

- **Chalice Lighting and Opening Words**

From Anthony Doer in All the Light You Cannot See

“Open your eyes and see what you can with them before they close forever”

- **Reading** Taken from the book Choose to Be Happy by Swami

Chetanananda.

“Relax and be happy. Love your life. Love the life you have right now, not the life you hope to have or the one that someone else has. Love the life you have because, for starters, if you don’t love it, nobody else will. And if you don’t love it, it can’t grow beyond where it is today.”

“So stay relaxed, be happy, love you life. Relax so that you can truly feel the love inside you and around you. If you keep doing that – really doing that – everyday, you will begin to live from a state which is truly exalted. And you will find coming out of you qualities and capacities you never imagined were possible for any human being.

- **MESSAGE – Radiant Love**

I could go off in so many directions with this one. The Love for our children transforms us. The Love from our significant others, extended family, our pets even. The Love from a stranger, who become a friend in a time of need. . All of these our examples of the transforming Power of Love. But the most profound way love transformed me is by realizing it is inside me. Love is inside me for me to radiate out. There is a light – love –inside me that I don't want to go out. I am alive, I want to love.

In the Documentary The Human Experience, One of the narrators says this  
“Have you ever had a moment where you feel like everything is just right in the world, time stops and stars align. It was the first time, in a long time I could feel peace in my heart”

His words resonated with me. I feel peace in my heart. Recently, just before Christmas, a friend brought me a candle. I wasn't expecting this gift. It took me by surprise really. The next day I woke feeling really happy, lighter, like I wanted to hug people, strangers, co-workers. I still am not sure why, after this incident, I suddenly felt this way. Maybe it was that the gift happened to be a candle, a symbol of light, hope, and love. Maybe it was an accumulation of events leading up to this one. Maybe I finally realized that things, people, wants can't make me happy, only I can make myself happy. After the loss of my husband my focus was so much on my children, on Gage. I would look into his big brown eyes and know I had to be strong, to take care of him and also I had to be healthy mentally and physically so I also took care of myself. But I did not really look out beyond that. I felt as though I wasn't supposed to be happy or at least show happiness, and loving – you, my neighbor, my co workers, the stranger and myself makes me feel happy. So that morning, after receiving the gift of the candle I think some walls came down, the little light inside me brightened, I felt like it was okay to start loving, to show happiness, to radiate love. I think, for me, the transforming power of love is my love, knowing I have love inside me. I feel transformed by the love I want to radiate out. I will try to love unconditionally, I will try to love without judgment, I will try to love openly

and, the hardest for me, I will try to let others love in and believe they love me.

Now I would like to read some words/paragraphs from a book I enjoyed reading, a book that did teach me a few things. The book is called Choose To Be Happy.

“The quality of our lives is much more dependent on the quality of love we have for our lives than it is on the quality of love other people have for us. “ P 77-78

“If you’re looking for somebody else to do something for you, then you’ll be miserable because the quality of your life rests with you, with the love you bring to that life. If you’re searching for anything outside yourself to fill some hole you think you have, then you’ll probably be searching for a very, very, very, very, very, very, very long time. And you won’t find what you’re looking for.”

“It is for each of us; it is on us, to do the work inside ourselves that is necessary to love our lives. If you look to yourself in each situation and with every person you meet, look to yourself to bring up from within you the quality of love you hope to share with other people, then that love will be there for you, too. In time, that love will become very powerful within you.

It will transform the whole field of your experience, and the only thing you need do is to try not to make unnecessary tensions in your life. If you try not to make unnecessary tensions with anybody, and within yourself, try not to harbor unnecessary tensions, then nothing can keep your love down – nothing.”

“Love your life, love everything and everyone in your life just as it is and just as they are – now. And this includes loving you. There’s no better person you can be than the one you are right now. “P 84

“You are complete, just as you are.”P 85

“Love yourself, love your life – first. Life *will* love you back. You don’t have to *like* everything in your life, just love it. This is an important distinction. It’s not necessary to *like* difficult people or *like* being sick or *like* being poor, or whatever the issue is. Of course you don’t like it. But it’s necessary, if you’re going to break out of the old patterns into something extraordinary, to *love* your life, to open to all of the diverse circumstances of your existence.” P 86

“If you love your life, Life will definitely love you back” P 87

“The important thing is that you’re relaxed and happy and love your life. Love your mother and father and brothers and sisters and even the

people who don't always treat you well. Love everyone with whom you've ever had and will ever have and do ever have to associate.

“Love your life, not because it's objectively anything, but because it's yours” P 89

“Open your heart, love your life, grow. You will be amazed at the nourishment you receive.” P 90

Mostly, what I was hoping to convey more than anything today is that Love is inside me. I have realized that my happiness cannot be dependent on something or someone else. I want you to know that I am grateful to be alive, despite hurts and heartache, I am still alive. Yes, I will have moments when I am sad, moments when I am angry, self conscience, hurt, frustrated, etc. But, As long as I am alive, on this beautiful earth, populated with beautiful people, delightful things, memorable moments, as long as I am alive, I have love to radiate. I will Love.

- **Closing Words**

P 50 in Choose to Be Happy

“If you love your life, if you accept yourself as you are, you will find that life will start loving you back, and the miracles that take place for you and within you, will amaze you. You worry about what you are and what you’re not; you worry about all kinds of things. Forget it. Forget it all. Accept yourself just as you are because the idea that anybody is worth knowing just because of something they possess –some quality or thing- has nothing to do with anything that is real in Live.”