

A handprint is visible on a textured, grey wall. The handprint is slightly faded and appears to be made of a soft material like clay or plaster. Overlaid on the handprint is the title text in a bright green, sans-serif font. The text is arranged in three lines: 'TRUTH ON', 'WALLS OF', and 'REFLECTIONS'.

TRUTH ON  
WALLS OF  
REFLECTIONS

WRITTEN BY:

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There appears the faltering step, the wan smile, the pain of sickness, the chill of winter with so many unanswered questions of the lost child, the tardy teenager, the wayward youth and the delinquent parent.

In this fast-paced life, do we ever pause for a moment of meditation – even thoughts of timeless truths.

When stress levels rise, when distress appears, when tragedy strikes, too often, we attempt to keep up the same frantic pace or even accelerate, thinking somehow that the more rushed the pace, the better off we will be – even during times of stress and fatigue.

Because we unnecessarily complicate our lives, very often, we feel increased frustration, diminished joy and too little sense of meaning to our lives.

Such moment of clarity comes to all of us at one time or another, although not always through so dramatic a circumstance. We then become focused and easily able to determine what is really important and what is merely trivial.

In our times of deepest reflection or greatest need, the soul of man reaches heavenward seeking a divine response to life's greatest question.

A penetrating question, usually, it is spoken silently to the soul and phrased "why am I here".

These are questions that transcend mortality and embrace eternity. This query is an inevitably thought, if not spoken by every human being.

There is a beauty of clarity that comes from simplicity that we sometimes do not appreciate in our thirst for intricate solutions.

In a thousand ways, we are privileged to choose for ourselves. Here we learn from the hard taskmaster of experience. We discern between good and evil. We differentiate as to the bitter and the sweet. We discover that there are consequences attached to our actions. Youth follows childhood, and maturity comes ever so imperceptibly. The truth is; happiness is not synonymous with pleasure or even freedom from pain. True happiness comes from the personal spiritual growth that rises out of the fires of mortal experiences. Still, the source of our trials is not nearly as important as the fact that they exist and the way we deal with them.

Happiness, soul-deep happiness, has little to do with outward circumstances. It has everything to do with inner peace.

It is by serving that we learn how to serve. When we are engaged in the services of our fellow men, not only do our deeds assist them, but we put our own problems in a fresher perspective.

When we concern ourselves more with others, there is less time to be concerned with ourselves! In the midst of the miracle of serving, by losing ourselves, we find ourselves!

Not only do we "find" ourselves in terms of acknowledging guidance in our lives, but the more we serve our fellowmen in appropriate ways, the more substance there is to our soul and we become more significant individuals as we serve others.

We become more substantive as we serve others - indeed, it is easier to find ourselves because there are more of us to find.

It is by loving and not by being loved that one can come nearest to the soul of another, of course, we all need to be loved, but we must be giving and not always receiving, if we want to have wholeness in our lives and a reinforced sense of purpose.

Many of us consume happiness rather than generating it. Sometimes the solution is not to change our circumstance but to change our attitude about that circumstance; difficulties are often opportunities for service.

If we are not careful, we can be injured by the frostbite of frustration; we can be frozen in place by the chill of unmet expectations. To avoid this, we must just as we would with arctic coldness. Keep moving, keep serving, and keep reaching out so that our own immobility does not become our chief danger. And also, it is usually through another person that we meet our needs. So often, our acts of service consist of simple encouragement of giving mundane help with mundane tasks.

While we are waiting for the propitious and ideal day to dawn, there are many things we can do to brighten others' lives that will redound to ourselves.

Life is not all bad. You will soon learn that everybody has problems and nobody wants to hear about yours. Put those things aside and smile. Have a good sense of humor, don't complain. Life isn't always fair. That's a fact.

But it's always charged with marvelous opportunities if you know how to find them. Of course, there is no going back, but only forward. Rather than dwelling on the past, we should make the most of today of the here and now, doing all we can to provide pleasant memories for the future.



It's so easy to take others for granted, until that day when they're gone from our lives and we are left with the feelings of "what if" and "if only".

The bitterest tears shed over graves are for words left unsaid and deeds left undone. Let us relish life as we live it, find joy in the journey, and share our love with friends and family. One day each of us will run out of tomorrows.

Have you ever felt a sense of internal conflict about enjoying the present moment while also working toward your dreams?

Life happens now, and in order to live it, we need to accept what's in front of us and experience it with complete awareness.

Tomorrow might bring a world of exciting new possibilities, but today, wherever we stand on our journey, can be an adventure in itself. We need to have a sense of direction in life but we can choose not to create stress around arriving.

here are three things you can do with your life: You can waste it, you can spend it, or you can invest it. The best use of our lives is to invest our lives in something that will outlast it. "This outlasting cause was then, as in earlier days, the happiness of mankind.

The great use of life. The worst thing you can do is to live simply for today and to live for yourself. What does it mean? Yes we eat and work and sleep and play, but when it is all said and done, what do we leave behind? Yes, we can make buildings but buildings are regularly torn down to make room for newer buildings, obliterating their legacy.

Instead, I would suggest that the way to make something that will last beyond our lives is to find ways to improve the human condition.

In Loren Eiseley's story "The star thrower", the story goes like this "once upon a time, there was an old man who used to go to the ocean to walk along the beach and enjoy the waves crashing upon the rocks. Early one morning, he was walking along the shore by himself. As he looked down the deserted beach, he saw a human figure in the distance. As he got closer to the stranger, he saw that it was a young teenage boy. The boy was reaching down to the sand, picking up something and very gently throwing it into the ocean. As the old man got closer, he yelled out,

"Good morning, young fellow. What are you doing?"

The teenager paused, looked up and replied, "Throwing starfish back in the ocean". "Why on earth are you doing that?" asked the old man. The boy replied, "Because the sun is up and the tide is going out. If I don't throw them in, they will die" The old man looked at the teenager with disbelief and said, "But the beach goes on for miles and miles and there are starfish all along it. You can't possibly make a difference". The young boy listened politely, then bent down, picked up another starfish and threw it into the sea, past the breaking waves and said, "It made a difference for that one". And then the very wise young boy continued on his way down the beach, bending down and throwing starfish after starfish back into the ocean".

Sometimes, we feel like we are up against tremendous odds and that our efforts are hopeless in the larger scheme of things, let's think about the Star Fish Thrower. We have all been gifted with the ability to make a difference. The purpose of life is to matter; to count; to stand for something; to have it and make some difference that we lived after all. The most wonderful thing is that we can all accomplish this with very little effort. You may not be able to change the world and you may not be able to make a difference to everyone, but you certainly can make a difference to most of the people you meet. The old man in the story had become skeptical from his experiences with others. It doesn't matter how long our journey may be, we can still only get there one step at a time. Don't miss out on a golden opportunity to make it a real difference that you have lived at all. Live your life to the fullest and be the best you can be.

THE END