

Relinquish your envy, let go your desire to triumph over others. Instead, try to benefit them. With kindness, with courage, and confident that in doing so you are sure to meet with success, welcome others with a smile. Be straightforward. And try to be impartial. Treat everyone as if they were a close friend. I say this neither as Dalai Lama nor as someone who has special powers or ability. Of these I have none. I speak as a human being: one who, like yourself, wishes to be happy and not to suffer.

If you cannot, for whatever reason, be of help to others, at least don't harm them. Consider yourself a tourist. Think of the world as it is seen from space, so small and insignificant yet so beautiful. Could there really be anything to be gained from harming others during our stay here? Is it not preferable, and more reasonable, to relax and enjoy ourselves quietly, just as if we were visiting a different neighborhood?

Therefore, if in the midst of your enjoyment of the world you have a moment, try to help in however small a way those who are downtrodden and those who, for whatever reason, cannot or do not help themselves.

Try not to turn away from those whose appearance is disturbing, from the ragged and unwell. Try never to think of them as inferior to yourself. If you can, try not even to think of yourself as better than the humblest beggar. You will look the same in your grave.

To close with, I would like to share a short prayer which gives me great inspiration in my quest to benefit others:

Let us pray...

*May I become at all times, both now and forever*

*A protector for those without protection*

*A guide for those who have lost their way*

*A ship for those with oceans to cross*

*A bridge for those with rivers to cross*

*A sanctuary for those in danger*

*A lamp for those without light*

*A place of refuge for those who lack shelter*

*And a servant to all in need.*

*Amen*