

## Witnessing

The world is always a wonderful and joyous place which draws forth laughter, singing and joy from us.

And, at times the universe asks us to “stand witness” for the suffering that is part of the human experience.

While we witness, it is important not to lose touch with the inherent goodness of the earth and the universe which offers us joy, not suffering.

Name the wrongs being done by humans and stand up against wrong doing. But, be gentle and compassionate in your dealings with the wrong doers for they, too, are suffering.

Being a witness to suffering does not require you to give up your joy, rather, it asks you to continue to live joyfully while meeting the suffering around you with compassion.

Offered in the spirit of peace and love.