

Discovering your righteous path of living

Spiritual Wisdom

A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What one can be, one must be.

-- Abraham Maslow

Your dharma is what fulfils you. It's what floats your boat, buoys your spirit, and opens your heart. Following your dharma may not always be comfortable or easy, but it brings a sense of underlying serenity and rightness that stays strong behind even difficult or challenging times.

When you're following your dharma:

- Even if obstacles arise, they don't overwhelm you.
- You feel yourself flowing with time rather than resisting its flow. You are neither pining for the past nor waiting anxiously for the future.
- You have a sense of fitting comfortably into yourself and your life as if you are sitting in a seat that fits perfectly.
- You trust that the challenges and temptations that come your way are helping you grow and giving you an opportunity to strengthen your commitment to following your dharma.

Spirituality in Action

Leaving a footprint

Take a moment to contemplate your life and your eventual death. Think of what it will be like to leave this place called earth and these life circumstances called you and your life. What meaning has your life held? What have you received and given to this world during your stay? Others may have their own views about who you are and what you've done, but what are *your* views about yourself and your own life?

Think of all the lessons you've learned, all the people you've known, and all the outer objects and expressions you'll have to leave behind when your time here is through. Think of all your personal qualities that will be silenced from this world when you are gone.

Now imagine that you want to leave a footprint behind in this world — something that expresses who you are and where you've been. Maybe you'd like to leave a letter behind to your children or loved ones, or maybe a statement to the whole world. Some choose to leave a creative legacy through scrapbooking, painting, or writing poems.

The truth is that you are inevitably leaving a footprint behind on this world. The key here is to choose some of what it will be. Parents automatically leave a legacy to the world through the children they've raised. Just in living a good life, you may be leaving legacies through all the people you touch with kindness and wisdom. If you're a comedian, you may leave a legacy in all the audiences who find laughter in the future while remembering your humorous observations. Those in service professions, such as nurses, teachers, and police officers, also leave their legacy through all the people they've helped.