

# Living The Good Life

by Krysta Gibson



## Here's A Question To Ask Yourself

People often ask me how I decide the topics of my monthly column. With this column being the 37th column I have written in the past few years, one would think I would run out of material to write about. Not so. What I do each month is simply pay attention to what is going on in the world and around me and then keep my intuition open as to what the people who read my column most need to be reminded of. Naturally, this is what I usually need to be reminded of as well.

This month as I paid attention, here is what I saw in several different places and

incidents.

Our community talks about peace and love a lot. Many of the people who read this column are actively working for peace in some sort of political way. At the same time, we sometimes act in very unkind ways to one another. We do things that hurt other people. Then we wonder why there isn't world peace.

If we as individuals cannot conduct our own lives in a peaceful, kind, and respectful way, how do we expect world leaders to do it?

If you are pursuing peace, here's a good question to ask before you speak or write something: is what I am about to say, do, or write a kind thing to do? Another good question is: would I want someone to say, write, or do this to me?

Many times we get so caught up in our own agendas, goals, and projects that we only see what we are trying to accomplish and we forget that everything we say and do will affect other people in one way or another. So we forge ahead and don't even notice the garbage we leave trailing behind us.

We can be kind while also dealing with

issues we might be facing with other people. We can speak what is true for us without being mean-spirited or saying something that will hurt someone else's feelings. For this to happen, however, we must be conscious and we must take the time to think things through. There may be times when we decide not to say anything at all.

Let's look at the word *kind* and see if we can find reminders that will help us be kind people.

**K:** Know what you want to say or do before you proceed. Think about the consequences of your words or actions. Will they make people feel good or will they make people feel sad or mad?

**I:** Intuition. Use your intuition. After thinking about the consequences, go into your heart and see what sort of feelings come up for you. Sometimes, what we are about to do will pass the mind-test level but when we move into the heart, we realize we don't want to move forward. Just because something is okay in the outer world does not mean it will be okay inside.

**N:** Nice. This word has gotten a bad reputation, especially among women. Most of us were raised to be nice girls and found out this makes us potential doormats. So, we give up being nice. Let's find a way to embrace this word again. There is nothing wrong with being nice. Nice does not mean stupid. Nice does not mean people can walk all over us. Nice means that, if at all possible, we don't say or do things that hurt other people.

**D:** Don't say or do anything you don't want to see coming back into your own life. Karma is very real and sometimes happens faster than a hummingbird's wings can flutter. Before acting, ask yourself if you are willing to have this come home to roost in your life. If not, don't do it.

Over the few weeks I was pondering this article, I was able to listen to one of the Dalai Lama's speeches when he was in Seattle. He had been asked how this world will ever stop having wars. His response was exactly what I am talking about. He called it "inner disarmament."

How can we expect world leaders to be willing to engage in nuclear disarmament if we as individuals can't practice our own inner disarmament?

And how to do this? He said we do this by showing affection, warm-heartedness and care to one another. In other words, by being kind to each another.

Yes, it can be difficult to be kind when someone has abused you or lied to you or been mean. But it has to start somewhere. Someone has to be willing to break the cycle and it can be you. It can be me.

I heard a story in which a driver was the victim of a road rage incident. The roadrager flipped off the driver, and drove in a very aggressive way. Rather than get upset or defensive, the driver smiled and waved at the road-rager as if they were the best of friends. The angry person looked stunned, stopped flipping him off, slowed down, and drove away. The story illustrates how we don't have to buy into other people's problems and let ourselves respond in the same sort of unkind way. In one of her talks, Louise Hay said that she doesn't

let people who drive erratically bother her. "A long time ago," she says, "I decided I wouldn't let the fact that you don't know how to drive ruin my day!"

Imagine if every world leader thought about his or her actions and words in a kind way. What if they first asked themselves if what they are about to do is the kindest action they could take? They could still be firm; they could still deal with the tough issues; they could still make the big decisions. And they could be coming from a positive and kind place rather than a place of aggression, competition, and hatefulness.

We can do the same thing. We can start now, today. If enough people start being kind and practicing inner disarmament, it could catch on in a big way and have a ripple effect all the way to our world leaders. Now that's something to visualize!

Krysta is the publisher of *New Spirit Journal*. She has three books and a CD available and also gives consultations and classes. Find out more at [www.krystagibson.com](http://www.krystagibson.com).

### Botanically-Based

### Skin Care and Health Products

Our catalog has over 200 skin care, nutrition, color, and aromatherapy products.

Visit us at: [www.i-skincare.com](http://www.i-skincare.com)

Phone: (206) 304-1561

Email: [iskincare@myarbonne.com](mailto:iskincare@myarbonne.com)

Ask about our 35% wholesale discount.

We are a vegan company; our products do not contain animal products or by-products.



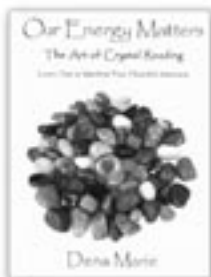
## Healing Hands

Crystal & Energy Healing

Karen Dossett

(425) 644-3263 or (425) 402-3790

Maitreya Seattle Learning & Healing Center  
2260 152nd Ave. NE, Redmond, WA 98052



## Lift Your Spirits with Dena Marie & the book, Our Energy Matters

• May 5, 6:30 p.m. Academy of Spirit, Lynnwood FREE •

• May 22, East West Bookshop, Seattle •

Chakras, Crystals and Relationships 7:00-8:30 FREE

• May 24-25 East West Bookshop, Seattle •

Crystal Readings by appointment only 206-523-3726

Visit [www.dena-marie.com](http://www.dena-marie.com) or call 425-350-5448

### Traditional Eye Care

### From a Holistically Oriented Optometrist

Eye Examinations – Glasses & contact Lens Prescriptions

Trusted Eye & Vision Care for Over 17 Years

Tony D. Pool, O.D. Doctor of Optometry

543 Main St., Ste C, Edmonds, WA

425-670-8458

[www.Tpool2020.com](http://www.Tpool2020.com)



## Our founder created organic vitamin supplements in 1915, before "vitamin" was a word in the dictionary.

The best organic products for you and the environment plus water and air purifiers.

[newoldwayshealth.com](http://newoldwayshealth.com) 360-652-9788

Combining the best of science and nature for over 50 years.

**5Focus**  
EXPLORE YOUR QUALITY OF LIFE

Exercise Education Healing

[www.5focus.com](http://www.5focus.com)  
206.631.2818  
1009 8th Ave. N  
Seattle

Stop By  
**CAFÉ MAE**  
EAT WELL