

# Brightening up the earth

## To sprout again after a tough winter

Wash your hands, eat some fruit, study, you have to build your future. Since childhood, we have been receiving these or other kinds of instructions and guidances, but, how many times did they tell us: be happy! Don't forget you have to be happy, Remember you ought to be happy, you and those around you.

However, even if they ordered, requested, reminded us or not, everyone, without exception passionately wishes to be happy. We could say that this wish is the brand of the human being's industry, what we have in common.

It is clear that the aspiration to be happy it is not an acquired wish, not something established from outside, but innate in our nature, and as such we

should consider it as our most important mission.-

Maybe we are thinking: Come on! I have enough with surviving and getting ahead ,and then to have to think about happiness as well.!

Strength comes when helping the others, but not meanwhile leaving oneself aside... To love even if the other doesn't.

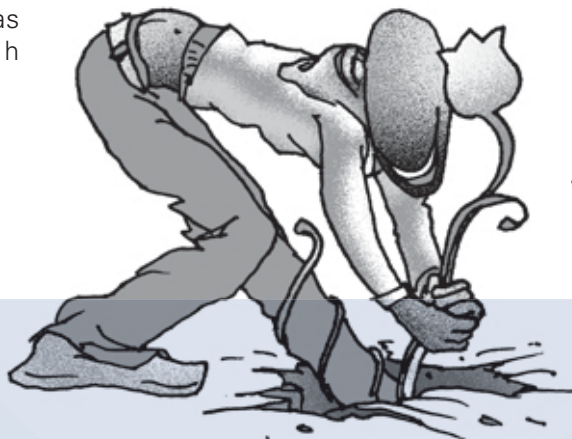
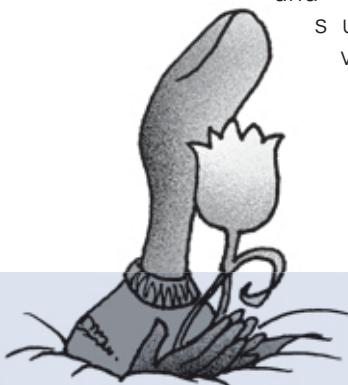
It is true, we are so stunned and dazzled trying to get ahead that we even forget our most natural wish and, when we remember it, we perceive it as an unreachable illusion.

However, if that wish came with us, we should make an effort to remember that it is part of our highest life condition, and so it is reachable. Of course it depends on our own initiative of standing up on our own, flourishing like nature itself.

Even if it sounds like a cliché, reality is that spring has arrived and an explosion of life is

about to happen. During the tough winter, trees stripped of all life traces haven't forgotten their mission. No matter how hard snowfalls have been, or how low the temperature went, life is there, obstinate, groaning to appear, determined to demonstrate its splendour.

When everything is going well, we tend to make ourselves comfortable, to avoid making much efforts, but when things get tough and we decide not to give up, we bring out all our inventiveness, we search for unknown solutions. What at the beginning was going to be the cause of a big disaster, we turned it into a reason of a big growth and satisfaction.



# Defining the path

Perhaps sometime you felt you were stuck, as you didn't get anything specific and you were overwhelmed by discouragement. And perhaps at that moment you didn't understand what brought you to that situation. However those moments of apparent crisis are the most opportune to change and face those new circumstances: actually, it is a new start, to create a new rhythm but with happiness.

A saying goes "no pain, no gain"... and if we don't know what we want, it is unlikely to get us anywhere. Let's say that it would be as if we would be playing darts with a blindfold covering our eyes to prevent us from getting the dart in the dartboard. Because of that, the first step is to take off the blindfold and see the dartboard, the goal where to throw with energy our darts.

Maybe, certainly, the way to reach that goal will not be easy. Without a doubt obstacles will arise to make us think about giving up and doubt that this is really our goal and not another one that we really want to reach...In those moments we have to bring out our inner courage.

As a result of this courage we come to the point of action: we open our minds and ideas spring forth so that we keep on in the direction of the goal, solutions to overcome the difficulties that shake

our intentions. It is clear that the entire process, this new start, entails strength, a perseverance to not bow down and keep on trying in spite of all the hurdles.

However, all this process is not a matter of a simple equation, of a method to reach happiness. It is much more than just that, it is making decisions by oneself, making mistakes and standing up again... And everything will depend on the stand we take when facing the circumstances. What if we start

thinking this new opportunity to start over again?



# I still remember the day that

Wealth and diversity don't become apparent in a material, specific, tangible and visible form but in those values and symbolic meanings that this world grants to the simpler things. So says Kapuscinski Ryszard in his book "Ébano" when he talks about the African world. (1)

But, why not apply it to the whole world? Are we so different African, European, America...?

In reality, are we all not looking for the same? Perhaps, are we trying to discover happiness? The wealth and diversity of love? Where is it? If Kapuscinski stated that it lies in those values, is he

not meaning that lies inside oneself? To those values that come from our being? Doesn't it happen to you that when you feel happy you see your whole environment as happy? That when you feel love for something or somebody it is returned to you in the same way?

Why don't we start remembering happy things? What if we bring back those moments when we felt so happy? This way we can give a good boost to our plan and build that future that we wish for. Why shouldn't we start to believe that we can get what we want? How beautiful it is to imagine but how more gorgeous is to make it reality! Did it never happen to you? Perhaps, then, today is the appropriate day.



## GOSHO

A T'ien-t'ai [school's] commentary states, "It is like the case of a person who falls to the ground, but who then pushes himself up from the ground and rises to his feet again." One who has fallen to the ground recovers and rises up from the ground.

The proof of the Lotus Sutra, The Writings of Nichiren Daishonin page1153

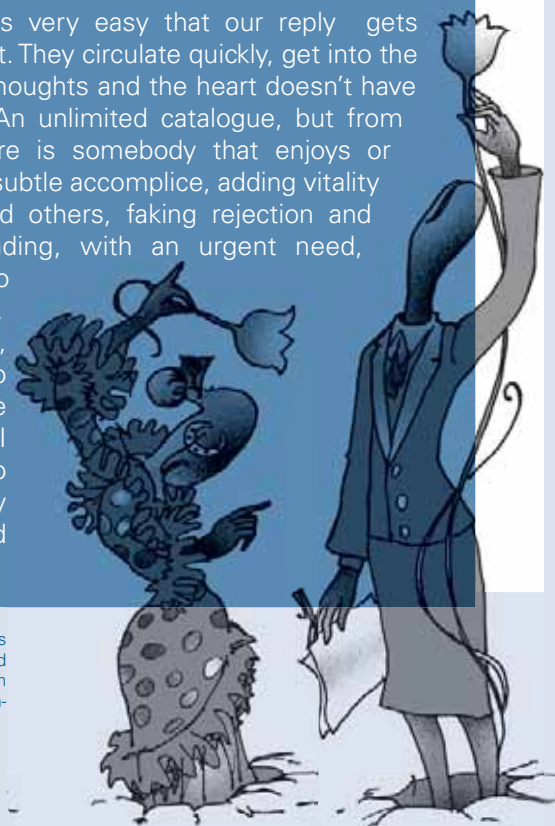


# Looks

To those who my look created worries, please know that I will never looked down on your being, in any case I was calling for your attention.

How many wrong interpretations, how many misunderstandings through a look. Groundswell that many times grows under the swell of looks. Many times I think that it is not at the kind looks that I have to pay attention, although they are always greatly appreciated, but at the others that seem strong furious knocks grown from mountains of resentment; those are, perhaps, the looks that need more care. They flourish from the appearance of aggressiveness, of distance, of arrogance, even hate, and generally, they are the costume of fear, of weakness, of the demand for recognition.

It is not easy to find the hidden intentions behind a look, but it is very easy that our reply gets conditioned by it. They circulate quickly, get into the bottom of the thoughts and the heart doesn't have time to react. An unlimited catalogue, but from every look there is somebody that enjoys or suffers. Some, subtle accomplice, adding vitality to our lives and others, faking rejection and actually demanding, with an urgent need, something to help them live. These looks, that can be so deceitful, are those to which I want to dedicate all my efforts and wisdom.



1) Ryszard Kapuscinski was able to combine the best of the journalism with literature. This Polish, born on the 4th of March of 1932, studied at Warsaw University to study Art and History, even though he later studied journalism and carried out activity as a professor on various universities and other institutions, like the Fundación Nuevo Periodismo Iberoamericano (created by Gabriel García Márquez).