



Do All You Can

After over 2.5 years of unemployment, this year I finally got another full-time job again, and one that I really love: being an instructor. When I was unemployed, I was miserable, swimming in beliefs that I should have a job, and money. I was making myself miserable with my own demands, and decided that instead of focusing on scarcity in my life, I would focus on abundance. I made a list of what I had an abundance of and two things that stood out were an abundance of time and love.

BEING A BIG BROTHER

One of the actions I took is to volunteer to be an adult mentor in a program called Boulder County Partners (see <http://www.bcpartners.org>) for a then 8-year old boy named Cory. We meet every Saturday and do fun things together. It's been over 2 years now that we've been together, and he is a real blessing in my life, just as my adult male presence is in his (his father has been out of the picture since he was 5 years old). It's an example of doing what I can with the abundance of time and love I have.

DONATING TIME AND MONEY

I also volunteer a lot of my non-work time to my church (as a youth group leader, <http://www.livingwaterunity.org>) and the More To Life training. I maintain the Rocky Mountain Region data base & web (<http://www.MoreToLifeRMR.org>) as well as volunteer to play on team. The company I got hired by this year, turned out to have a wonderful program that will donate money to non-profit organizations for every hour that an employee volunteers his time. The max is \$1000 for 300 hours per year, but no limit on the number of organizations per employee.

WHERE DID THE TIME GO ?

When I started adding up all my volunteer hours for this year, I was life shocked: over 313 hours with



Cory, over 425 hours with More to Life and over 280 hours at church.

Unfortunately, churches are not eligible for this program, but two organizations are now getting a \$1000 checks each, for the time I've already spent ! Doing what I can with what I have, in the time I have, in the place I am.

DONATING LOVE

One of my fortés is supporting people having difficulty dealing with their life shocks, especially people not involved with More To Life. It has ranged from just listening to a woman whose husband of over 50 years died a few weeks ago, and crying with her over the phone, to massaging co-workers when they felt sick or exhausted, to counseling a woman trying to get out of a dysfunctional relationship, to leaving flowers on someone's desk for no reason, to forgiving a friend whom I believed had betrayed our friendship, to inspiring people with my words. It's all love, doing what I can with the talents I have, and the time I have.

WHAT I CAN DO

I don't know what others can do, that's for them to find out. For me, what worked was to stop looking outside myself, and take Ghandi's suggestion: "*Be the change you wish to see in the world.*" I want to see this world be more loving, more compassionate, more gentle, and more in tune with the great mystery of life. So my contribution to that big goal is working on myself being more loving, more compassionate, more gentle, and more in tune with life. Doing what I can, out of love.

EGO DEMANDS

My very being, my improving, my learning, my correcting, my forgiving, my loving, my acknowledging my own limitations, ALL of it makes a difference in the world. It's a slippery slope to demand anything more of ourselves than what we are humanly capable of. It's a major invitation to let depression, disappointment, despair creep in, when the ego demands that big changes must happen overnight, and when we judge anything short of that as making no difference.

NOTHING I DO WILL MAKE A DIFFERENCE

In my experience, when my creative mind starts running out of ideas, it's because I am listening to my ego's counsel: nothing you do will make a difference. The whole truth is more likely that nothing I can do will make as big a difference as my ego demands from myself, from the world, from life. Ego claims that life is not meeting up with my expectations; that my good intentions are thwarted; and that my communications go undelivered.

CREATING HEAVEN OR HELL

I have a sneaking suspicion that even after people die and go to heaven, 50% of them still would be miserable and complain that heaven's not the way they expected it to be. Even heaven should be different, live up to their demands, beliefs, judgments, and expectations. And it's not too far off to wonder if perhaps we aren't already in heaven on earth, we just demand it be different. Perhaps it's our demands that things be different that creates our personal hells.

WHAT ONE BOY CAN DO

I recently heard this beautifully simple song, inspired by the life of a 12-year old South African boy living with HIV/AIDS who traveled throughout the world speaking about his illness. His name was Nkosi Johnson. He put a face on AIDS in Africa. He died in 2001. The lyrics of that simple song I heard:

*"Do all you can
With what you have
In the time you have
In the place you are.
Do all you can."*

If a child with AIDS living only 12 years can make a world of difference, then so can you, so can I. Hope we all will do all that we can in 2006, with what we have, in the time we have, in the place we are.

Hope we all become the change we wish to see in our world.

From sunny Colorado, wishing you a Merry Christmas and Happy 2006 !

*Love always,
Marrrek*

Visit <http://www.marrrek.com>



