

We don't have to think "How can I help?" We are help itself.

From Shobi Dobi

*"A human being is a part of the whole called by us -- universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. **Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.**"*

-- Albert Einstein

When we break thru our separateness, we meet in profound moments of companionship. In those moments of unity when the clown's heart links with the patient's heart, our fear shrinks and grace pours in to look over our hearts.

"Fear is the mind's reaction against the inherent generosity of the heart. Because the heart knows no bounds to its giving."
-- Ram Dass and Paul Gorman¹³

In risking to move past our own reactive fear, we move into a realm of compassion. It is here we perform service and relieve suffering. We become one-pointed on our unity, the resulting awe clears our minds. When we can open our minds, we can open our hearts. Compassion flourishes in the rapport that is created.

This is our reward and our responsibility. It is at these times we treasure ourselves and our humanness. These moments are not so fleeting in the stampede of time. We don't have to think "How can I help?" We are help itself.

". . . But I have seen much service born of suffering. And I see that our little suffering is not for ourselves. It can have impact throughout the world, that's how much our lives can mean, that's how much is possible. And I have been with people who would just cry over that message, cry and cry. And I have cried too."

-- A Maryknoll Sister