

## full tilt living newsletter

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If you could choose the kindest thing to do for someone, what would it be? Would you give them your best piece of advice, shoulder their heaviest burden? Like filling them in on the beauty of filing early and then doing their taxes for them. Or saying like someone I wish I had known, "fences make good neighbors," and spending the entire afternoon/evening/early morning hunting down the dog that got loose. Or explaining the difference between a white cement curb and a cement curb painted white and then taking them to the impound yard and rescuing their car. Any of these above-the-call acts would immediately put you on the up-for-sainthood short list. And I'd give you a kick in the pants.

Whose life is it, after all? And isn't your own life enough to keep you busy? If you don't have the picture, just go to dinner

with a friend, sit right next to them, tuck their napkin under their chin, insist that they order the low carb plate, cut up their entree for them and tut-tut at them when they order dessert. And see how they like it.

Okay, so this isn't going to happen. You aren't likely to butt in on what someone chooses to do at dinner. It's their life, and their right to menu selection and table manners. It's just as much their life and their right to procrastinate, let their yard run down and park where ever they darned well please.

This is something we could keep in mind the next time we find ourselves in a jam and want ever so much for someone, something to bail us out.

Free will and welcome to it? Absolutely! Builds character. Allows us to claim our scrapes and

bumps as badges of honor. And justly applaud ourselves when we "get there."

Back to the kindness question--how about the absolutely kindest thing you can do for someone is to believe in them. No matter how impossible their situation may seem. To simply and fully give them that you have faith. So when they're thinking they've been allocated a hopeless position at the bottom of a dung heap, the look in your eyes will tell them that you know what they have in them. Invites them to transform "dung heap" into "unexpected events" in a challenging, what could I learn from this sort of way.

Your esteem giving them steam, a stream of bright buoying light bouquets. Somehow effortlessly offering hope by the simple act of believing. In them.