



For a dose of sanity. But how do we preserve it when the inhabitants of this planet have all gone mad?

Apparently, it's not bad enough that the state of the world is alarming and that some of the problems we are facing are difficult enough to work out. No, we have chosen to add fuel to the madness by finger-pointing, yelling, retaliation, etc. Unless you've been hiding under a rock, you must see that we are living in a world where assumptions and prejudgments are a dime a dozen; where there's no apparent right, only wrong; and where, as a result, we are all condemned in the court of public opinion. It's crazy. Meanwhile, all of this absurdity gets in the way of real solutions.

We all need to take a chill pill! And refocus. Sure, not all of us have a direct hand in solving today's problems, but whatever we think our part is in it, we should do it with integrity, courtesy and respect. Too much to ask? I don't think so when you consider what's at stake.

Why not, in the midst of world-wide crazy, start by taking a breather and looking inside ourselves and around us. Because in spite of it all, we have much for which to be thankful, and we shouldn't let this fact be clouded by all of this demeaning behavior.

Want a dose of sanity? Rejoice in that the sun came up for you this morning. For some it did as well, although not as bright and shiny. For them, we pray.

Until next Thursday's post...si Dios quiere.

What are you thankful for today?

"The fact that millions of people share the same vices does not make these vices virtues, the fact that they share so many errors does not make the errors to be truths, and the fact that millions of people share the same form of mental pathology does not make these people sane."

-E. Fromm

"... the reason life works at all is that not everyone in your tribe is nuts on the same day."

-Anne Lamott

"Heroes are those who can somehow resist the power of the situation and act out of noble motives, or behave in ways that do not demean others when they easily can."

-P.G. Zimbardo

**Your beliefs
don't make
you a better
person. Your
behavior
does.**

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