

silver
Turtle Dove



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Goodness in Deeds

Awareness in Living

Prayer and Servitude

Intention and Wisdom

Gods and Powers

Health and Lifestyle

Government and Collective

Purpose of Humanity

Goodness in Deeds



If you are not happy with your life,
If you have a good life but you feel something missing.
Or if everything you do fails.
If what you have is good but internally you feel bad.

People who work for their own good, their own purpose.
mostly or sometimes acquire what they wish for and work for.

Some people work for money, choosing to work hard,
get or create opportunities. They choose despite of other choices.

Work for your own purpose. You may feel happy for some time.
But sooner or later you feel unhappy. Not because what you do
is bad. But its a feeling of not being worthy your life.

Good actions, Good deeds, Work for society.

Goodness in deeds.

Helping people get their basicall needs to prevent them from dying,
or suffering bad health.

You can choose to use your expertise to do what in your
field of operation is best to maintain society, or create possibilities
for others to have a position wherein they might be content with
their living.

Good deeds, is as karma building.

You do a couple or a lot of good deeds and help others.
It will give you a feeling of satisfaction.
A feeling of being of worth for society.

You might as well reduce feelings of depression.

In traditions and old religions it was a choice for people to help their community. Some people who did also got a bigger status, a higher value for their community.

If you see it from the perspective of the collective, the whole of your group you live in would grow, and get more prosperous. Because the people who want to help and support for the benefit of all can give value where normally won't have place for.

Just because there is no limitation caused by the urge to get money for all that is done.

Karma is the indian equivalent of what we would name charity or volunteering.

In the concept of karma it is an indicator that all what you do, would be of value for your next life, or for tihs life.

If you do good deeds, if you give in charity, or support those who have not, who can not, you get higher grades on living. Higher grades, give more status and give more happiness in living.

Of course life is not a school but its in some way comparable with it.

Give life your best deeds and you get good at life.

Some religions describe it as a rebound.

What you do as good things, comes back in good things.

As a mirror.

Awareness in Living



You live day to day. Experiencing life.

You wake up in the morning and you know or see that the day is full of things you either want to do and experience, or things you dislike. or even hate.

Some people have days in which they are happy.

Some people have days in which they feel discomforted or unhappy.

When a day starts every man or woman has a new chance to give the day their intention of peace and harmony.

During that day you lose your good intent because the same happens as every day.

But there is a difference in inside or outside.

On the outside your surrounding, the people around you may see you as a good, warm, great person.

But on the inside, you feel the doubts of failure, of being not perfect.

That inside observation of thoughts and feelings.

It's if not normal a cause for meeting a psychologist, or psychiatrist.

In these times there are lots of little guru's propagating their gospel of buddhistic source.

They speak of being aware in the moment,

Living in the here on this place where your body is.

And now on this moment that life is happening.

They speak of counting breaths, They speak of observing all.

Those guru's speak of the happiness which lies in the moment.
That you don't bother that the past was full of mistakes.
And that the future has problems to be anticipated for.

They say, in the moment. Everything is complete and whole.

You can, as they say, enter the moment by choosing not to think.
Let your mind stay unvisited.

You can learn to be more in the present moment by
stopping to think.
Not anymore the fantasies or daydreams about nice lives.
Not anymore the dreams of better futures.
Not anymore the thoughts of unfulfilled wishes.

In this meditating its the effort that counts.
The first day you can only be aware for a couple of minutes.
But if you practice the moments get more and longer in which you are
observing reality.

They say, meditation is possible for them who keeps on trying.
Its as a muscle which needs training.

Awareness in the moment.
Some go to india or tibet to learn it.
But the effort for them is the same as for you.

Choose to live,
Choose to be aware.

Prayer and Servitude



A good life in purpose for a worthy living.
Some religions say the only goal for life is
to get a relationship with that power they advocate.

They tell or show you about features their beloved power has.
The writings, source of their religion say lots of things,
you may do, you may do not, or what to believe in.

The religion says that you do good if you fight for it.
The other religion says you do good by magnifying peace.

All religions have place on this planet.
Every person, believes in his god or goddess.
For some its a entity with large powers,
for others it is their own goal.

Large powers, a couple of books about it.
The bible, the veda's, the koran.

Those religions tell you how to reach heaven.
And the term heaven is your experience of happiness after your life.

There is one power, not mentioned precisely in the current books on
religion.

Christianity is based on the power of christ.
Hinduism is based on the power of gods like Vishnu, Braham.
Islam is based on the power of Allah.

The powers are described and have characteristics being favored by
their followers.

The power not mentioned precisely in all books is
a power named by its characteristics.
It is not named with shape, nor moral values.
Its only a direction by which its named.

Call it by the name: Omnipotent, Omnipresent.

The prayers you say or whisper to that power,
Nobody knows what your prayer will be fulfilled like.

But there is more result of worth for society in that prayers.

Prayers to the Omnipotent are good.
You may be reverent or worshipful.

All questions you want an answer for.
Be it problems to you, or insurity. or
bad things. Send the prayer to the Allmighty and
wait for the answer while continue your living.

On this path of prayer,
you will experience what value this kind of religion has.
More and more you will feel you can trust this power.
And that its not a power who does bad or makes use of you without
result for you.

the end of this path of prayer is;
You surrendering to Him.
You giving your life as a gift of friendship to this power.
After that act or intent, you maybe continue praying or living.
But there is a change, you then are in servitude of the Omnipotent.

May the Omnipotent be blessed with those who favor Him.

Intention and Wisdom



Life is good as it is.

Life has no meaning without mistakes.

Life is a school, you pass on to the next level when you do good.

some traditions say when your intents are good,

You reach for heaven.

Other traditions say; you are good when you enlarge peace on this world.

Intention is the feeling or thought which comes before the deed.

When you are about to buy food, the good intent is to see that when you buy meat, you do harm to the animals being source of the meat.

Another example, if you are in need of something and you don't have the money, you could steal it. But stealing is preventing the shopkeeper to earn money for himself and his family.

If you see someone hurt or wounded on the ground.

Will you help him. In some religions its part of a good life to help.

Intentions pointing towards good purposes, are source of enlarging the possibilities to reach heaven after your life.

Intentions to do evil, would be source of you going to hell after your life.

Mostly if you are evil, you are source of other people to be in hell during your life.

Evil, is the backward sound of the word life.

It is hurting life for more or less of society.

Intention toward goodness.

From the first step, when putting attention or effort to it, you learn and get chances to grow into succeeding this direction.

Its the same with having ambition and getting the chances to grow and get higher jobs, or get higher salary and getting better at the job.

Only with intention its not always visible.

Mostly its when people with good intents are done with their life, that other people notice that there was some good one in their midst.

(sometimes the good people are remembered as great ones according to religions or traditions)

Intention when pointing towards goodness, grows from day to day. And the more of it there exists, the more peace will have a place in the society around you.

Wisdom. a word meaning there is life with basic happiness available to everyone.

Wisdom, a word meaning there is possibility to be of worth for society for all humans.

Wisdom, a word meaning no living creature is being killed or in suffering. At least not without significance.

Wisdom. Peace and Harmony.

Wisdom. Goodness and Supporting.

Gods and Powers



When you walk from city to city. You encounter houses for people to live in. You encounter companies for people to work for.

And in some places you encounter churches, synagoges, Mosques.

People of all religions and traditions live with high value for the goal as being chosen.

The most available possibilities of significance are religions; christianity, hinduism, islam.

And traditions like;

buddhism, new age, spirituality.

Name a few gods:

the Trinity as educated by Jesus Christ.

Gods like Vishnu or Brahma.

Gods like Allah.

Jesus Christ offers people following his rules peace and a good life.

Churches are full of his followers.

They learn to behave good according to rules of moral value.

They as they say are promised that after their life they have Jesus as their lawyer judging them to go to heaven.

Gods of Hinduism promise livings of value for society.

And stepping on the path of goodness.

Not according to moral value, but according to giving meaning to happiness. More or less happiness of spirits, rather than happiness of physical bodies.

In the past, or the far past there have been a lot of different gods and goddesses.

In the greek empire there have been gods like Athene, Aphrodite, And Zeus.

Athene was a warrior which had high value for the society to follow rules of not causing destroy.

Aphrodite was the name for the goddess which gave desire to her followerd. with the story of Paris and Helena. (the desire was given but happiness was not there because of all things caused)

Zeus was a god above gods.

The roman empire was more or less a kingdom of religious symbols of physical powers. They chose entities for example planets as mars and the sun.

They had a large empire because of their effort in worshipping.

Later religions are not much spoken of. Such as the medieval christian ones. And the asian traditions.

Gods, all powers have followers, have promises and have drawbacks.

Goddesses. If you follow them, investigate their will.
Only follow those who are complete friendly.

May those who find good powers or gods be blessed by their grace and favour.

Health and Lifestyle



Everyone thinks on healthy life at different things.
One says you have to eat healthy
Another one thinks on gymnastics.
A third one says you have to stop smoking or drinking.
There are a lot of theories about what is good.
Healthy would be to eat much green vegetablea.
Because there would be fibers in it.
A good health comes with a feeling of physical peace.

Good health.

Some books say its:

Not smoking, Not drinking alcohol.

According to other books its:

Not eating or drinking stuff with sugars in it.

And also is written:

Eat much vegetables and fruit. for they are the building blocks of your body.

Some experts on lifestyle say its good to
do moderate to intensive sports from one to three hours a week
The law says that drugs is forbidden. And thats good.
Because it harms your health.
It would be healthy to get your food as complete as possible
Wholesome grain

Fruit as it comes from nature.

Also important is to have only one sexual relationship with a legal marriagepartner. Or when you strive for religious value be abstinent from all sexual acts. So celibacy transcends your consciousness.

Healthy living.

Food is a pillar of good life.

Another pillar of good life is:

What do you do during the day. Are you bored and waiting for that special chance.

Its better to discover what really gets your heart.

Do you love painting,

Do you love mathematics,

Do you love operating the computer.

Follow your heart and discover what you like.

Make place in your weekly schedule for it.

Surely by happiness a person lives longer.

And happiness tells what is good for you, personally.

Follow your heart, Create a hobby

Follow your heart, Find a job in that area.

For a good living, its important

To be of value for yourself, for others, for the world.

As is the sleep at night a pillar of good life.

Everyone needs different length of sleep,

Because sleep calms the spirit,

and you get new energy for the next day.

Government and Collective



All those good things, but there is one requirement. There should be space for individuals to follow what is in their heart.

Individuals differ in preferences, personality, and goals.

If one feels he needs to build a house,
The other one revolts.

One smokes cigarettes, the other one dislikes it.

Earning money, a lot of possibilities.

To give citizens the same rights and obligations there is need for a government.

By choice of the people, of the citizens there is a little group chosen to represent the preferences of the nation.

This little group is called a government.

The government edicts laws.

It edicts which criminality is punished.

About education, who has access to it.

About all kind of things, from
order and safety to culture and tradition.

Education and instruction.

A government rules by agreement of the citizens.

They form the rules and structure to represent the nation

The government edicts laws by which every citizen is bound.

A good country,
Cares for security; both internal and international.

A good country,
Gives opportunities for labor. Education accessible both financial as
in difficulty.

A good country,
Gives access to medical care, for the diseases which are common, or
caused without fault of the client.

A good country,
Gives access to a safety net for them who can not work,
Who cannot find a job,
Who are too sick to work,
Or who are too old to work.

A good country,
Gives access to culture, by which a change of perspective to good
moral values is increased.

A good country,
Gives the obligation of income tax, to give the government the
means to order society.

A good country,
Gives access to knowledge and information to educate citizens about
good behaviour and the possibilities for volunteering to support
society.

Purpose of Humanity



The purpose of
Humanity.

Create Peace, Effective,
Create Harmony, Efficient.

Happiness as
the sum of all people.

Goodness as
the semblance of individuals.

Servitude
as being loved by
spirits.

A world of
brother- and sisterhood



This book is given to you
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