or visit three neighbors just to let them know that you are there for them if they need you ...

Bonus Activity: Cancel all (or most of) your insurance policies ...

Bonus Activity #2: Gather all your family's credit cards, set one of them aside (to use when/if buying plane tickets), and cut the rest of them into small pieces ... Start using cash (or barter!) from this day forward ...

April 16 – Breaking “the rules”: One can only start Seeking when one stops *blindly* obeying laws and regulations ... Rules are not “made to be broken”, and yet they are never to be blindly followed either ... In fact, they are never to be *followed* at all ... Rather, they are to be consciously and volitionally fulfilled ...

Today, choose to “leave the stable quietly” (there is no need to flaunt your “disobedience”) ... This morning, take a few moments to list the laws that you most frequently obey (e.g. traffic laws, paying for goods & services, not assaulting other, etc.) ... Your goal today is not to break these laws, or even to skirt around them ... Your goal today is to either live “above & around” them (e.g. radical Kindness precludes the need to obey the laws prohibiting assault) or fulfill them consciously and voluntarily – not because you must, but because you want to (e.g. traffic laws) ... Basically, today is a day for being Kind and driving (or walking) courteously – all the while being conscious that you are not “obeying the law” when doing so ...

April 17 – Forgiving the “powerful”: Write a short notes of forgiveness to a local city prosecutor, a local judge, your local mayor, a local broker and a local evangelical preacher ... Do not mention why or for what “offenses” ... These professions are steeped in wrong-doing (i.e. condemnation of others is patently “wrong”) ... As such, they could all use lots of unconditional Kindness ... Just let each of them know that someone cares for them regardless of how many people they happen to condemn or mistreat ...

Bonus Activity: Deliver the notes in person, with a gentle smile (and even a hug, if you're feeling extra Kind – Heaven knows these folks could use one!) ...

April 18 – Civil Disobedience: Today is a day of peaceful protest – a day for you to be truly patriotic ... There are still quite a few practices either promoted or supported by our federal government that are patently hypocritical and/or that violate our Constitution ... Rather than ignore them, today is a day to take a stand for Justice ... Either find your own issue or “adopt” one of the ideas listed below and peacefully protest for its cause today ...

Remember that the protest must be peaceful to be powerful ... Make posters and stand outside your local center of government ... Stage a “sit-in” or a one-day hunger strike ... Chant or remain silent – it makes no difference ... It is important to remember that belligerence against the immoralities of our government will only be met by resistance ... What you hate or express anger against will inevitably defend itself ... The only disobedience that has ever proven effective is the disobedience that is “civil” ... Indeed, attempt to extend Compassion for your lawmakers who have succumbed to greed and arrogance and forgotten that they are here to Serve, not have their own beliefs be served ... Here are some ideas for your protest:

- a) It is patently against the law (as defined by the U.S. Supreme Court) for the IRS to tax your private income ...
- b) It is completely hypocritical for a “Christian nation” to engage in a foreign war ...
- c) The death penalty violates the 8th Amendment of the U.S. Constitution ...

- d) It is patently hypocritical to have cigarette use be legal and marijuana use be illegal ... (Note that I am **not** advocating the legalization of marijuana here ... And yet, to keep marijuana illegal and avoid hypocrisy, cigarettes must be made illegal as well.)
- e) It is immoral to have the technology available for an immediate shift to alternative, earth-friendly sources of energy and not to do so (merely because the Washington D.C. oil lobby is so greedy – Money won't help when our planet "dies".) ...

Bonus Activity: If you are feeling exceptionally bold today, invite the media to participate in your efforts ... If you are feeling truly patriotic, call all of your friends and invite them (as well as any strangers on the street) to join you ...

April 19 – Sprucing your Refuse: Buy some lavender &/or peppermint essential oils today and sprinkle them liberally into your garbage cans before placing them on the street to be picked up ...

Bonus Activity: Pick a pail of flowers and leave it for your garbage men to find ...

April 20 – Deepening Comprehension: Pause every hour today for several minutes and pay intimate attention to both others' and your own body language ... Watch others' hand gestures and facial expressions from afar and attempt to decipher what they are talking about (or at least their general emotional tone, which is rather easy to see) ... Incorporate your observations into your own communications – making conscious hand gestures and being aware of your body posture while speaking ...

April 21 – Humbling the Ego: Take a few moments and think about your appearance's "strong suits" – the physical traits that make you feel most attractive to others ... List your "top three" and completely hide them from view today ...

April 22 – Piercing Perception's Veil: Go on a 30 minute+ "gloom-roam" this evening just after sunset ... Notice how the world looks and feels different when the light rests gently between day and night ...

Bonus Activity: Set your alarm and awaken to another "gloom-roam" tomorrow morning before sunrise ...

April 23 – Beautifying the Neighborhood: Plant flowers in a local park or field (transplanting them from another, "underappreciated" location is OK) ... Pick up any litter around them after you're done ...

April 24 – Accepting What IS: Go the entire day using as few adjectives as possible (ideally none at all) ... If you do happen to use one, pause and re-view the thing, person or situation you just labeled and remove that descriptive judgment (even if it is "accurate") ... See the item, person or place anew and accept it as it is ... Avoid limiting its Being with your subjective descriptions... Focus only on what Is, not your interpretations thereof ...

To enhance this experience, at least once every hour, pause to pick one item and describe it with a few "obvious" adjectives ... Then, while still looking at it, consciously remove each one of those descriptive terms from your thought ... At the end you should be left with at least one moment of truly Seeing it as it truly IS ...

Bonus Activity: Take a shorter book from your personal collection, cross out all the adjectives therein, and leave it to be found ... Include a short preface-note related to Being in the Moment by Accepting all that is -- as IS, and challenging whoever finds the book to read it all way through ...

April 25 – Freedom in Motion: Jaywalk creatively (and Care-fully!) five times today ...

April 26 – Co-Creating a Forest: Plant a tree(s) in a local park or field ... If you don't have the means to acquire a tree, go into a local woods and collect several saplings and transplant them ... When you're done, take a few moments and envision what that section of the park or field will look like in fifty years when your tree(s) has grown ... As you depart, pick up any litter you see and take it with you ...

Bonus Activity: Gather a few friends and some gardening equipment and go to several plant nurseries ... Ask them for a few plant-donations for your "neighborhood beautification project" ... Head out with your plants and make a section of a local park truly Wonder-full ...

April 27 – Freeing your True Self: Honor can only exist when exuded voluntarily ... Our Love and Kindness for others cannot be powerful when we are acting out of a sense of obligation to them ...

With that in mind, take a few moments this morning and write down all the vows you have taken in your life (e.g. marriage vows, promises made to children or family members or friends, the Pledge of Allegiance, and church-based litanies, etc.) ... During the day today, pause every hour to "flesh out" your list ... Try earnestly to get every one of your vows and promises down onto that piece of paper ... Later this evening, review them all, light a fire, and burn them completely – Freeing yourself from their shackles ... Now you are free to Love your wife/husband *because you want to* ... Now you are free to Love your country voluntary *because you want to* ... Now you are free to Do Good for your Friends *because you want to* ... Now you are powerful once again ...

April 28 – Renewing your Relationships: This morning, contact everyone on yesterday's list and verbally re-affirm your Love for them (**not** your commitment!) ... Act accordingly today by doing something Kind for three of them anonymously ...

April 29 – Hearing Honesty: Hear "naively" today ... Assume that everyone you meet ultimately has good motives (whether they actually do or not is irrelevant!) ... Assume that everything you hear from them is completely True ... Act accordingly and radically at least three times today (e.g. answer rhetorical questions sincerely, emote powerful Compassion for all probable exaggerations, offer to help anyone having a "meltdown", etc.) ...

April 30 – Cherishing the Living: Three times today, head out on walks with the intention of being Kind to, and/or "saving", any wildlife you happen to encounter (e.g. help turtles cross the road, move earthworms from the sidewalk back to the earth, refuse to kill mosquitoes, gently compliment all barking dogs for being so loyal to their human "owners") ...

May 01 – "Positivizing" your Thoughts: Focus on your thinking today ... Your ego is primarily fixated on insuring your survival, and it primarily does so by encouraging you to focus on the "dangers" and/or "undesirables" in your environment, that you might avoid them ... These distinctions are constant and automatic ... And yet, your brain also has a neo-cortex (the part of the brain that helps make you "human") – a neo-cortex that can override your brain's more primitive functions ... All that is required is a bit of "re-programming" ...

With this in mind, begin to re-focus your awareness today by consciously replacing your fearful and/or negative thoughts with courageously positive ones... Every time you notice a negative or critical or fearful thought come into your head, think the word “Cancel” and then replace that thought with a positive or accepting or courageous one ...

May 02 – Intimate Relaying of Information: Find a favorite short story or long poem (if you don’t have one yet, go to the library or go online and find one) ... Take your selection this morning to a public location and read it aloud – slowly and with feeling (train stations are good places for this one) ... During the day, replace all Internet, telephone and cell phone activity with person-to-person Communication ... After work/school, head to a different location from this morning’s and read your selection again ... Intend that your reading inspire others to acts Kindness and Courageous Intimacy ...

May 03 – Re-Focusing on the Moment: This morning, stare into the center of a flower (preferably a rose) for 30 seconds ... During the day, pause at least once each hour, find a different item, and repeat this 30 second re-Focusing ... This evening, light a candle at home and stare into the space between the wick and the flame for 30 seconds ... Finally, before going to bed, pause for 30 seconds in front of a mirror and stare into your own pupil ... Attempt to extend each State of Being until you can Feel Calm within ...

Bonus Activity: Find a friend or an associate (or even a stranger) willing to engage this exercise with you, and stare into each other’s pupil(s) for the 30 seconds ...

May 04 – Taking the High Road: Three times today (once this morning, once this afternoon, and once this evening), pick a destination within walking distance and set out towards it – being sure to take the “long way” ... Pay attention to what you would have missed had you been more “efficient” ...

May 05 – Awakening others’ Hearts: This morning, paint or draw a big sign that says “Free Hugs” ... This afternoon, go stand for one hour with it in the middle of town to see what happens ... You don’t have to say anything – just smile &/or give out free hugs ...

May 06 – Unconventional Eating: Today, eat all “utensil food” with your hands and all “finger food” with utensils ... Smile at others while doing so, AND act as though everything is normal if asked why you’re doing so ...

May 07 – Kindness to the Overlooked: Leave a surprise (e.g. a dish of cookies, a nice pen, a music CD, etc.) to be found by your mailman this morning ... Include a personalized note of Thanks ...

May 08 – Cleansing your Speech: Pause a few minutes this morning to think of the most common “curse words” you have employed in your life ... If you don’t curse at all, think of some of the one’s you hear most often around you ... Pick a few of them and come up with an unusual, “clean” alternative for each of them (e.g. “God Bless it!” in place of “God damn it!”), “Sustenance!” in place of “Shit!”, etc.) ... Be creative and be sure that your alternatives are

positive as well as inspirational (humorous is good too) ... At least once per hour today, use one of your Wonder-full replacements ... Do so loudly and with vigor ...

May 09 – Honoring Saints: This morning, read up on a few modern-day Saints (e.g. Mother Teresa, Gandhi, MLK, Peace Pilgrim, etc.) ... What messages do they have in common? Find one quote from any of them that resonates with your True Self and write it down ... Every hour today, find one associate or one stranger and repeat that quote to them ... Ask them their thoughts ... Listen to their answers without comment ... Smile and depart (hug them farewell if feeling exceptionally courageous) ...

Bonus Activity: Do some research into the lives of Saints, both recent and ancient ... Find one of them who best stands for what You represent ... Adopt this Saint as your own, and regularly incorporate his or her ideals into your everyday Life ...

May 10 – Deep Laughter: Today, choose to laugh and let laughter be your “reaction of Choice” ... Do so while eliminating all worries related to others’ approval thereof ... If not sure about an event or occurrence, allWays assume the humorous or guess the most Joy-full alternative ... Find the “funny” in the everyday ... At least once per hour, laugh out loud ...

Bonus Activity: Take a book of jokes or a compilation-book of your favorite comic strip (e.g. “Calvin & Hobbes”, “Bloom County”, etc.) and go read it on a public bench ... “Get lost” in your reading to the point where you regularly laugh out loud ... Laugh deep and long and often ... Let your community be reminded of Joy ...

May 11 – Re-Building Community: Re-introduce yourself to 3 neighbors today ... Bring along some homemade baked goods or other house-warming-type gifts ... As a goal, try to find out one thing about them that you didn’t know before ... As you depart, make sure they know that you are there for them if they ever need you ...

May 12 – Detaching from Hope: Generally having faith in Life to inevitably support you is Love-enabling ... Hoping for specific outcomes from Life is not ... List the 3 top goals you have for your life – one short-term, one mid-term (5-10 years from now) and one long-term ... Write them on a piece of paper and take them with you today ... Go the entire day today doing *absolutely nothing* that relates to fulfilling them ... Refer to them every hour and consciously have Faith that, as long as you take Life one act of Kindness at a time, either these goals will be fulfilled or something “better” will come to fruition ... The only way to seize the day is to literally seize **this** day (and this day only!) ... Tonight, read them one last time, affirm your newfound commitment to the Present Moments of your Life, and let your goals go by burning them ...

May 13 – The Flower Gremlin: Gather bundles of wildflowers today ... This evening, after it gets dark, place them all around your neighborhood – on doorsteps, on windowsills, in newspapers, on car windshields, etc. ... Remember to place one on your own property as well ... Anonymously enJOY the neighborhood’s reactions thereto ...

May 14 – The Gift of Zen: This morning, go for a walk and look for 5+ special stones (mossy ones that look like mountains are the best) ... They needn’t be large at all ... This afternoon, go buy or acquire one big bag of sand (the whiter the better) ... This evening, in a “special corner” of one of your neighbors’ yards or in a local park, anonymously make a small Japanese Rock Garden ... Rake it completely smooth when you are finished ... Leave it to be found and enJOyed ...

May 15 – Serving Sister Cities: Travel to a nearby town to which you've never been before ... Look around ... Ask about the greatest difficulty facing their community ... Anonymously do something about it for them ...

Bonus Activity: Research a city outside the U.S. that has a "crisis" that touches your Heart ... Do something for the citizens of that town as well ...

May 16 – Caring for the Home-Free: Offer to buy a homeless person lunch today ... Continue to offer until someone accepts ...

Bonus Activity: Buy lunch for yourself as well and eat together with them ...

May 17 – Referencing the Positive: Eliminate negativities in your speech ... All day today, replace any references to "bad" or "disappointing" things with the word "interesting" or "challenging" ... If you happen to let a negativity slip out, no problem ... Simply repeat the sentence and replace your negativity with either a neutral word or a positive one ...

May 18 – Challenging the man-made "Norm": At least once per hour today, act "inappropriately" (e.g. hum in a library until "shushed", dance smoothly around the inside of a church, skip through a cemetery, speak with strangers, pray in public with a smile on your lips and your eyes wide open, greet strangers warmly with a hug, etc.) ... Remember that your goal is not to offend or annoy or disturb or scare (though your actions might inadvertently do so), but rather to free yourself and any witnesses to your actions from the clutches of societally-imposed shackles of "appropriateness" ... Note as well that, in the future, remember to engage only those actions that truly speak to who you have chosen to BE ... If that means engaging in a "normal deed", so be it ... Just be sure to act because you want to, not because you're "supposed to" ...

May 19 – The Gift of Sincere Smiles: Make today a day full of smiles ... Smile when meeting others, when making eye-contact with strangers, when answering the phone, when talking with associates, and even when you're just "standing around" ... The average child laughs and/or smiles over 400 times a day ... Attempt to exceed this number today ...

May 20 – Making Contact: This morning, learn one good, clean joke that you find rather humorous ... Write it down on a piece of paper ... Go forth and ride elevators for 30 minutes at a time (at least three different times in three different elevators) ... Tell your joke to the folks "counting floors" therein ...

May 21 – Awakening Volition: This morning, take a few moments and list your 3 primary responsibilities/duties to Society ... Write them down on a sheet of paper ... Then, next to each one, note that you are completely free from these self- and society-imposed duties ... Finally, set about *willingly* fulfilling each of them in some way that is self-sacrificial before the day is through ...

May 22 – Walking with Heart: Whenever you set out to walk anywhere today, commence your walking with the "Heart Walk" ... To Do so, simply pause before setting forth, place both hands over your heart, feel your heart-beat for a few seconds, and then gently "fall"/lean forward ... Let your feet automatically move forward underneath you as you continue onward ... Feel the self-interest that normally motivates your Journey being replaced by the much more potent energies of Compassion ...

May 23 – Gifts of Inspiration: Buy several dozen multi-colored balloons and blow them up ... Next, take a sharpie and write inspirational words on them (e.g. “Love”, “Joy”, “Wonder”, “Happiness”, “Peace”, etc.) ... Feel free to decorate them as well (glue and glitter work great) ... Finally, during the day today, give them away to strangers on the street ... Encourage each person receiving a balloon to pass it on to another ...

May 24 – Unconventional Vector: All day today, choose to move like chess pieces ... In the morning, travel only diagonally like the bishop ... In the afternoon, always move ten steps forward and two steps R or L like the knight ... This evening (after school/work), spend lots of your time where you allReady Are by moving for only very short distances, like the king ...

May 25 – Neither borrowing nor lending: Ask to borrow a friend’s car ... Drive it immediately to a car wash ... Get it thoroughly cleaned, fill it with gas, and return it (without using it for any personal errands) ... If you don’t have the money for the car wash &/or don’t want to drive, ask to borrow the car while your friend/neighbor is away and clean it thoroughly in their driveway ...

Bonus Activity: Ask to borrow some flour from a neighbor, bake something with it and give it to them when “returning” the flour ...

May 26 – Caring for your Temple: Your body is the agent through which all of your Good Deeds are effectuated ... As such, it must be actively cared for in order to make those Good deeds both possible and powerful ...

With this consciously in mind, pamper your “Temple” today ... This morning, be extra conscious while brushing and flossing your teeth ... Pay attention while showering and shower a bit longer than usual ... If you normally take a hot shower, end with one blast of cold water (which is very healthy for both the skin and the heart) ... During the day, be conscious of what you eat and drink ... Eat lots of raw fruits and vegetables and no red meat today ... Drink lots of spring water ... Make an appointment for a full-body massage (or a simple shoulder-rub) ... After work/school, receive that massage ... At home tonight, spend at least 30 minutes alone in peace, calmly listening to your favorite calming music ... Be kind to your mind by turning off the TV and reading something inspirational in bed ... Before falling asleep, remember to exude Gratitude, both to your body for all it enables you to do and to Life for your day today ... Intend to take your newfound Strength and use it to help others tomorrow ... Sleep soundly ...

Bonus Activity: Enable a friend or an associate (or, more powerfully, an “enemy”) to anonymously receive some of the pampering you received today ...

May 27 – Serving “Humble Pie”: This morning, list all of your life’s major “Accomplishments” ... Take this list with you today and, at least once each hour, pause to reflect on all the people and all the forces other than yourself that enabled those “successes” to come to fruition ... Jot them down next to each “accomplishment” on your list ... Make it a point to write, call, visit or email these individuals/forces and thank them for enabling you to succeed in Life ...

May 28 – Looking UP: As you go about your day today, keep your sight focused above shoulder height as much as possible ... Notice the myriad of wonders never before realized while

living life looking straight ahead or down at the ground ... At least once per hour, point out your re-Discoveries to another person(s) ...

May 29 – Seeing Humanity’s Goodness: Go about your day looking for the omnipresent ways that people help each other and/or are Kind to each other ... At least once per hour, point out your observations to another person(s) so that they too can witness the Kindness all around them ...

May 30 – “Golden Core Vision”: Each conscious Being on this planet represents a dynamic interplay between two “selves” – the self-centered “ego-self” (concerned solely with survival via comfort and safety) and the selflessly Caring “True Self” (or conscience -- concerned solely with identifying and engaging ways to serve others) ... It is relatively easy to witness the ego-self in action around you ... The “Golden Core” of the True Self, however, is often hidden behind the selfishly petty behaviors of others’ egos ...

Realizing this, choose to See others for Who they truly ARE today, as opposed to the self-centered person they might be “acting out” ... At least three times today, choose to engage this “Golden Core Vision” by doing something Kind for someone who is acting less than Kind ... Give to those others purely and without regards for what they might “need” or want ...

Activity: Ask a friend, an associate and a stranger for permission to look into their eyes ... Do so for a few moments, choosing to See their True Self within while Doing so ...

May 31 – “De-Narcissizing” the Self: Go all day today without looking into a mirror ... Instead, take a hand mirror with you and encourage others (at least 3 different people at three different times in three different places) to pause and gaze *into their own eyes* ...

June 01 – Meeting True Need: This Morning, make 12 low-cost “lunch bags” (containing a sandwich, a granola bar, some yogurt, a piece of fruit, a bottle of water and an uplifting cartoon &/or quote) ... Distribute them to the first 12 homeless people you meet ... These days, homeless folks are gathering at almost every freeway entrance and exit ramp, and these bags are perfect to give out from your car ...

June 02 – Re-Discovering what’s Important: Leave work at least two hours early today for “an important personal matter” ... Upon departing, spend the first of those hours (or half of the work-time missed if you have the courage to leave at lunchtime) alone in a park, museum or church – someplace where peace and reflection come easy to you ... Afterwards, spend the rest of your “bonus time” caring for a friend or family member in some way ...

June 03 – Buying for Two: All day today, Whenever you purchase anything, be it lunch or a newspaper or a cup of coffee, buy an second one and give the “extra” to a stranger ...

June 04 – Talking the Talk: Today is a day for “enlightened” conversation ... Replace all your typical verbal banalities with meaning-full questions and/or statements ... Instead of the typical (and these days meaningless) “How’re you doing?”, ask people something intriguing – something that provokes a little introspection and/or Awareness (e.g. “Have you done anything new today?”, “Learned anything new yet?”, “Are you on your Way?”, “Have you found Peace?”, etc.) ... If someone appears distraught, instead of the relatively meaningless “Are you OK?”, offer up something different (e.g. “May I assist You somehow?”, “Is there anything I can do for You?”, “What’s challenging You?”, etc.) ... Unusual queries stimulate the person asked to ponder their Lives; to re-enter the Here&Now and re-assess Who they truly Are ...

June 05 – The Divine Doorman: Spend the day opening doors for others ...

June 06 – Altering the news: Though we’d like to believe otherwise, the news heard on our radios, seen on our TV’s and read in our newspapers is invariably slanted and never provides us with an accurate view of our community ... For every one “tragedy” we witness in the media, there are literally thousands of kind deeds that go unreported ... For every “suicide bomber” in the world, there are literally hundreds of Kind people striving to Forgive their enemies and enable World Peace ...

With this in mind, watch the news this morning and calmly reject any stories that portray Humanity as violent &/or aggressive &/or dangerous &/or “in danger” ... Replace them all with either stories of your own or alternative, positive explanations to describe the same events ...

Bonus Activity: Go online and discover who the majority shareholders who own your most frequently watched news outlets ... Every one of them has a private agenda ... Be truly informed by finding out what that agenda is and remembering it the next time you watch that station ... Better yet, **stop watching the “news” entirely**, and devote that time instead to actively serving your community ...

June 07 – Kindness to the Unkind: Go out today and buy or make the nicest gift you can afford ... Now think of the one person who is causing you the most pain (or is annoying you the most, or who simply dislikes you the most) and write out a note saying that the item is to be returned to him/her ... Attach the note to the gift and leave it somewhere public to be found ...

June 08 – Self-Acceptance: List the top 5 ways that you would “improve” yourself if you could ... Write them down on a small piece of paper ... Burn that piece of paper, and then set out to “flaunt your flaws” today (Respect-fully, of course – all the while Caring for yourself anyway) ... Note that this is not an excuse to cease striving to let your True Self shine forth, but rather a powerful way to give yourself the radical Acceptance needed to Do so ...

June 09 – Living “Under the Radar”: Practice stealth today ... Go the whole day being seen and heard as rarely as possible ... At least three times today, do something outrageously nice without anyone else seeing or hearing you do it ...

June 10 – Edible Art: Sometime this morning, procure several different varieties of fresh fruit and a jar of honey ... Later in the day, take a sharp knife with you and head to a public park or square ... Using the fruit as “building blocks” and the honey as “glue”, make a sculpture of

sorts ... Be as creative as possible ... When you're done, write a note underneath it (maybe with the honey) that says "Dear Mother Nature, Bon Appetit!" ... Then, leave it for others to enjoy (and ultimately, for the birds and rats and insects to eat) ...

June 11 – The Courage to Let Go: Just for today, leave all the doors in your life unlocked (e.g. car, home, safe, windows, etc.) ... Let go of your fear!

Bonus Activity: Leave all valuables out in the open while doing so ... If they are still there upon returning, do not be relieved, but rather see them as Gifts and Appreciate them anew ...

June 12 – Quenching Road-Rage: Make a large jug of lemonade, put it in a cooler with a bag of ice and some cups, and head out at rush hour this morning to give away some cool refreshment during traffic jams ... Do the same at rush hour this afternoon ...

June 13 – Getting Clean: Cleanse your "Temple" today ... Cut fingernails & toenails ... Shave carefully ... Sit in sunbeams for 15 minutes ... Pause every hour today to go outside (or open a window) and breathe in fresh air ... Eat only raw fruits **or** raw vegetables (don't mix them) all day ... When you arrive home this evening, take a brisk, 30 minute walk ... Afterwards, scrub thoroughly from head to toe (use a washcloth or sponge) ... Take a long bath in Epsom salts ... Rinse off with cold water and air dry in your favorite arm chair or on your favorite sofa ... Oil & Lotion your skin ... Be sure to get to bed early to "finalize" the cleanse with a good night's sleep ...

June 14 – Self-Identification: Note the "top 9 faults" of others in your life (whether the top 9 faults of one "Big Player" or the top faults of 9 other people makes no difference) ... Write them all down on a piece of paper, starting with the words "You are..." ... Then go in front of a mirror and read these sentences aloud to yourself ... Look yourself in the eye after each one is read ... Have the Courage to honestly assess how these "faults" relate to your own past or present behaviors ... Reflect on the changes that you can make in your dealings with Life and with others ... Now go forth and re-Appreciate the people who were the original inspirations behind the sentences ... See them without seeing their "faults" ...

June 15 – Expanding your Vision: Our brains receive and process thousands of bits of information related to an almost infinite amount of stimuli every second ... Through this mass of information, our neo-cortex sorts through them and chooses one or two upon which we focus ... These few bits of information are the ones we directly notice and analyze in each moment of your lives ... And these are the ones we primarily use to construct our own unique views of Reality ... Today, see peripherally instead ... Pause every hour for a few minutes and pay close attention only to those things that "catch your eye" in your peripheral vision (or "peripheral hearing") ... Notice what you notice ...

June 16 – Easing Olfactory Dis-ease: Obtain lots of incense (preferably a scent that you personally find to be pleasant) and take it to your nearest garbage dump, recycling center &/or waste management plant ... Light it all and place it all around that site(s) ... If one of these three sites isn't feasibly available, take your incense and "spread it around town" into local public dumpsters and/or garbage cans ...

June 17 – Righteous Repentance: Regardless of your religious beliefs (or lack thereof), head to a local church and confess to a priest today ... In some cities, I've noticed that many churches are locked during the week ... If this is the case, most have "hotlines" in the phone book where a priest can be accessed "in an emergency" ... Do so ... After you're finished with your confession, let him/her know that you are available to take his/her confession as well (if necessary, you can quote Romans 5:4 as "proof" of your ordination) ... Whether or not they take you up on your offer, thank them sincerely for listening to you and make sure they know that they too are forgiven ...

June 18 – Fast Service: Find a local fast-food restaurant (one that serves relatively healthy food, or at least advertises that it does so) ... Head through the drive-thru, order the least expensive item on the menu (you don't have to eat it if it's not healthy or to your liking), and then pay for it and the entire order of the car behind you ...

June 19 – Crossing to the Other Side: Make a Gift Basket today, being both creative and Caring ... Include some note related to unconditional Kindness ... Now take that basket and give it to the pastor of a "rival Faith" ... If you're an atheist, take it to a Baptist reverend ... If you're Jewish, take it to an evangelical Christian preacher... If you're Christian, take it to a Buddhist monk or a Jewish rabbi ... If you're a Hindu, take it to a Muslim leader (and vice versa) ...

Bonus Activity: Hang out with whomever you drop the basket off with and engage them in conversation ... Remember to be unconditionally Kind and Humble ... Stay with them until you've found at least one major commonality between your faith and theirs ...

June 20 – Positive Gossip: Ask friends and co-workers to share with you the last time they did something nice for another place of being ... Take your favorite story and spread it around as "positive gossip" all day ("Guess what I heard!") ...

Bonus Activity: Write or contact the person who inspired the story you used and let them know that their deed has inspired others as well ...

June 21 – The Gift of Wisdom: Take your favorite book to work/school today ... Throughout the day, write uplifting comments in the margins of that book ... Use a quote book to help you if necessary, though little stories related to your personal deeds of Kindness are more powerful ... At the end of the day, take it and donate it to your local library (or, better still, give it away to a stranger) ...

June 22 – Cleansing the Castle: Cleanse your "Sanctuary" (i.e. your home) today ... Be thorough ... Do so not see this task as a "chore" (or a series of chores), but rather as a privilege ... Start with the corners that you don't normally get to when cleaning up your usual way ...

Bonus Activity: Throw out all your chemical-based cleaning products and replace them with "green" alternatives (which are more effective and can be cheaper to boot!) ... Go online to easily learn about "green cleaning" alternatives ...

June 23 – Bowing Low: Spend the day bowing to everyone you meet – both upon greeting them and when you take your leave ... By bowing, you are reminding yourself to Honor others as brothers and sisters ... We all have pains and joys ... We have all done amazingly wonderful deeds and we have all either perpetrated or enabled evil ... Remember this commonality in your interactions today ... Bow deeply to others and mean it sincerely ...

June 24 – Looking for the Liminal: Pause every hour today to focus on either something or someplace “liminal” (the boundary line between two apparently separate entities) ... Gaze at the line of the horizon ... Look for the line that separates light from shadow ... Hear the silence between others’ words &/or the space between the notes of the music on the radio ... You must “soften your senses” to do this, and yet it, like anything else in life, becomes clearer and easier the more it is practiced ... As you gain proficiency at this task, you will Realize that there is no separation between any two things or any two regions ... The “boundary line” you have been seeking is not the place where one entity ends and another begins, but rather the place where the two become ONE!

June 25 – Renewing Faith in Humanity: Go to a pre-school or an elementary school (any grade 3rd or lower) and ask to volunteer for (or at least sit in on) a class ... Ask the children questions about what is Important to them ... Listen to their answers ... Ask the teacher to be able to share stories with them about your own acts of Courage and/or Kindness ... Choose to See that our species still has a chance to turn things around ... Go forth today and act accordingly ...

June 26 – Appreciating Sustenance: Eat no food all day today, from waking this morning to going to sleep at night ... Hint: drink lots of tea and water! ... Donate the quantitative equivalent of all the food you would have eaten to a local food bank ...

Bonus Activity: While fasting, buy breakfast, lunch and dinner for three different homeless people ...

June 27 – Solace via Kindness: Go buy a gift certificate for three movie tickets and give it to the next homeless person you meet ...

Bonus Activity: Buy four movie tickets for a show this evening ... Take one friend, find two homeless people who want to see the show as well, and go together ...

June 28 – Allaying Stress: Go to a local airport, train station or bus station and offer to help stressed travelers carry their bags ... Do so until three different people accept your offer ...

June 29 – Flaunting Freedom: Take a few moments to list all the things that you currently feel “forbidden” from doing ... Find three of them that you can perform without harming anyone else and quietly do them – “forbidden” or not ...

June 30 – Patience while Parking: Wander around town today until you find and feed 9 expired or expiring parking meters ...

July 01 – Stretching the Body, Stretching the Soul: Pause every hour today to stretch for five minutes ... Take off your shoes and “scrunch” your toes into the floor/carpet ... Interlock your fingers, raise your arms over your head, and turn your palms to the sky ... If there is a bar from which you can hang, do so three times (each time for 30 seconds -- to ease gravity’s constant stress on your spine) ... Be as creative as you wish with your stretching ... Remember to be thankful for your Life while doing so ...

July 02 – Loving your “Enemies”: Every “enemy” we have ever had in our lives and every “criminal” we have ever judged has a secret history of pain and struggle for Goodness that – if we were aware of it – would make us blush over the inequity of our condemnation ... As human beings, it is possible for us to choose instead to look upon the “weaknesses” of others with

Compassion and empathy ... We all are born into fleshly vessels that, by their very nature, tempt us all to engage in selfish “wrongdoing” ... This is no excuse for the evils that we and others have committed ... Goodness doesn’t condone evil, yet it does extend Compassion to its mistakes ...

Realize today that the arrogant in your life were taught powerlessness, and are Ready to Receive Respect ... The stern in your life were taught anger, and are Ready to Receive Gentleness ... The aggressive in your life were taught helplessness, and are Ready to Receive Encouragement ... The shaming in your life were taught manipulation, and are Ready to Receive Service ... The malicious in your life were taught cowardice, and are Ready to Receive Compassion ... The condemnatory in your life were taught hopelessness, and are Ready to Receive Acceptance ... The superficial in your life were taught avoidance, and are Ready to Receive Intimacy ... The deluded in your life were taught hypocrisy, and are Ready to Receive Honesty ... The evil in your life were taught fear, and are Ready to Receive Gift of Love ...

With this in mind, list 5 people who “hate”&/or who annoy you ... If you are one of the few who hates no one and you are not currently annoyed by anyone else, choose three people who “hate”, are annoyed by &/or radically misunderstand you ... Do an anonymous kind deed for each of them today ...

Bonus Activity: A powerful way to Serve is to make injustice visible to those perpetrating it ... The only way to effectively Do so is to forgive those perpetrators publicly in those Moments that they are doing so ... This allows them to See that it is their ego-selves, and not their True Selves, that are behaving cruelly ... With this in mind, look for acts that are unjust and/or unkind today ... As soon as you see one, choose to courageously and openly forgive its “perpetrator” ...

July 03 – Wondered Watching: Every hour today, pause and look to the heavens ... Gaze intently into the wonders of the sky for five minutes ... Watch the wind and clouds during the day and watch the moon move across the sky at night ... Each time while doing so, point out a particular wonder you “re-Discover” to at least one friend, associate or stranger ...

July 04 – Courageous Appreciation: Go to a public performance (in addition to the fireworks display you might watch this evening) and be the first person (and perhaps the only person) to give it a standing ovation ... If a public performance isn’t handy, go to the movies, sit up front and do the same ... If the movies aren’t handy, go outside, look for something amazing in nature, and then give Life itself a standing ovation ... In fact, do the latter regardless ...

July 05 – Peace-full Pastor: Be a “pastor” for a day by going about and actively Blessing all that you see – both those things that obviously need Blessing (e.g. stress, fear, pain, anger, sadness, etc.) and those things that do not (e.g. Beauty, Wonder, Love, etc.) ...

July 06 – Manifesting “Misfortune”: The difficult situations in Life are the moments that inevitably give our Happiness its power and our Life its Meaning ... With this in mind, spend the day today bravely manifesting “bad luck” ... Walk under ladders, break mirrors, wear the #13 and chase black cats ... Do so not as a masochist, but as someone who knows that to live in fear is to call disaster to you; that to live in fear is to make your Love impotent ... Free yourself from fear – and when “bad luck” does come your way (rest assured, it will!), Choose to Do some powerful Good with it when it does ...

July 07 – Feeding the Non-Needy: Make a simple yet tasty lunch, package it up beautifully, and give it to a “well-dressed” stranger ... Include a small Gift -- and a note encouraging them to “pay it forward” as well ...

July 08 – Sustenance on the Street: Eat all your meals today (including your breakfast) while sitting on a local street corner ...

July 09 – Spreading Good Fortune: Get three rolls of coins and leave “good luck pennies” all around town ... Be creative where you leave them (but not so creative that they won’t likely be found!) ...

July 10 – Re-tanking: Every hour today, pause whatever you’re doing to slowly drink a glass of water ... Drink only water today ... Sometime this morning, give three associates glasses of water as well ... Finally, this afternoon, buy some bottles of water and give them to strangers on the street ...

July 11 – Testing Truth: Make a list of eleven (11) things you’re “certain” are True ... Throughout the day, actively seek to disprove them ... Note: If you don’t have “success”, either you aren’t trying hard enough or your list is “weak” ... Be flagrantly honest and equally courageous ... On the way home, look around you at anything related to your list of “facts” and see them anew – remembering that your “absolute truths” are not so absolute anymore ...

July 12 – Scanning Here&Now: So often we focus solely on what we are doing -- and so rarely on where we **Are** ... Every few hours today, pause to take in your surroundings with a 360-degree, slow visual “scan” ... Describe your surrounding “reality” from memory and then repeat your scan ... See what you’ve been missing ...

July 13 – Noticing the Beauty-full: Our minds have been so filled with preconceptions and standards related to “beauty” and “attractiveness” that we have forgotten the **fact** that *everyone* is objectively filled with Beauty in his or her own way(s) ...

Actively remember this Truth today ... Choose to See every person encountered as Beauty-full ... Linger with each of them until something wondrous is found, not only about their person (relatively easy), but also about their appearance (a bit more difficult in our “GQ” & “Cosmopolitan”-fixated society) ... At least once per hour today, mention these positives to those so Seen (it is acceptable, though not as powerful, to Do so anonymously) ...

July 14 – Revealing your Self: Take a few moments this morning to list the personality traits that you regularly hide from others ... Choose one of those characteristics and completely expose it today for all to see ... Do so courageously and respectfully, remembering that the goal is not to shock others or bring them discomfort (though this might inadvertently occur), but rather to honestly let them See who you truly Are ...

July 15 – Cleaning up Carts: Roam around your neighborhood/town until you find a parking lot strewn with shopping carts ... Take some time and “clean them up” ...

Bonus Activity: Afterwards, wait around for shoppers to come out and offer to return their carts for them ...

July 16 – Sweets for Strangers: Make your favorite baked good and give it to someone you’ve never met before ... Be sure to eat none of it yourself beforehand ... If you don’t know how to make your favorite baked good, learn today ... If you don’t have time to make it, buying it is OK, though be sure to do so from a small, independent bakery ...

July 17 – Respecting Society: One doesn’t have to look very far to see that Respect is a dying art in our society ... Gratitude is being replaced by feelings of entitlement and/or desire ...

The honoring of our elders is being replaced by “setting them aside” in nursing homes ... We are a culture that is forgetting how to give others the Dignity they inherently merit ...

With that in mind, show Respect today – to an elderly, to a parent, to a friend, to a teacher, to a friend, to an associate, **and** to stranger ... How you Do so is up to you (e.g. ask their advice, ask for their opinion, ask for their life-story, offer to help them, relay your Gratitude for their Presence in your Life, etc.) ... Be creative in your Honoring of them and the lives they are leading ...

Bonus Activity: Respect your teachers (past or present) by honorably challenging three things that you’ve been taught ... Respect the military by actively denouncing war (at least 3 times today as well) ... Respect the authorities by “violating” three conventions of “normal behavior” ... Actively remember that fear is not Respect!

July 18 – Constant Compliment: All day today, pause every hour to give a sincere compliment to an associate or a stranger ... This evening, do the same for your family members and friends ...

July 19 – Clear Communication: Focus on speaking slowly and clearly today ... Every hour, pause at least once to consciously slow down your speech ... Choose as well to speak concisely and/or creatively ... Finally, remember to make eye-contact intensely with your listeners when you are speaking, and with all speakers when you are listening ...

July 20 – Peace-full Preaching: Go to three different churches that are local, yet unfamiliar to you ... Envision unconditional Love being preached there during their next services (whether that theme is likely to be preached or not is irrelevant --See it being preached and, at least for that moment, it will be so) ...

Bonus Activity: If possible, contact the preacher/pastor/rabbi of those churches or temples and ask what the next sermon will focus upon ... If “unconditional Love” is not their answer, ask them when that theme will next be preached ...

July 21 – Knowing Wonder: Got to a local library or go online to find a short poem that is both generally inspirational and that personally inspires you ... Write it down and take it with you today ... Throughout the morning, refer to your poem and memorize it (or at least part of it) ... Upon arriving home this evening, recite it as passionately as you can 3 different times for 3 different groups of friends or family members ...

Bonus Activity: Recite your poem three different times in an occupied elevator (or other public venue of your choice) ...

July 22 – “De-stranging” Strangers: During the day today, invite a “mere associate” and a friend of his/hers out to lunch or dinner ... Do so until someone accepts your offer ...

July 23 – Cleansing Conflict: Take a moment to remember the last three arguments you had ... Today, contact the “opponent” of all three of those altercations ... Even if you aren’t able to sincerely admit “fault”, apologize for your role in escalating those prior conflicts ...

Bonus Activity: Do something anonymously kind for each of them ...

July 24 – Cleansing Community: This morning, gather enough materials to enable several people to wash cars ... During the day, create a few big signs that read “free car wash” ... This afternoon, “set up shop” on a nearby street corner and offer car washes for a few hours ... Engage car owners in conversation and let them help you wash their cars ... If asked, let others know why you’re being selflessly Kind & encourage them to creatively Do the same ...

July 25 – Caring for Children: This morning, contact various children’s hospitals or clinics to find out when/if they have visiting hours ... During the day, gather some flowers, toys, games &/or books to take with you ... This afternoon, visit one of them ... Leave the flowers at the reception desk, distribute the toys to the children most “in need” (ask a nurse for help), and then ask permission to play with the children and/or read them a few books ...

Bonus Activity: Ask the children questions about Life, what makes them Happy, etc. ... LISTEN to THEM!

July 26 – Unusual Eating: Find the most unusual utensil in your house and take it with you today ... Better yet, find something to use as a utensil that normally serves another purpose ... At lunchtime, head to a fast food restaurant (again, hopefully one with a relatively healthy menu) ... Order a meal and eat it only using that utensil (whether with a smile or straight-faced makes no difference) ... As you’re leaving, go to the employees who cooked the food and thank them for a wonderfully tasty meal (whether it actually was or not makes no difference!) ...

July 27 – The Flower Gremlin II: Buy or pick 24 flowers and leave them (maybe with an anonymous note of Kindness) on 24 different car windshields ... Avoid focusing your efforts on only one parking lot ... Attempt to spread them around town ...

July 28 – Succinct Speaking: So much of our language is superfluous and completely unnecessary ... With this in mind, go the whole day by saying only “Yes”, “No”, “Hmmm” or smiling in silence ... Do so not to cause annoyance (though this might be inadvertently engendered), but rather to re-Realize how priceless the spoken word really is ... Remember today when you engage in speech tomorrow ...

July 29 – Saying Farewell to the Ego: If you have been engaging these tasks with any regularity this year, your ego has already taken some heavy blows, and is probably ready to officially be removed from its place “in the driver’s seat” ... This morning, think about your “old self” and some of the more petty or self-centered behaviors that you used to (and maybe still do at times) exhibit ... Send that “small self” Compassion for its fear-based living ... Send it Thanks as well, realizing that without it, you probably would not have survived the emotional traumas of your childhood ... Now that you are an adult, and an Awakening adult at that, it is time to say farewell for Good (literally!) ...

During the day today, regularly ask your ego what it would like as its “final meal” ... After work/school, procure these items (even if they are very expensive) ... This evening, cook for your ego and serve it this “coup de grace” ... Eat with pomp and fanfare (e.g. dress up beforehand, make a toast to the ego, etc.) ... Honor your ego and the role it has played in bringing you to Who you Are today ... As the meal comes to a close, wish your ego well as your True Self “takes over” its decision-making responsibilities from now on ...

July 30 – Soothing the Dreariness: Man-made society, for all its “efficiency” and “productivity”, has generally lost its ability to lend us focal points that are wondrous ... In short, the bigger the city, the drearier it gets ... Grime and shadow and concrete seem to dominate most cityscapes ... It’s no surprise that the average city-dweller seems to act accordingly ... With this

in mind, buy several soothing posters (or use your own – with nature photos/portraits being “best”) and take them to various parts of town ... Hang them anonymously in all the dreariest corners you can find (subway and bus stops are great for this one!) ...

July 31 – Honoring local Heroes: Do some research (check back-issues of your local newspapers and/or ask your neighbors) related to the recent good deeds done in your community ... Draw up a “Good Samaritan Certificate” and spruce it up ... Couple it with a small Gift and a note of congratulations, and anonymously leave it on the doorstep of one of the Do-Gooders revealed by your search ...

August 01 – Freeing from Fees: Head to your local library today and ask to anonymously pay a few of their patrons’ outstanding late-fees and/or other fines ...

Bonus Activity: Donate a few of your own books while you’re at it ...

August 02 – Wonder-Weeding: Take along some gardening equipment with you today ... This afternoon, on the way home from work/school, look for a yard that needs weeding ... Stop for 15 minutes or so and weed it anonymously ... Then, this evening, wait until its dark out and secretly weed a neighbor’s garden as well ...

Bonus Activity: Mow a neighbor’s lawn when they are out of town ...

August 03 – Wonder-Graffiti: This morning, go through a quote book and find a favorite inspirational &/or positive quote ... Write it down on a piece of paper and take it with you ... Obtain a box of colored chalk ... Walk through your town writing your quote somewhere public (e.g. sidewalks, buildings, elevators, etc.) and then “beautifying” it however you wish ... Do this at 3 locations where you’ve never been before, 3 locations where you last remember feeling annoyed, and 3 locations you frequent regularly ...

Bonus Activity: For the daring, do the same with paint on any worn-down, decrepit &/or abandoned building in your town ...

August 04 – Unconventional Performance: Take one of your favorite books with you this morning ... Every few hours, go sit on a public bench (or in the “break room” at work) and read it aloud – backwards ... Do so for at least 3 minutes, three times, in three different locations ...

August 05 – True Tithing: Mail at least \$10 to 3 different “random” people, along with a note encouraging them to match your Gift and use the money to Do something Good for a stranger ... If really strapped for cash, send only one person the \$10 and the note ...

August 06 – Metaphorical Communication: Human beings are essentially “herd animals” ... We tend to mimic each other’s speech patterns and/or vocabulary ... As a result, our words are often repeated and overused until they lose much of their potency (if not all of their original meaning) ...

With this in mind, choose to speak cryptically today ... Intermittently use silence, cliché and colloquialism when speaking and listening to others (research the latter two on the web if you wish &/or look up some Japanese Koans for inspiration) ... The more creative you get with this one, the more fun (and the more influential) your words will become ... Remember that your intentions are not to confuse or to annoy (though both might occur inadvertently), but rather to inspire others to Listen anew and Think originally about their own ways of communication ...

August 07 – Purposeful Humilifying: True **H**umility has nothing at all to do with humiliation ... That having been said, it is often useful to “tone down” our ego’s by

“humilifying” them – that is, engaging purposefully in actions that we are not very good at ... With that in mind, this morning list 5 things at which you are not at all proficient or talented ... Engage one of them in public today for 15 minutes ... Do so three times in three different locations ...

August 08 – Atypical Toiletries: Go to a local drugstore and shop for some atypical, “luxury” personal care products (e.g. fingernail kits, nail polish, high quality body lotion, good shampoo and conditioner, foot care products, etc.) ... Be creative in your purchasing, and then take half of them to a local homeless shelter and the other half to a local retirement home ...

August 09 – Goodwill Potatoes: This morning, buy a big bag of potatoes, some sour cream, some butter and some chives ... This afternoon, bake the potatoes as perfectly as you can ... Pack them into your car/van and take them downtown to distribute them to the hungry, the homeless and strangers alike ...

August 10 – Reminding others of Giving: This morning, jot down the names and business addresses of the three wealthiest people in your immediate community ... This afternoon, make a modest donation *in all their names* (include their addresses as well) to the charity of your choosing ...

August 11 – Tender Tooth-care: This morning, collect all the toiletries that you are not currently using (and have yet to open) and put them into a sack ... This afternoon, drive or walk around to several local dentists and ask for toothbrush and toothpaste donations for the homeless ... Do the same at any drugstores you happen across ... Take these gifts to the nearest homeless shelter and/or distribute them personally to the homeless in your community ...

Bonus Activity: Ask the various dentists &/or drugstore employees if they’d like to come with you after work and help with the distribution ...

August 12 – Victorious Vending: Go to three local vending machines (preferably ones that have healthy snacks &/or juice/water) ... Insert \$5 into each of them and tape an anonymous note of Kindness over their money slots ...

August 13 – Thanking the un-Thanked: Take time today to express your Gratitude to all the service workers in your Life (e.g. teachers, janitors, garbage men, mailmen, gas station attendants, librarians, firemen, policemen, ER doctors & nurses, etc.) ... Do so with small gifts and/or verbally ... Just remember that the more creative you get, the more potent the Thanks ...

August 14 – Extending your Family: Even though it is frowned upon by Society, it is not against the law to wish a stranger well ... With that in mind, this morning dial six “random” numbers in the phone book and simply wish anyone who answers a nice day (answering machines count, as long as the message you leave are sincere and heartfelt) ... Repeat this with six more numbers at mid-day and six more this evening ... If anyone asks, have the Courage to tell them your name, ... Tell them what you are doing as well, and ask if there is anything else you can Do for them ...

August 15 – Cleansing your Conversations: So many of our sentences are laced with the poisons of ignorant personal opinion and/or negative “judgmentalism” ... With that in mind, go the entire day today without giving a personal opinion of any kind ... Lend no advice, offer no analysis, state no critique, make no comparison, proffer no judgment, and elucidate no discernment ... If you happen to slip up, no problem ... Simply repeat the sentence in which you stated your “certainty” and qualify it into neutrality (e.g. “Actually, I’m not sure that last sentence is true.”) ... Better yet, alter those slip-ups and make them humble statements of “probable positivity” (e.g. “You know, on second thought, it’s just as likely that [insert a positive opinion of your choosing].”) ...

August 16 – Giving others “victory”: Take a checkerboard downtown and challenge people to a quick game ... Lose on purpose without letting your opponents know that you are doing so ... If you have no checkerboard, you can do the same thing with tic-tac-toe on a sheet of paper ... Most importantly, be Happy for them when they win ... Remember that you are not so much giving others the opportunity to “win”, as you are showing them a greater Gift – the deeper Awareness that their victory is yours as well ... Repeat this task for 3 different people in 3 different locations ...

August 17 – Teamwork Building: Buy a few non-competitive, sharing-focused and/or teamwork-building games (almost every toy store these days has at least a few of these) ... Drop them off at a local elementary school ... Ask if you can volunteer by playing them with the kids there for awhile ...

Bonus Activity: Invite 6 friends **and** 6 “enemies” to join you in taking a ropes course (or engage in any other team- or trust-building activity) ...

August 18 – Cleansing Community: Buy some white sage (easily found at most health food stores) ... Take it to a vacant lot, derelict building and/or dreary part of your city ... Light it and walk around slowly and purpose-fully for an hour (or until the sage is burned up) ...

August 19 – Inspiring Re-Cognition: Stare at 9 different people today until they look at you ... Smile and wave to them before moving on ... Remember that this task is more than getting others to smile (though this is important in and of itself) ... It is also re-Minding others that, even though they don’t “know you”, you are still a part of their extended Family ...

August 20 – Providing Shelter: Take an umbrella to a local shopping center at midday today and offer to escort people to their cars ... If it’s raining or gloomy outside, perfect ... If it’s sunny out, shade on a hot day will feel just as good ...

August 21 – Cleaning for Strangers: This morning, gather all you need to wash a car (other than the water, of course) ... Set out into an unfamiliar neighborhood and offer to wash cars house-to-house until someone accepts ... Wash their car, thank them for the opportunity to be of Service, wish them Good Day, and then leave ...

Bonus Activity: Go forth and wash people’s cars (with Care) without asking them ... Do so anonymously and depart ...

August 22 – Honoring your Elders: Head to a local nursing home and offer to “pamper” the patrons there ... Read poetry to them, paint their nails, sing with them, write letters for them and/or simply listen to their stories ...

August 23 – Distributing Inspiration: Make 9 hand-written copies of an inspirational quote ... Spruce them up by coloring them, adding designs, etc. ... Then, during the day today,

distribute the 9 quotes to 3 Friends, 3 associates and 3 strangers ... Encourage them all to decorate their own Wonder-quotes and pass them along to others as well ...

August 24 – “Simmering” the Soul: Wake and “simmer” in bed for 15 minutes ... Intend to Do Good today ... Envision it ... Think of ways that you could possibly be courageously altruistic today ... Set out and look for those opportunities ... If they arrive, fulfill them ... This evening, go to bed and “simmer” for 15 minutes before sleeping ... Be Thank-full for your day ... Think about what you encountered today ... Were there opportunities to extend Kindness that you missed or did not engage? ... Envision “corrections” to any self-centered “mistakes” you might have made ... Intend to repeat and expound upon today’s successes tomorrow ...

August 25 – Local Pilgrimage: This morning, get out a map (or look on the internet) and find the “holiest” spot in your town (you are allowed to be completely arbitrary in your choosing) ... This afternoon, pilgrimage (on foot, alone, and without using any money) to that location ... Go on foot, walk alone and travel “on Faith” (neither taking, using nor accepting any money along the way) ... Note that it should be a walking distance that is challenging for you ... Once you arrive, pause and Give Thanks for your safe arrival ... Leave a Gift of some sort and return home (by any means you wish) ... Keep this experience “between you and God” (i.e. tell no one else where you went, how you got there, or the revelations you will inevitably receive along the way) ...

August 26 – The Cleaning Spirit: Take a squeegee and a pail of soap & water to a local parking lot and anonymously clean others’ car windows for one hour while they shop ...

August 27 – Caring for the Weary: This morning, make one large sign that reads “Free Foot Cleansing” ... Later, take some high-quality soap, some high-quality massage oil and a plastic tub to somewhere public (near some water) ... Sit down there and offer passersby free foot cleansings ... If the whole “feet thing” is too much for you, offer to wash and massage others’ hands instead ... Do so until you’ve served at least three people ...

August 28 – Gratitude Rocks: This morning, go outside your home and gather a small bag of rocks ... Any rocks will do, and yet the more unusual they appear, the better ... Bring them inside, choose 18 of the “prettiest” ones, and wash them thoroughly (Bonus Activity: rub them thereafter with a pleasant smelling essential oil – e.g. lavender, orange, sandalwood, etc.) ... Make a small sign that reads “Free Gratitude Stones” ... During the day, distribute 3 of them to friends and another 3 to associates at work/school ... This afternoon, take the remaining 12 stones and your sign and sit silently on a nearby street corner until all 12 have been given away ... If asked, inform people that the stones are to be carried in their pockets, and that every time they happen to touch their stone, they are to remember something for which they are Thankful – and act accordingly ...

August 29 – The Good Book: Buy (or make) a book on Kindness, write a note in the preface about the joys of selfless Service, insert a \$5 bill with your favorite Kindness-Tip written on it, and leave it to be found ...

August 30 – Repairing the Repairers: Head out this morning with some baked goods and bottles of cold water ... Give them to the first road-repair crew you find...

August 31 – Speaking Specifically: The ability to verbally communicate is a Blessing we often take for granted ... One of the lost arts related to that Gift is speaking specifically and accurately ... With that in mind, choose to go the entire day today without using any

generalizations of embellishments ... If you slip up, no problem ... Simply refer to your previous generalization and correct it (e.g. “Oops! That was an inaccurate generalization.”) or your previous embellishment and “repair” it (e.g. “OK – that was an exaggeration. What I meant to say was ____.”) ...

September 01 – Giving away Convenience: Rather than looking for the closest parking spot (or the “best seat” in the theater, etc.), choose instead to park &/or sit in the “worst spot” all day today ... Simply pause before sitting down (or getting in line or parking your car), note the spot that your ego would normally want, and purposefully leave that place for someone else ...

September 02 – Caring for your “Temple”: Keeping in mind that the human skin is not “water-proof” like many think it to be (and that anything applied to our skin is at least partially absorbed directly into our bloodstream), discard your personal toiletry items containing artificial colors, aromas and any other “diabolical-looking” chemicals ... Invest in your Health by investing in high-quality, organic toiletries ... Once you find a particular product that you really like, buy it for others as well &/or tell them about it ...

September 03 – Finding “long-lost” Family: Engage 3 different “home-free” people in conversation today for at least 10 minutes ... Listen more than you speak ... Be unconditionally supportive and completely non-judgmental (offer them no advice!) ...

Bonus Activity: Sometime during these conversations, candidly inform your new Friends about either a problem you are having or a challenge you are encountering in your Life .. Ask them for their advice on the matter ... Listen to what they have to share and thank them profusely and sincerely as you leave ...

September 04 – New Sensations: While our five “primary senses” are always functioning “in high gear”, our brains have already categorized and/or familiarized us with so much in our environment that we rarely utilize the full Power of those senses ...

With this in mind, choose to Sense anew today ... Look for and **See** a pattern you’ve never noticed before ... Listen for and **Hear** an unfamiliar musical artist from a “foreign” genre ... Find and **Taste** a dish from an unfamiliar foreign cuisine ... Search for and **Smell** a pleasant scent that is new to you ... Close your eyes and **Touch** a variety of surfaces ... Pay Attention while doing so ... After all, what good are your senses if you aren’t going to consciously use them every day? ... At least three times today, tell a passerby about one of your re-Discoveries ...

September 05 – Solace for the Stressed: Go to a local Emergency Room and thank the workers there for their service to your community ... Take a flowering plant for their waiting room and some small gifts with you when you go (remembering to take enough for several shifts of workers) ... Bring interesting reading material to leave for others in the waiting room as well ...

Bonus Activity: Offer solace to the worried or the stressed in that waiting room ... Oftentimes, people there just want to vent or be heard ... Do so **and** remind them gently that there is a Blessing waiting to be found at the core of every crisis ... Avoid telling them that you know how they feel – you don’t! ... Just Be with them and offer your compassionate Presence ...

September 06 – Re-Naming yourSelf: Give your True Self a new name this morning and use it all day ... Make that title Meaning-full and let its Meaning inspire you to great acts of Kindness ...

September 07 – Muffin Man/Woman: Call a local soup kitchen this morning and ask them how many people are fed there on a typical afternoon/evening ... Bake (or buy) that many muffins and drop them off at lunchtime ...

September 08 – Sustenance for the Sentient: Call a local animal shelter and ask which of their goods are in short supply ... Obtain some of them during the day and drop them off after work/school ...

Bonus Activity: Make your own healthy dog biscuits (recipes abound online) and give those out as well; both to the shelter and to any strays you encounter on the street ... In fact, make a few extra batches and distribute them to your neighbors who own dogs ...

September 09 – Renewing & Re-Awakening Friendship: Call one estranged or rarely contacted friend, one estranged or really contacted family member, and one associate today just to say “Hello” and ask how they are doing ...

September 10 – Pseudo-Sentient Sustenance: Carry a medium sized plastic cup around today ... Regularly fill it with water and “feed” the plants and trees you encounter ...

Bonus Activity: Studies are showing that plants are much more Aware than once thought ... With this in mind, be Kind to them while watering them ... Speak with them gently as well ... They may not “understand” what you’re saying, but evidence is mounting that they can Feel your intentions and that they respond accordingly ...

September 11 – Exuding Exuberance: Go the entire day today being “outrageously Kind” (e.g. laughing lots out loud, smiling at the sky, hugging people “for no reason”, sincerely thanking others for the smallest of favors, breaking into song &/or dance, etc.) ... Be sure to avoid explaining yourself whenever you Do so ...

September 12 – Verbal Humility: All day today, re-member your fundamental Humility by responding to every question posed to you with “I don’t know” or “I’m not sure.” ...

September 13 – Encouraging re-Birth: Call an AIDS shelter &/or a shelter for abused women and ask to be given the birth-dates and first names of patrons there ... Go out today and buy three Gifts for the next three birthdays on the list(s) ... During the day, wrap them up ... Later this evening, drop them off “ahead of time” ... Include a card mentioning your unconditional encouragement and sharing with them the power of selfless Kindness ...

September 14 – Recognizing Rescuers: Go to a local fire station today and thank your local firemen for the service they give your community ... Take some gifts with you when you go (make some of them non-perishable and take enough for several shifts of firemen/women) ...

September 15 – Spreading the Good News: Make a “Good News Bulletin” about the services you have recently experienced, engaged, and/or witnessed ... Pass it along per post and/or email to your friends and acquaintances ... Encourage them to engage in similar activities and ask them if they have any good ideas about how you all could selflessly serve your community as a group ...

September 16 – Identifying yourSelf: This morning, make a large nametag and write your name on it (“Hi! My name is ___”) ... Decorate it to the degree that others will certainly notice (though there’s no need to “go overboard”) ... Wear your “Goodwill Badge” all day – while smiling and making eye-contact with the strangers you encounter ...

September 17 – Carrying the Load: Go to a local shopping mall &/or supermarket and offer to carry others’ bags for them ... Focus on the elderly and the “stressed-out” ... Offer until three people accept, while gently refusing any offers to pay you for your assistance ...

September 18 – Criminal Kindness: Go to a local police station and copy down three names from one of their “most wanted” lists ... Obtain a flowering plant, insert a card of humble appreciation and sign those “criminal names” to it ... Leave it in the station as a Gift ...

September 19 – Sustaining local Life: Obtain some high-quality bird-seed and go feed the birds in a local park this morning ... During the day, get some high quality, non-salted nuts and feed some squirrels this afternoon as well ...

September 20 – Dreams coming True: Take a few minutes this morning and visualize your “Vocation” (the one selfless job you would engage in full-time if you were “wealthy enough”, if you “had enough time”, or if it “were possible” for you to do so) ... Take notes while you visualize it ... Be as specific and detailed as possible ... Now go forth today and take one small step towards realizing that Mission ... It doesn’t matter if that step is “insignificant” or “unsuccessful” or “unproductive” ... Take it anyway ... Repeat your efforts two more times today (either by repeating the same step or taking two other small ones) ... Upon going to bed tonight, Know that if you were to persist in these “small actions”, it would only be a matter of time before your “Vocation” would become your Reality ... Whether or not this actually happens is now completely up to you ...

September 21 – Virtuous Vogue: Today’s focus is on Balance ... This morning, for at least part of your commute to work/school, walk “balance beam style” on a curb ... At lunchtime, strike an unusual pose in public (one where you can remain comfortably in one place for some time) and remain there in complete silence for 15 minutes ... Smile while Doing so ... This afternoon, for 1 minute, gently sway back and forth while attempting to remain standing ... Now close your eyes and see how it feels to do the same ... Then, stand only on your right leg for 30 seconds and then only your left for the same amount of time ... This evening, while you’re “simmering” in bed before sleep, ponder your Life in general – how you allocate your time between work and “play” and Service & how you allocate your resources between the same; how you allocate your time between friends and associates and strangers & how you allocate your givings to the same ... Where are you “losing your balance”? ... Come up with three ideas related to how you can bring more Harmony into your Life in this regard and jot them down before falling asleep ...

September 22 – Easing Grief: Read the obituary section of your local paper this morning ... During the day today, send your sincere condolences to 5 mourning families ... Courageously include some gentle mention of the Blessings lying in wait at the core of every “tragedy” and wish the mourners a smooth transition from their grief to their future Happiness ... Let them know that you intend to Honor the passing of their loved one by living your Life today to the fullest ...

Bonus Activity: Attend the funeral of a stranger today ... Subtly smile during the service in Honor of their Life ...

September 23 – The Gift of Choice: Offer to take a homeless person grocery shopping today ... Keep offering until someone accepts ... Tell them their “spending limit” and then walk with them (push the cart for them!) while they remember the Blessing of being able to actually choose what they’ll eat this morning/afternoon ... Add anything else to the cart that you think might be useful (hint: an essential oil of a fragrance they find pleasant is an invaluable gift!) ...

Bonus Activity: If you have the means (and many of you do), offer to pay for a motel room for them for one night ... From personal experience, I know that this is one amazingly powerful Gift ...

September 24 – Loving Literature: Buy 3 award-winning children’s books suitable for 6-10 year olds (e.g. Dr. Seuss’ The Lorax, Muth’s The Three Questions, Baese’s The Watering Hole, etc.) ... Take them to a local elementary school and ask a 2nd or a 3rd grade teacher which of their students is “the best” and which causes them the most problems in class ... Give one of the books to these two children and encourage each of them to pass their book along to one of their friends when they are finished reading it ... Give the third book to the class in general and offer to read it for them before departing ...

September 25 – Public Party: This morning, obtain some balloons, streamers and/or party favors ... Use them to decorate an unconventional public area (e.g. a public square, a foyer in a local business center, a meeting room at work that is not in your department, a subway car, a bus, etc.) ... Encourage others to help with the preparations for the “surprise party” ... Be sure to include inspirational quotes and messages of Kindness in your decorations ... This afternoon, officially start the party (celebrate whatever you want & invite others to add their ideas to the “fest-focus” as well) ... Revel for a short time, wish everyone well, and then leave ...

September 26 – Intimacy for Elderlies: Go to a senior center and offer to volunteer there for an hour or two ... Give out “free hugs”, play games with them, offer to shop for them, do their paperwork, landscape their garden, etc. ... Remember to pause frequently to give them the most valuable Gift: asking for their advice or opinion – and the Listening to it!

September 27 – Inverting Cleverness: Take one of your favorite books or periodicals to work/school today ... Read it often today – upside down ... Do so for at least 5 minutes, five times and in 5 different public locations ... Many people will not even notice, and yet a few will ... Smile gently at them when they do ... If they happen to ask what you’re doing, simply smile again and tell them about the wonders of unconventionality ... End with the admonition to “Try it sometime.”

September 28 – Stretching the Day: Go to work one hour early today ... Work for free without “clocking in” ... Don’t tell anyone what you’ve done ... Go home at the normal time ... This evening, spend one extra hour with a friend or family member “for no reason” ... Go for a one hour “wonder-walk” tonight, intending to notice as many “new sights” in your neighborhood as possible in that hour ... Commence your walk at the time you normally get into bed ...

September 29 – Being Inclusive: When speaking today, replace the word “but” with the word “and” all day ... If you slip up, no problem ... Just go back and repeat the sentence with “and” in place of “but” and move on ... Note how this practice subtly, yet very powerfully, alters the power of not only your words, but also your perceptions as well ...

September 30 – Communicating with “Higher Life Forms”: Despite their lack of “awareness”, inanimate objects always accept what happens to them with Grace ... Despite their lack of “mobility”, plants still turn smoothly with the sun and the wind ... Despite their lack of “intelligence”, most animals (unlike humans) do not kill each other out of rage and do not defecate in their drinking water ... So what is Awareness? ... What is Mobility? ... What is Intelligence?

With this in mind, along with the realization that quantum physics is showing a greater “conscious” interconnection within plants, animals and things inanimate, choose to communicate with them all today ... This morning, openly communicate with the plants you encounter ... Remember to be Kind ... This afternoon, seek out and find some animals and/or birds ... Engage them in conversation as well ... Remember to be Kind ... Finally, this evening, speak to the inanimate objects in your surroundings ... Remember to be Kind ...

October 01 – Seeing Anew: Sight is the most potent of our five “primary senses”, and yet is also the most taken for granted ... With that in mind, live regularly today without the use of that sense ... Blindfold your eyes at three different times today (for 15 minutes each time) and go for walks ... Either go to a park or a museum alone or walk slowly in town and ask others for assistance ... When removing your blindfold, pause to look around you and notice the Wonders of Sight ... Say a word or two of thanks for this miraculous Gift ...

Bonus Activity: Find a blind person (or head to a center for the blind) and offer to escort them around town ... Describe what you see to them and ask them what they hear ... Upon parting, wish them well and let them know how you admire them ...

October 02 – Freeing your Mind: This morning, take some time to clean out your personal library (attempt to part with every other book) ... Call your friends and encourage them to do the same ... Collect all these books and distribute them this afternoon to homeless shelters, schools and/or retirement homes ... Be creative (and anonymous) in your distributing ...

October 03 – Self re-Appreciation: Our ego’s focus is constant and completely external – worrying about what could happen to us or fantasizing about the same; suffering about what has already happened to us or reveling in the same ... This external-focus keeps us from pausing to examine the true Source of our Life’s Meaning – ourSelves ...

Keeping this in mind, today is a day dedicated to remembering who **You truly Are** ... Obtain a small mirror and take it with you today ... At least once every hour, pause for 60 seconds and gaze intently into your own eyes (If you do not have access to a hand mirror, use any reflective surface – e.g. windows, calm pools of water, etc.) ... This morning, while looking into your own eyes, choose to forgive yourself related to your past “mistakes” ... This afternoon, while looking into your own eyes, choose to be thankful for the True Self that is carrying You through Life ... This evening, while looking deeply into your own eyes for one full minute, choose to extend that Self *unconditional* Love and Appreciation ...

October 04 – Service on the Move: Drive around today and be Kind to others without ever leaving your car ... Stop frequently to let pedestrians cross in front of you ... Find four-way stop signs and encourage others to cross the intersection before you ... Troll for a good parking spot and pause to let another person have it ... Smile and wave gently at “stressed out” drivers ... If you don’t own a car, you can do pretty much the same thing on foot ...

October 05 – Easing Burdens: During the day today, obtain a flowering plant and a few inspirational, uplifting books or periodicals (and anything else you might think of that would encourage others to relax &/or smile) ... Head this evening to a post office or other government building and leave them in a foyer (or any waiting room) there ...

October 06 – Giving to the Disgraced: Who are we to choose which life-forms are “worthy” of our respect and which are not? ... With this in mind, take some fresh fruit outside this morning and leave it for the flies and the rats ...

October 07 – Catching some Rays: We are encouraged by society to spend more and more of our time inside – either “being productive” at work or “relaxing” in front of the TV at home ... Realizing this, choose to sit outside this morning for 30 minutes and soak up Nature (whether in a sunbeam or a rainstorm makes no difference) ... Encourage a friend, an associate and/or a stranger to join you ... Do the same this afternoon and again this evening after returning home from work/school ...

October 08 – Real Revelation: At three different times today, play one-way “Truth or Truth” (with a Friend, an associate, and a stranger) ... Encourage each of them to ask you three personal questions, making sure they know that you will answer one of them with complete honesty ... Make sure that these partners know that they are not required to reveal their own truths (unless they wish to do so) ... They are simply to enable You to share yours ...

October 09 – Enhancing Interconnectedness: The human ego tempts us all to focus the vast majority of our energies on ourselves ... As a consequence, compassion fades, fear escalates, crime ensues, and war ultimately erupts ... If we each were to remember that our personal, national and cultural boundaries are imaginary, man-made lines – if we were to each remember that we are all truly part of one big, human Family – then our conflicts would not take the extreme forms so prevalent today ...

With this in mind, go the entire day without using the words “my” or “I” ... Focus purposefully on re-Awakening an “us/we mentality” ... Instead of arguing or engaging in “win or lose” interactions, choose to discuss themes with others while making your relationships “Win/Win” ... If you slip up and re-focus on yourself, no problem ... Simply repeat the self-centered sentence after turning it into a selfless one ...

October 10 – Freeing your Body: When clothes serve a purpose (e.g. warmth or protection), they serve us well ... When they are worn to conform or hide, on the other hand, they shackle our ability to be truly Free ...

With this in mind, choose to wear no clothes at home today and no underwear or socks at work ... Late this evening, go for a refreshing, naked walk through your backyard (or your neighborhood, if you’re feeling extra daring) ...

October 11 – Secret Sprucing: This evening, find a neighbor’s yard that needs raking and anonymously clean it up (or if there’s snow on the ground, shovel it) ... Leave some of the leaves (or snow) in a pile that is readily accessible ... Before leaving, get a running start and jump into the pile ...

Bonus Activity: Leave a note encouraging your neighbor to jump into the pile as well ...

October 12 – Nature’s playground: Next to a neighborhood playground, outline a design in the leaf-covered (or snow covered) grass – a design that can only be properly seen from the top of the playground equipment nearby ... Then, rake up only the leaves inside your design’s boundaries ... Leave the pile of leaves/snow at the bottom of the sliding board or some other “playground tower” ... Let some kids see you slide or jump into the pile and then encourage them to join you ...

October 13 – Open Ebullience: Collectively, we have been so driven to be “efficient” and “productive” and “prudent” in our lives that some pretty hum-drum routines have become the norm for many ... And yet, Joy is a Choice -- like Loving and Seeing Wonder are Choices ... Enthusiasm literally Means “The God (enthos) within (iasm)” ... It is a gift to remind others of this Truth; to remind them of their True, joyous Selves

With this in mind, choose to be enthusiastic in every Moment today ... Decide to be excited about your decisions (and life in general) ... Whenever agreeing with someone, do so enthusiastically ... Whenever engaging an activity, do so enthusiastically ... Whenever faced with a difficulty, do so enthusiastically ... Find unique ways to verbally express your enthusiasm and do so at least once per hour all day ...

October 14 – Warming the Morning: Make a pot of tea and/or a pot of hot chocolate ... Offer glasses of either to commuters this morning and again during rush hour this evening ...

October 15 – Attitude Adjustment: Pay attention to how much energy is invested in complaining about our society's "failures" ... The news is a good place to start, and yet your co-workers and/or classmates do their fair share of "whining" about social ills as well ... It seems to be an epidemic of amazing proportions; encouraging us all to wish things were "better" or "worked right" ... Maybe there is even some intellectual merit to some of these complaints ... Unfortunately, investing energy in complaining about a "problem", without immediately doing something about it, only serves to perpetuate it!

With this in mind, starting this afternoon, dedicate the day to speaking about something else ... Start by watching the news this morning and making brief notes about everything you see that's "broken" in our society ... Next to each item, write one small way you can turn that "failure" into a Service-based Success ... Pick one of those "solutions" and engage it actively all day today ... Be sure to inform others of our solution, *not* the problem that inspired it ...

Bonus Activity: When over-hearing "political gossip" today, encourage those participating to either change the subject, or to stop talking altogether and Do something about the "problem" being discussed ... At the very least refuse to participate in their counter-productive criticisms ... If you personally slip up and find yourself complaining in this manner, no problem ... Simply find a way to actively Do something to rectify the very "injustice" you just complained about ...

October 16 – Tomes for Toddlers: Go to a bookstore and find three children's books that you find inspirational ... Buy them, read them and give them to the next three children you encounter on the street ...

October 17 – Neutralizing "No": When answering questions today or responding to requests, completely eliminate the word "no" from your vocabulary ... Replace it with something positive ... If necessary, respond with silence and a smile ...

October 18 – Manifesting your Middle: This morning, list 5 of your currently perceived "talents" (i.e. either things that you "do well" or ways that you "are a good person") ... Read them aloud in front of a mirror, pausing after each one to look yourself in the eye and state "And yet there is more to Do." ... During the day today, find at least one way to enhance one of these "talents" by using it to Serve another anonymously ...

Then, this evening, list 5 of your currently perceived "deficiencies" (i.e. either things that you could "do better" or ways you could "be a better person") ... Read them in front of a mirror, pausing after each one to look yourself in the eye and state "Maybe so, and yet I am still Powerful and Worthy." ...

October 19 – Sustaining Strangers: During the day today, develop a Gift Basket for a needy family ... Be as creative as possible and fill it with as many Gifts as you can afford ... Be sure to include some of your own favorite foodstuffs, as well as a note of encouragement ... This afternoon, take the basket to a poor neighborhood and ask the locals there for information about a family in particular need (churches are good places to ask) ... Drop the basket off on that family's doorstep and leave ...

October 20 – Taming a Tyrant: This morning, write a dictator a letter expressing your unconditional forgiveness for his (or her) current policies of ruthlessness ... Be sure to encourage him/her to awaken to a more Peace-full way of dealing with the citizens of the world ... Amnesty International has an up-to-date list of the world's major human rights violators and ways to contact them ... Of course, these days, it would be just as poignant (and even more powerful) for you to send your letter to the President of the United States of America, whose actions so obviously cry out for Forgiveness ...

Remember, you are not trying to express your outrage, as tempting as that might be ... Outrage only encourages others to defend their actions ... Instead, pause frequently while writing your letter and offer your support, should he/she ever wish to change his/her current approach to one that is more Caring and Just ...

October 21 – Sharing Success: “Roam” your life today and share your stories related to Acts of Kindness you have witnessed (you may use stories about your own acts of Kindness, though only if you replace your own name in the story with the name of someone else) ... Share a story with at least one friend, one associate and one stranger ... Ask each of them if they have stories of Kindness (either performed or witnessed) to share with you ... If they do, Listen ...

October 22 – Seeing Wonders Big & Small: Today is dedicated to renewing your ability to be amazed ... To do so, start with re-Awakening “grandeur” in your Life ... This morning, go someplace where you can immerse yourself in the pristine of Nature's grand scale (e.g. a planetarium is great for this, as is the roof-top of a tall building ... Or, if you're able, go hiking deep into a nearby “wilderness”) ... Be sure to pause every 15 minutes or so and “see yourself from above” as a small, yet significant part of an amazingly large Whole ...

Bonus Activity: This evening, re-Discover the Wonders in your environment's “minutia” as well (e.g. look closely at spider webs, the veins of a leaf, a blade of grass, the patterns of another's eye, reflections in a dewdrop, dust dancing in sunbeams, &/or the dimmest star in the sky ... Just as amazing, find an ant and watch it for 5 minutes) ... Be sure to pause every 15 minutes or so and “see yourself from below” as an incredibly large, yet *equally significant* player in the lives of these “small things” ...

October 23 – The Gardening Gremlin: Take a few moments this morning and subtly inspect the yard of a neighbor with whom you have either rare or estranged contact ... Sometime today, obtain some perennial flowers that seem to match the landscaping of that neighbor's house ... Wait until it gets dark and secretly plant them in his/her garden ...

October 24 – Repairing Communal Damage: Anonymously leave flowers and a gift on the desk of your least-liked co-worker or classmate ...

October 25 – Relaying Warmth: Go to Goodwill and other thrift stores today and buy as many thick shirts, coats and sleeping bags as you can afford (even if it's only one of each) ... Take them to the nearest homeless shelter and drop them off ...

October 26 – Under Advisement: Spend time this morning researching Wisdom – wise sayings, ancient Truths, Zen koans, Biblical parables, etc. ... This afternoon, set up a “Free Advice” stand on a local street corner (or in your front yard) ... Stay there for at least one hour, giving the most Caring advice you can to whomever asks for it ... Feel Free to answer questions with questions &/or to give cryptic responses to others’ queries – remembering that the goal is not to tell others what to do, but rather to inspire them to re-Discover their own Truth(s) ...

October 27 – Humble Caring: During the day today, clean three public toilets in three different public restrooms ... After each cleaning, find a local janitor (**not** necessarily the one responsible for cleaning the toilet you just cleaned) and express your thanks and admiration for his/her efforts ...

October 28 – Fuzzy Friends: This morning, collect a bag full of stuffed animals from Goodwill, thrift stores, your friends and yourself ... Make sure they are all clean and take them this afternoon to the nearest children’s ward or children’s hospital ... Ask the staff there to help you distribute them to those children most in need of a friend ...

October 29 – Caring for the Earth: Remembering that water is our most precious resource, choose to wash a load of clothes by hand today

Bonus Activity: Reduce your carbon-footprint by hanging them all to air-dry ...

October 30 – Heavenly Hounds: Wash your dog today ... Take your time with it – Do it as a Gift of Love instead of as a “chore” ... Use high-quality shampoo and conditioner (after asking your local animal shelter for a list of dog-safe products) ... Give your dog a big hug when you’re finished ...

Bonus Activity: If you don’t own a dog (or even if you do), ask to wash a neighbor’s ... If no neighbor is willing, go to an animal shelter and offer to wash a few of their “residents” ...

October 31 – Feeding your “Extended Family”: This morning, clean out your cupboards of non-recently-used and non-perishable food items ... Call your friends and neighbors, let them know what you’re doing, and encourage them to do the same ... Collect all the food and drive it this afternoon to a local food bank ...

Bonus Activity: Ask the food bank personnel which items are most often “in demand” ... Head out and buy/obtain a few of these items for them as well ...

November 01 – Crafting Art with Children: Creating Beauty together is one of the foundations of a vibrant Community ... In our modern-day rush to “get things done”, “be appropriate” and then “have fun”, the majority of us seem to have lost the essence of that foundation ... With this in mind, dedicate today to creating something wondrous with others ...

One of the easiest and most powerful ways to Do this is with children ... So, this morning, gather, collect, buy or borrow as many different arts & crafts supplies as you can ... During the day at school/work, ask coworkers, friends and associates for their arts & crafts ideas

(remember to tell them what you're up to and invite them to participate!) ... Then after work/school, head to a homeless shelter, an orphanage &/or a children's hospital and co-create some Wonder with the children there ...

Bonus Activity: Make luminaries with the members of your neighborhood ... It's as easy as putting two cups of sand into a paper bag, turning down the top edge of the bag (so they will not so easily catch on fire) and then setting a candle inside them ... Line your street with them (while telling your neighbors what they are) and let the neighborhood children light them at sundown ...

November 02 – Thanking your Mentors: Take a few minutes this morning and remember at least 9 positive influences from your childhood (e.g. parents, teachers, mentors, friends, counselors, coaches, etc.) ... Find the contact information for as many of them as you can ... Later today, contact them with a phone call and/or notes of Thanks ... If you can't find them, Thank them via prayer ...

Bonus Activity: Call your local high school, middle school or elementary school and offer to mentor a troubled youth there ...

November 03 – Money as a Messenger: Obtain *at least* 12 \$1 dollar bills, write an uplifting message on each of them in brightly colored ink ... Decorate the bill as lavishly as you wish ... Give 3 of them to friends, 3 of them associates, 3 of them to strangers and leave 3 of them to be found ...

November 04 – Broadcasting Wonder: Invent a symbol and give it an unusually wonderful &/or inspirational Meaning (regardless of your religious beliefs, give your symbol a spiritually neutral meaning, so as to enable it to inspire more people) ... Either draw it onto a readily visible body part &/or wear it publicly as an "I.D. Badge" of sorts ... Be prepared to inform others as to what it Means if asked (and *only* if asked) ...

Bonus Activity: Have some extra, colorful copies of your symbol on a few small sheets of paper and Give them away to all who express interest ...

November 05 – Cleaning up Community: Empty three different public trashcans today (after picking up the litter around them, of course) ... Once they are empty, sprinkle some essential oil into them to beautify their odor as well ... Go find a local garbage man/woman and express your thanks and admiration for his/her efforts to keep your Community clean ...

Bonus Activity: Sort through the garbage you've collected (you might want to "hit it" with a hose first) and take all recyclable materials you find to your local transfer station ...

November 06 – Re-Awakening Humor: This morning, go through your journals, newspapers, periodicals and books until you find a "favorite" cartoon &/or joke (making sure that it is a Respect-full, uplifting one!) ... During the day today, make 30 copies of it ... This afternoon, distribute it to ten friends, ten associates and ten strangers ... Encourage them all to enJoy it and then pass it on ...

November 07 – Loving the Lonely: Find someone in your neighborhood who has no immediate family nearby and invite them to lunch or dinner ...

Bonus Activity: Find someone in your immediate neighborhood who cannot/does not drive and offer to give them a ride somewhere ...

November 08 – Slowing Sustenance: Make it a point to slow down today and consciously eat your food ... To help yourself focus on this task, chew every mouthful at least 18 times ... Taste every bite ... Feel its sustenance entering your mind-body ... Be Thank-full while you Do so ...

Bonus Activity: Take an “exotic” food to work/school today and share it with friends, associates and strangers alike ...

November 09 – Gratitude for Culture: Take the time this morning to note your favorite musician & your favorite artist ... If you don’t have a favorite(s), go to the library or online and Discover him/her! ... Then, write both of them a note of thanks for their beautiful, inspiring Work ... If they still live, send them that note of thanks ... Later today, make a point to listen to three different songs from your favorite musician at three different times ... Do so while looking at a different work from the artist each time ... Be inspired – and act accordingly ...

November 10 – Caring for our Youth: Contact a local juvenile detention center and ask them their current donation needs (foodstuffs, sporting equipment, games, cards, etc.) ... Procure what you can and drop it off ... Include some uplifting books ... Include notes of encouragement and unconditional support for the “residents” as well ... Leave your email address &/or phone number as a contact reference with the staff there in case any kids needs anyone “on the outside” to talk to ...

November 11 – Peace to Parents: Write letters of thanks to both your Mother and Father for your Life ... Mail them ... If one or both of them has already “passed on”, visit their grave(s) ... Spruce the gravesite(s) up and leave the letter(s) there as you depart ... Remember to say “Thank You” out loud (regardless of how you might feel about how they parented you) ...

November 12 – True Tithing II: Take a few moments this morning and calculate the monetary worth of half of your yesterday’s salary ... Take this amount of money with you today ... At lunchtime, give half of it to the first homeless person you meet who doesn’t ask for any money ... After work, give the second half to the first homeless person thereafter who does ask ... Remember to be Kind when doing so, and to ask if there is anything tangible they could use in addition to the money ...

November 13 – Being Happy: We have been so conditioned to want what we haven’t got &/or to envy what others have, that many of us have forgotten that true Happiness is always a choice (regardless of what we have or don’t have and regardless of what has or has not happened to/for us) ...

With this in mind, dedicate today to vocally and enthusiastically marveling over the Wonders you witness and how Happy *you let them make you* ... In short, every hour, pause and consciously choose to Be Happy ... Use whatever means necessary to Do so ... And then, once you are Happy again for your Life, act accordingly and attempt to share that Happiness with another ...

November 14 – Courtesy to your Life’s Drivers: This morning, make or obtain three small Gifts ... Include personal notes of Appreciation with each one of them ... Then, later in the day, take a ride on three different buses; saying “Hello” to each bus driver as you get on and

thanking each one sincerely for the ride when departing ... Give them the Gifts without a word as you step from the bus ...

Bonus Activity: Perform the above activity, riding buses this time until you encounter three bus drivers who are somewhat discourteous or “grumpy” ... Thank them profusely for the ride and give them your Gifts as you depart ...

November 15 – Protecting our Progeny: Go to a children’s playground after school/work and watch the children play there ... Do so while “holding space” – intending to protect them all from harm ...

Bonus Activity: Volunteer to be a school crossing-guard for a day ...

November 16 – Cleaning Community: Carry several small plastic bags with you today ... Dedicate the entire day to picking up all the trash and litter you walk past ...

November 17 – Compassion for the “Rich”: Take a few minutes this morning and list 3 local people you consider to be “wealthy”, 3 associates you consider to be “truly beautiful” and 3 people in your community you consider to be “powerful” ... Now, instead of envying them, choose to exhibit Compassion for the difficulties that money, beauty and power always bring ...

With this in mind, go forth to day and do something anonymously Kind for one of those “wealthies”, one of those “beautifuls” and one of those “powerfuls” ...

Bonus Activity: Have the Courage to do your Kind deed for them in person ...

November 18 – Gratitude for Culture II: Make the time this morning to note your favorite author &/or poet ... If you don’t yet have a favorite author or poet, go to the library or online and Discover him/her! ... Then, write both of them a note of thanks for their beautiful, inspiring Work ... If they still live, send them that note of thanks ... Regardless, keep a quote &/or a verse from each of them in your pocket and read it once per hour all day ...

November 19 – Money as Medium: Obtain at least \$5 worth of nickels this morning ... Go somewhere public and make a sculpture with them this afternoon ... Move to a different location where you can see your Work ... Then sit there and watch people’s reaction to your creation ... Note that the more amazing your sculpture, the more difficult it will prove to be for others to dismantle it ... It’s also a useful tip to take along some epoxy and glue your nickels together as you build ...

November 20 – Caring for the Care-less: Buy a bag of groceries (the more “elite” the foodstuffs, the better) and give it to the first homeless person you encounter ... Be sure to wish them well and let them know that you Appreciate them ...

November 21 – Peace-full Patience: Let others in front of you all day today (e.g. in shopping lines, in traffic, your bathroom at home, when using the TV remote, etc.) ... Be creative and remember to smile while doing so ...

November 22 – Waking UP: Brush your teeth, wash your hands and splash water into your face every hour all day today ... Feel refreshed every time you Do so ... Let these “wake-ups” not only re-invigorate your mind-body, but refresh your perspective and renew your will to be Kind to others as well ...

Bonus Activity: Offer to brush a friend’s teeth (or comb friend’s hair or splash water on a friend’s face, etc.) ...

November 23 – Tipping BIG: Buy a small, inexpensive meal at a coffee shop this morning and leave a tip that exceeds the total amount of the bill ... Thank the waiter/waitress as you are leaving ... Do this regardless of the quality of the actual service ... Repeat this activity two more times today at two other locations ...

Bonus Activity: Instead of tipping or tithing monetarily, replace the monies you would normally leave with a small but valuably useful Gift ...

November 24 – Cleansing Community: At three different times during the day today, and in three different locations, find some dreary or gang-related graffiti in your neighborhood and remove it from view (e.g. sandblast it, cleanse it, paint over it with a neutral color, cover it with a peaceful poster, etc.) ...

Bonus Activity: Obtain some brightly colored, oil-based paints this morning ... This evening, find some dreary or gang-related graffiti in your neighborhood and alter it in such away as to make it Beauty-full ...

November 25 – Loaning Life: Donate blood today (or volunteer at the Red Cross or a local hospital for a day) ...

Bonus Activity: Become an organ donor ...

November 26 – Radical Forgiveness: Take a few minutes this morning and list the debts you are owed, the insults you have received and/or the transgressions with which you have been inflicted ... Choose three of them “at random” from that list and Forgive those people completely ... Call or otherwise contact each of them to inform them of their enhanced Freedom ...

Bonus Activity: Forgive them all – in person!

Bonus Activity #2: Do the same for your own debts owed, insults given and transgressions inflicted ...

November 27 – Peace Police: Spend half your day today drawing and decorating three “Kindness Citations”, three “Good Driving Tickets” and three “Joy-Bringer Badges” ... Spend the rest of the day handing them out to those you witness who qualify ...

November 28 – Taking Ten: Take a ten minute break three times today (or every hour if you’re particularly ambitious) ... Go outside, settle into a position of good posture, gaze into the beauties of Nature, and beam intense Gratitude to the Universe for your Life ...

November 29 – Kindness Encouragement: This morning, write 9 notes encouraging others to engage in Acts of Selfless Kindness (A.S.K.) ... Take your time ... Make each one original and decorate it creatively ... This afternoon, place three of them in local hymnals, three of them in library books and three of them in others’ newspapers ...

November 30 – Relaying the Way: During the day today, let 12 other people (6 friends & family members, 3 associates and 3 strangers) know about your actions related to this calendar ... Share some of your favorite stories with them and/or the favorite tasks you have engaged ... Ask them for their ideas related to acts of selfless Kindness ...

In Conclusion,

You have the Power to re-Make your Existence ...

... one selfless Act of Kindness at a time!!!



Epilogue:

We each cannot transcend the ego's self-centeredness until we choose to release our reactive reliance on our ego-based desires – imitating others to be accepted by them, combating our “enemies” (via aggression and/or self-defense) to be “safe”, yearning for what we do not have that we might be more comfortable ...

And the only way to release those self-centered and petty tendencies is by actively replacing them with courageous acts of selfless Kindness for others ...

Every Being has a unique Gift for the Cosmos – a Service that only we can provide... Denying that Gift's actualization denies the Universe the full Realization of Its splendor ... You are not to do everyone's part ... You are simply to Do your own part, in every Moment you are Alive to Do it ...

There can never be a “failure” in your Life when your Intentions are based in Compassion ... Your ego may try to convince you that you are “too small” or “too weak” to fulfill your Life Mission ... This fear is irrelevant ... Contentment can be Lived Moment-to-Moment whether we “fulfill our true Calling” or not ... The Journey truly is the Destination as far as inner Peace is concerned ...

There are opportunities every day (indeed, in every Moment) to actualize your True Self ... Every emotion Felt is an opportunity to Honestly Express it ... Every Moment of surprise is an opportunity to pro-act Love with selfless Courage (as opposed to reacting with self-centered fear) ... Every confrontation with the new (and everything Is essentially New in every Moment) is an opportunity to Perceive that occurrence without categorization, analysis, pre-conception or judgment ... Every “coincidence” is an Wonder-full opportunity to See the Universe “Speaking” interactively with your body ... Every time we are either attacked or supported is an opportunity to look past the labels of “enemy” or “friend” and merely Accept what is being Given to us (be that Gift the challenge to lovingly Forgive the “enemy” or the opportunity to be humbly Thank-full for the Friend) ...

One moment of pro-active, Purpose-full Caring is enough to bring you Peace ...

One moment, every moment ...

“There will come a day when you'll finally decide that you're ready to live to your full potential ... There will come a time when you'll no longer be satisfied with making excuses and rationalizations. There will come a time when your desire to move forward will outweigh your fear of the unknown. One day you'll realize that everything you do makes a difference, and you'll put that incredible power to valuable use. There is really no reason to put that golden day off any longer ... You were born to do great things, to create much value, to make a real difference ... Your life can be as full as you are ready to make it. Now is the day to make it great.” ~ Unknown