



***The most powerful and healing practice there is, is to be kind to yourself and to the entire universe. (Aldous Huxley)***

If you are like me, you experience today's world as a river that takes us all faster and faster, more and more intensely, more and more demanding. There are days when you enjoy the wild water. Your face is kissed by the spray of the waves and you ride them, safe and free, because you trust. Those are the days when you know that everything you read in the smart books makes sense. Days when you feel beyond words that all of existence loves you.

And there are those days when the tides of your life push you underwater. Fears and doubts rob you of the air you can breathe. Your tenseness makes it impossible for you to swing casually on your surfboard again. Days when you could strangle anyone who tries to give you good advice. Days when none of the things you've just proudly learned work. Days when you've given everything you've got, and yet it's not enough. Evenings when you go to bed with the feeling that you have only achieved a fraction of what you set out to do.

What can you do on those days to protect your soul from the bitterness of self-hatred?

**Cultivate a gentle kindness towards yourself.**

This often begins with a simple, deep breath.  
With a release of the tense shoulders (maybe right now?).  
With a look at the open sky.

Look at the world around you and remember that all you really have is this one incomprehensible moment.

**Now!**

You can experience it bitterly, or you can enchant it by being kind with you.  
Can you love yourself unconditionally? Just as you are?  
Not only when you have won the next victory. But now.

And then take your next step with determination and kindness. So kindly that people feel magically attracted to you and the flowers by the wayside incline their calyxes towards you.

Can you do that? For yourself? For all of us?

**Don't give up and stay gentle with it.**

*(from «Werde Verrückt» von Veit Lindau, kailash Verlag, München)*