



## **BUG**

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You are in a grassy park. You are a bug that has crawled beneath a pile of dog poop. You are nestled between the park lawn and the warm mound of feces. It is dark and stinky, but safe. You can eat the crap around you. You don't have to do anything but eat, breathe, and excrete while relaxing in the grass beneath the pile.

Look around where you are right now. Why do you prefer being here over living as a bug beneath dog crap? What feels good in your current environment? Clean surfaces? Fresh air? Potential sexual partners and friends who are shaped like you?

Your desire for these specific qualities—and more—has resulted in you appearing as a human to yourself. During dreams, you may have experienced what it feels like to appear as a non-human.

Whether appearing as a happy human in your home or a dung bug in your dreams, are you willing to give love now? Or, are you waiting to love until your life gets better?

When your life seems crappy, you always have a choice: you can wait and depress your love, or you can give your gift of love right now.

No matter where you find yourself, in heaven or hell, you can make this commitment: I am appearing here to offer love to everyone also appearing here, and I will do so as best as I can.

This can be your vow: I offer myself to be *lived by love*, as a gift for the sake of others.

No matter where you find yourself lodged, you can be alive as love's offering. Love is a force that is larger than you. Love lives *through* you.

When love can't find a way to live through you, then your psyche suffers and depression may haunt you.

Even while depressed, love breaks through your sense of futility in little bursts: in your child's laughter, the smell of coffee, or the light of sunrise. Love breaks through your despair and you are grateful to be alive, for just a moment.

Practice this gratefulness, even while wanting to die. Offer yourself to be lived by love, especially when your life seems crappy.

Enlightenment is the capacity to open and be lived by the love that is already, miraculously, living your life, despite all your current torment and refusal. Instant enlightenment is to offer love now—whatever the circumstance—without waiting for things to get better.

Things will get better, but they will also get worse. You can count on that, so why not open and be lived by love as an offering now?

Allow love to breathe you, with every inhalation and exhalation. Allow love to move your body and soul. Even if you find yourself born as a bug living under poop, allow your entire life to be animated by love's force, and you are as free as you can be.

