

# Living The Good Life

by Krysta Gibson

## The Smiling Angel

My trip to Barcelona last month was, once again, an exquisite experience of delightful people, European elegance, a tapestry of fine food, and an opportunity to share some of my knowledge with 65 or so eager and sophisticated students.

During the two-day seminar, I presented many exercises and techniques (many of which used symbology of the major arcana of the tarot) to lead students through numerous experiences designed to assist them in creating their dreams.

The seminar supported the release of my book, "22 Steps to Success," which has just been translated and published in Spanish by José Luis Cartig of Escuelas de Misterios Ediciones.

At the end of the first day of class, I gave a homework assignment based on the principle that giving to others is the cornerstone to receiving what we seek. I asked the students to do something kind for a stranger, or for someone they would not necessarily share a kindness. For example, I said to the students, smile at a stranger who seems to be unhappy, praise a clerk in a store, help someone who seems to need it.

The next day, several students said they had done the assignment and were thrilled at how it had made them feel. One couple had

gone to have coffee at a café that was very different from one they would normally have chosen. Although the surroundings were not quite as nice as those in cafés the couple was used to, the service was exceptional.

While they enjoyed their drinks, they were working with some of the material from the class and found they were running late to get back to the class. They hurriedly left the café, but then realized they had not done the assignment. Together, they decided that they would go back and praise the server who had given them such great service.

They ran back to the café and told the young man how much his friendly and kind service had meant to them. His response was incredible because, he said, no one had ever before acknowledged him like this. There were good feelings all around as the students ran back to our class, totally committed to making this practice a part of their daily lives.

Then I shared an experience my traveling companion and I had the prior evening.

After leaving the hotel where the class was being held, we were sitting at a bus stop wait-



**The students in the "22 Steps to Success" class in Barcelona last month had fun with their class assignment of doing something kind for someone they did not know.**

ing for Bus 54 to take us back to the apartment where we were staying. We were both tired after a full day, and the weather was very warm. As we sat at the bus stop, another bus pulled up in front of us.

In the seat right by the window, right in front of us, sat a beautiful old woman who was in her 80s or 90s. She had a full face, covered by the wrinkles of a well-lived life, and surrounded by a full head of white, curly, shoulder-length hair. She was beautiful.

The woman looked at me and then looked at Rhonda, then at both of us. Neither of us said a word but we were both aware that we were each having the same experience. Then the woman slowly let a generous smile cross her lips. She slowly raised her hand to her lips, kissed her hand, and blew us a kiss.

The bus pulled away with her still looking at us and smiling. Rhonda and I looked at one another in disbelief. We both felt the energy of love that this woman exuded. I said, "I think we were just kissed by an angel."

Back in class the next day, everyone was transfixed on my words as I shared this story. In the midst of the telling, I found myself overcome with emotion and began to cry with the remembered feelings of love that I had felt from that old woman.

I regained control and said to the students, "This is the sort of effect you can have on another person when you do something kind and loving towards them. I will never forget this experience as long as I live."

And, indeed, I won't. Even now I can see the woman ("angel" is really the term I prefer). I see her smile, her kiss, and I can feel a sense of having been truly seen and loved unconditionally by another being.

Being kind to other people really is this

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Shelli Buhr, a spiritual counselor residing in Southern California, teaches workshops on intimacy, astrology, treasure maps, and the four elements. She is a published writer, past editor of Rainbow Bridge newsletter, Founder of A Celebration of Life Conferences, previous administrator and moderator for Caroline Myss, Ph.D. and Myss.com.



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## IF YOU SLEEP..

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive--fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation--and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

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