

INTERNALIZING, CULTIVATING AND LIVING THE GOLDEN RULE

In my view, there are far too many people in this world that live an existence without ever being focused or guided by any sort of values.

We as Hoo-Hoo have been given a set of values that if internalized, cultivated and lived we can become exemplary individuals of our family, workplace, industry and community.

These values are within our reach yet we fail to grasp them continuously.

The club meetings should be a forum for the internalizing and cultivation of the ethics and the Golden Rule.

A very simple way that we all can begin to live the Golden Rule (*I am sure there are many that in one form or another are already living the Golden Rule*) is to focus on one value each month as often as you can.

December, which has passed us by was the FRATERNAL month.

Let us start fresh in January by being **HELPFUL**.

Our Hoo Hoo Manual states that to be helpful is **Cling fast to the sure anchor of helpfulness**.

Remember that if we are helpful to one another, a vast majority of our problems will disappear.

The Macquarie Dictionary defines **HELPFUL** as “**giving or affording help**” When one looks at the meaning of **HELP**; this dictionary has 19 different ways of describing it.

What is being HELPFUL mean to you?

For me it is giving of yourself unconditionally and without personal reward to another person or cause with the aim of making some improvements to the situation.

It is about honoring the feeling of wanting to be **HELPFUL** instead of betraying it.

When you betray the feeling you will instantly begin to look for reasons to justify yourself betrayal.

This will set up a negative cycle in you and perhaps in the other person as well and you lose the opportunity of being **HELPFUL**.

Make a point of being **HELPFUL** at least 3 times every day during February.

If 2270 of us do that, by the end of January, we will have accomplished 211,110 acts of being **HELPFUL**.

Do you consider it difficult to be **HELPFUL** 3 times a day?

Health Happiness and Long Life.
RON GATTONE 99428
Rameses 101