

## **Work**

Work is that effort we place in defense of life. Work is that commitment we make to fling our courage and our mind and our skill and our effort into the teeth of an uncaring universe. It is the courage to say *I matter, life matters and I mean it*.

Work doesn't have to be for money. It can be helping a friend weed a garden or sitting for meditation. There are many, many kinds of work that do not earn money. And, even if it's work that you don't enjoy or that doesn't fit your Mission. It is still effort placed in the defense and furtherance of life.

There is honor, and yes even a kind of glory, in the most humble work well done. Sadly, it often seems that we have forgotten this in our rush towards the "newest" or the "best." Whether you are a 10 year old taking a test, or a doctor doing surgery, or a parent making breakfast for the family, it is work. It is your work placed in the service of life, and there is nothing more honorable.

Be present. Do it well.

It should give you pleasure to know it was a job well done.