

WHY... Lessons to Cherish

Dedicated to a young man who made a difference.

There are moments in an individual's life when it becomes imperative to reflect on the milestones that have developed our conscious selves into the perceptive reflection we have come to accept or deny. Understanding that turmoil and triumph are two very important and equally vital indicators of progression or regression within an individual's journey is the basis from which the concept of understanding begins. Fair and honest observance of the nature and nurture provided to our self and others activates a dialectical thought process most necessary in a mindful authentic realism of this, our human condition. We as human beings yearn to seek the truth found within our creation; validating wholly that that was, is, and shall endure whilst breathing authentic life into our uniquely mysterious journeys. Being cognisant of these realities will help in the guidance necessary to assist individuals toward understanding and accepting personal authenticities found within their true selves. Finding yourself present amongst life is certainly by no means an easy feat, this all-encompassing act of self-love and survival, evokes a most necessary justice. Self-awareness prevails by allowing hardship, happiness, pain and prosperity to permeate within life's awkwardly splendid acts of self-discovery, autonomous thought and the vagaries that surround intrusive indifferences.

If as individuals we choose to find harmony within ourselves whilst surrounded by the conspiracy of universal instruction; the providence provided is an encouragement of undeniable proportions. It forms a guide to a deeper understanding of our purpose. By accepting this development of fluidity, intuitions honour finds individually distinctive and constructive worth among the exquisite tapestry of tangible intents. Whether within the depths or shallows of life and its ambiguities, constructive intent can sustain any and all willing to receive manifestations essential for change.

Understanding that life offers strength and bounty to all open to is enchantments is essential. To breathe is to be open to constructive intent. Belief is an amazement of wonder that by default is gifted to all that open their hearts and minds to possibilities found within the self-sustaining act of breathing. As breath sustains life, life sustains autonomy over intent. Honest intent is the catalyst; the fulcrum that creates a bond and balance between breathing and believing. Imagine a glass; is yours half empty or is it half full? Are you grateful just to have the glass? Could you find the will to share yours with another's that is broken? When you discover your authentic calling, ready will you be to fill and perhaps even help in repairing another's; because now your glass overflows. Allow others to quench their desire to drink from that, that overflows from your journey of truth. Unique compassion and charity of the heart asks only to be accepted when shared. So, when you are ready, your glass that was once half empty or half full, or perhaps even waiting to be filled by another's, finds its purpose. Know now that your constructive actions, your helpful intent; your strength, is now found. Sharing your glass and its bounty becomes second nature, because you chose to breathe and believe in its contents.

Remember always that sufferance is the shadow birthed from light. This forebearer of intuition follows us always, seen or unseen. Understanding the light that surrounds your being, that casts this mirrored duality of consciousness, is a constant reminder of your journey; an image of self that if explored mindfully, defines progression. Allow this beauty of darkness to highlight all that is good within yourself. Have faith that hardships were sent to strengthen resolve, to motivate change, and to create true possibility.

Be present in your journey; ever mindful of change. Resist not that that challenges reflection on direction. Fluidity of acceptance, evolves and elevates an individual's perspicacity; this new acquired

perception has now become the mother of your intentions. Seek that, that is true and most righteous; for within this construct, the development of hope and courage prevails. Its foundations fortify your beliefs and become the temple from which your beliefs breathe.

Love in all its fortunes and frailties is a gift. To find love within yourself is an ultimate test of will, and perseverance. Love is no fool, yet it has the capacities to make a fool of those that confuse this majesty, allowing ego to prescribe this amazement is fool's gold at best. Though it may shine for a period its depth and fortitude is superseded by the inadequacy that concocted its false splendour. True authentic love however is unconditional, and though you may have been drawn to its counterfeit, understand that this conspiracy of the heart was needed to find appreciation in exactly what love involves.

Self-filled, selfless actions promote love's growth; to become self-filled is a most honest and sagacious intent that honours those with the will and patience to open their hearts and minds to its possibilities. Always remember the glass, it is your determination of honest commitment and integrity-based values, that when combined with the elements of truth and justice for all, forge, create, and solidify such evolutionary and life changing finery.

Forgiveness is a vital necessity in creating a pathway to love. To be able to forgive yourself and others for their own personal evolution has such power and influence in your progression toward the mindful totality of self. This awareness conducts a symphony of self-fulfilment that when witnessed promotes happiness testified; allows sadness to be validated and offers new beginnings to those who have strayed from their own personal authenticity. The scope of compassion that prevails in the act of forgiveness has the capacity to release and revitalise hope in the belief of constructive change. Such self-affirming awareness fortifies the foundations of your essential faith. It fills your glass.

Courage is a testament to intent amidst confusion, fear, and acceptance of individuality. Courage is the willingness to learn from mistakes and misfortune. Courage is a self-loving quietness that echoes among the aether, signalling to the universe your intent toward positive evolution. Courage is the resistance to destructive ideologies, whether found within or externally. Courage gives voice to the inadequacies within the face of destruction and stands in its wake without falter. To remain true to your constructive intent has the power to evoke personal and collective strengths toward the betterment of individual, or collective ideological, spiritual, and evolutionary perspectives. Courage allows perspective to shine on what is right. In courage we can find applications that induce change; for it is when we know better that it is most courageous to in deed do better.

Happiness is a pre-ordained destination of the heart. An imprint within all of humankind; its authentic manifestations rise to the surface of consciousness when we discover appreciation in the journey of self-awareness; not only that of our own journey but the journey of others inclusively. Happiness is solidified once acceptance of individualism is observed, validated and maintained. Happiness is the light of pure intent, its luminescence casts the shadow from which we observe and disseminate destructive intent and behaviours. It is within these observations that appreciations of constructive intent encourage a most potent expression of love. This gauge of happiness and self-fulfilment stands in stark contrast to its opposing force, that of doubt and insecurity. It's propensity to elevate states of consciousness brings a journey full circle. We must always remember life is by design, complex. There are many circles formed within one's journey; like links in a chain the more circles we complete and allow to perpetuate for the better, once linked to that that preceded, the stronger the chain becomes.

Embrace life in all its complexities, appreciate all manner of emotions, look to yesterday in observance of where you stand today. Allow today to be the compass to guide your life toward a constructive tomorrow. Be grateful of the opportunities good, bad or indifferent that have led, and are leading you toward that that you desire most. Be kind, kind to yourself and kind to others. Remember the glass, share what you have learnt and be open to accepting new perspectives from others with similar or perhaps foreign, but always mindful and constructive intents. Learn, teach, observe and reflect; find the time, for if indeed you don't, be sure that the time will find you. Be present, be prepared; be ready. Appreciate that within patience you will never be left waiting. Understand you are as important as the important people that intertwine within your journey. Grow in the knowledge that your own importance has too been interwoven into the lives and journeys of others also. Embrace the circles. May your imprint be as everlasting and perpetual in breath, belief and wonder.

In life there are misfortunes, triumphs, and moments of doubt; inclusive of indescribable times of joy and elation. There are times of loss, grief and unfair realities. From all, lessons are to be learnt, valued and passed down to those we love dearly. Validation and appreciation is garnered in offering these gifts to a stranger in the street in need of comfort, to friends, to family, and also to those in opposition of ourselves and values. Finding value in the journey of self and of others is a testament of mindful all-inclusive intent. To bear witness to all expressions, motivations and irritations binds the human condition. This is the circle of life; diversity found among the brothers and sisters of the world are the reasons to sustain a mindful, faith-filled, compassionate and inclusive life for all drawn to its remarkable enchantments. Belief in human kindness is the key, just breathe and you will unlock its endless possibilities. Always remember to breathe and believe. Understand this legacy and as sure as the sun rises and sets know that an end surely becomes yet another glorious and bountiful beginning. This is my truth.

Written by Russell Hawkins