

Happiness! Australia

Presents

Your Happy Place booklet

*Don't Worry BE Happy
BEcome a Cheer Fool Cheer Leader*



Sent with *Joy* by a Happy Fool

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A Call to Action *real* Happiness! Australia: We Want You!



Susan Carew-Holmes is a Chief Cheer Fool putting out the call for action for - **Happiness! Australia**.

Go to <https://ha.worldpeacefull.com>

HA is not a business or non-profit but rather a vision to inspire ***giving as living*** real wealth.

This little gift is to remind everyone that happiness in our lives as our first priority not our last.

When you are happy all of those around you feel happy.

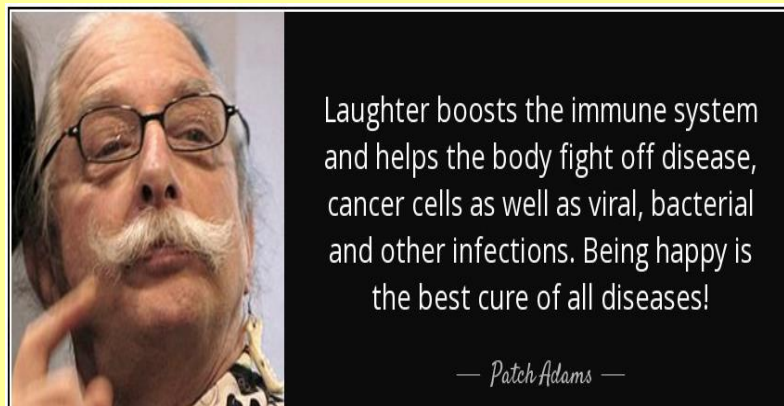
It is like ***lighting a candle*** and passing your smile from one person to the next.

This Happy Pack is inspire happy hearts.

Remember: *Home is Where the Heart is*



What do we choose Happiness or Unhappiness? Which direction do we take for happiness?



Laughter boosts the immune system and helps the body fight off disease, cancer cells as well as viral, bacterial and other infections. Being happy is the best cure of all diseases!

— Patch Adams —

Did you know that Laughter is the Best Medicine?

Happiness Australia!

Susan Carew-Holmes aka Peace-Fool



Poem: The Gift

My highest wish is happiness,
It is the gift I give to all,
To see the smiling faces,
To catch them before they fall.

To be a clown,
Is like surround sound,
It spreads a ray of sunshine,
To all without discrimination,
Without impatience,
To see the world as one,
To inspire and have some fun.

I have no enemies,
I have no-one to hate,
To me there is no nation state,
I see the world as my family,
I just want to bring them home,
Into the warmth of love and kindness,
So no-one feels alone.

I see every story,
In its real glory,
I know the potential of what can be,
I long to set them free,
Into a world of their own making,
Into a world that is no longer breaking into
fragments of glass,
Shards of misunderstanding,
Where we see only a fraction of what is true,
We assume that it is not safe,
That is the myth,
That is the spin,
That disempowers and tries to win.

One truth is that life begins,
When we step out of the comfort zone,
The boundaries of insecurity build walls, We are
not alone, And when we step out of illusion, Of
misconceptions, We realize that there is no fear,
That there are many tears, That are flowing down
the rivers of separation, But they will reach the
headwater,

They will unite in the end,
The journey is the experience,
That life sends.

I believe in peace,
I believe in goodness,
I believe in action,
I know that for every cause
there is an equal and opposite reaction.

My life is dedicated to principle,
I know the answers are simple,
When you throw away judgment,
When you throw away hurt,
When you throw away hate,
And think about what you've learned.

Under the canopy of respect,
You will never reject,
The will of others,
They must travel their own path,
We need to learn to laugh,
Life is the comedy,
Perhaps I am the Fool,
But just maybe that's the school
for world peace.



REAL HOPES Model

This model was created by Happiness! Australia



Responsibility - when we are respons-able we are able to respond, we can do something. It is in our hands.



Empathy - is the ability to step into another's shoes, to feel their feelings.



Awareness - to be able to clearly and honestly see ourselves and others. To be aware of the consequences of our thoughts, words and actions.



Love - is the heart of non-violence. When we act in love we expand potential, reveal, share, care and heal ourselves and others.



Honesty - the truth will set you free. Jesters were able to tell the truth in a humorous way. Truth makes the real world visible.



Oneness - is a concept that we are one world, interconnected to each other and creating a sense of unity.



Pease - is balance and harmony. To be peaceful means you see all the people as different colours in the painting of life. Like white light you absorb all the colours as part of yourself.



Enjoyment - is true happiness in the knowledge that you are being yourself and open to the beauty of life.



Service - is to pre-serve the world. That is to give or share yourself with the world. It is in giving that we become aware of our own richness. When we think there is not enough we become focused on getting more. The challenge is to turn selfishness in to self awareness.

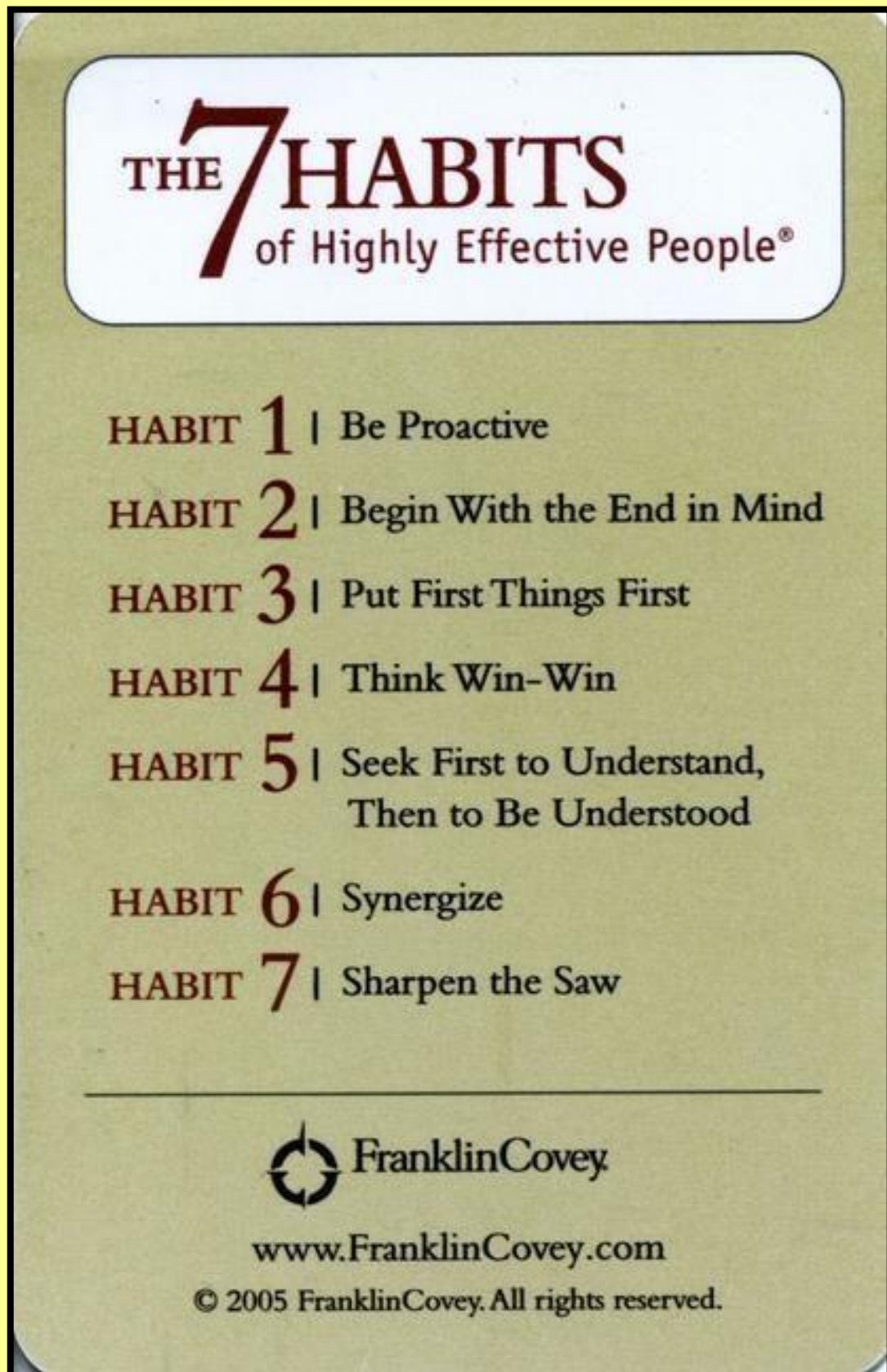
REAL HOPES

Responsibility, Empathy,
Awareness, Love, Honesty,
Oneness, Peace, Enjoyment
and Service

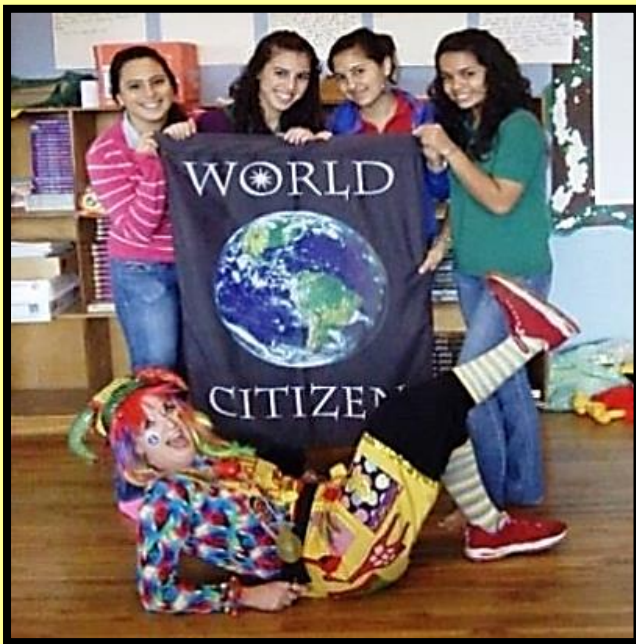


7 Habits of Highly Effective People (Model)

This is a model by Stephen Covey a business mentor.



You Have the Power to Change YOUR World



Take A Risk to BE Happy

To laugh is to risk appearing the Fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas, your dreams, before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying,

To hope is to risk despair.

To try is to risk failure.

*But risks must be taken, because the greatest hazard in life is to risk
nothing.*

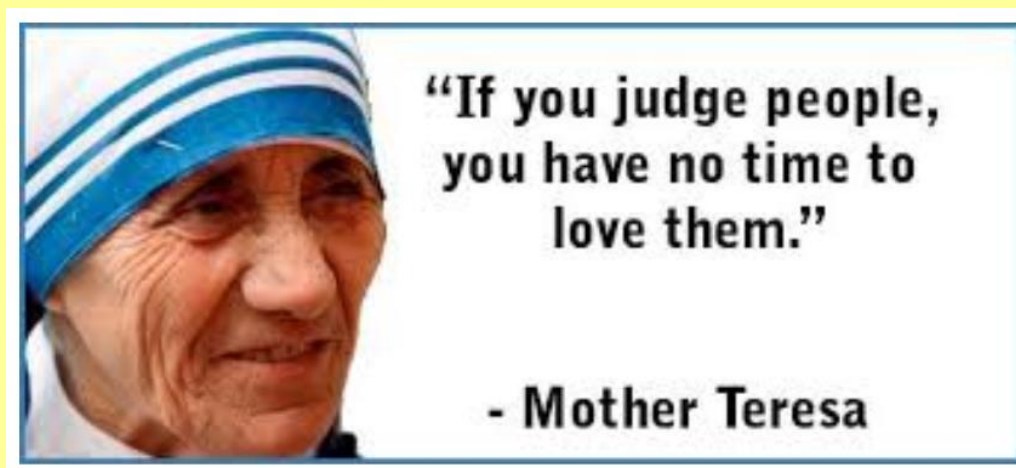
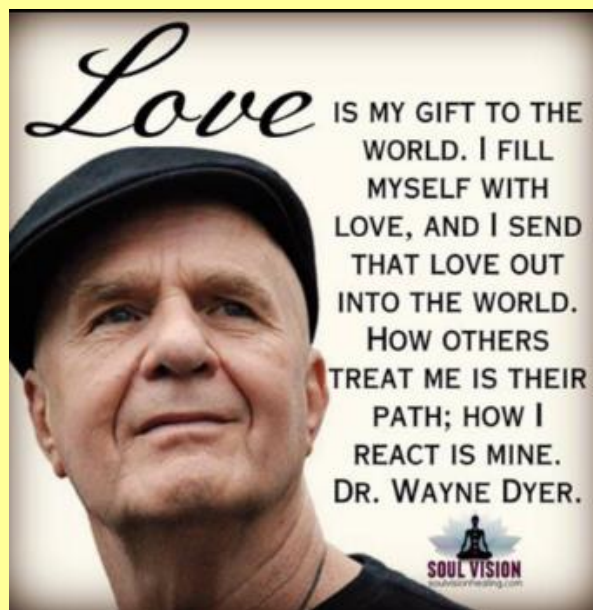
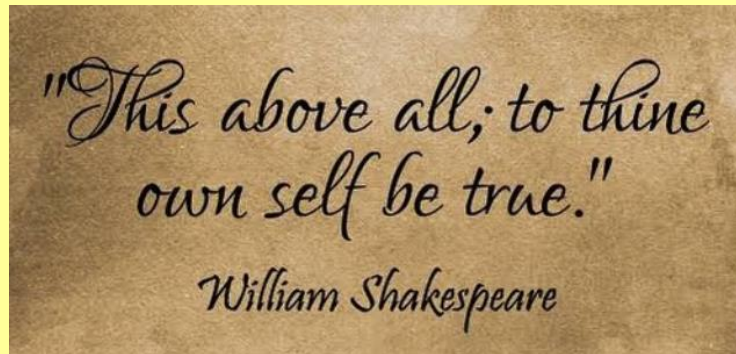
The person who risks nothing, does nothing, has nothing, and is nothing.

*They may avoid suffering and sorrow, but they cannot learn, feel,
change, grow, love, live.*

Only a person who risks is free.

-Author Unknown -

Wisdom Gives You Strength



How to Help Yourself Notice Happy-ness

Self-help

How to stop time: kiss.

How to travel in time: read.

How to escape time: music.

How to feel time: write.

How to release time: breathe.

10 Ways to Wake Up Laughing



1. Laugh Every Day. Seriously

- ❖ ... laughter is good for you. And when things “just aren’t funny” -- that’s the most important time to laugh.



2. Don’t Worry, You’re Already Funny.

- ❖ Instead of trying to be funny, learn to **see funny**. Especially learn to see what’s funny about you.



3. Bring Laughter to the Outernet.

- ❖ Take the best of those jokes you get on the internet and share them on the “outernet.”
- ❖ Practice by telling the same joke to five people. Short jokes are fine.

4. Save Humorous Healing Stories.

- ❖ A good laughsitive cleanses the system and leaves the mind open to receive nourishment.
- ❖ Keep a notebook of jokes



5. Turn Worry Into Laughter.

- ❖ When you find yourself worrying about something, step back from the worry and see if you can find something in the situation to laugh about.



6. Upset is Comedy in Disguise.

- ❖ If you must complain, complain **creatively** -- and thoroughly enjoy your complaining. Say, “You know what I love about this?”

7. Build Critical “Muscle” By Pumping Ironies (jokes).

- ❖ Looking for the **funny**ness in situations..
- ❖ Build up your **funny bone**.



8. Develop a Comic Alter Ego.

- ❖ Make up a **funny** character and pretend in the mirror.

9. Write Your Laugh Story.

- ❖ Spend an afternoon or evening writing your **life story** as if it were a comedy.
- ❖ Which **comic actors** could play your family, friends and foes?



10. Play Regularly.

Bring the **childlike** quality of play back into your life.

- ❖ Dress in **funny hats** or costumes any day the mood hits you.
- ❖ Plant the seeds of **harmless fun** wherever you go.



How Happy Are You: Happiness Survey

The scale is from [-3, -2, -1, 0, 1, 2, 3]

The scale represents negative questions and positive questions. You rate what feels true for you. The score card gives examples of how you can score. You total up each question to get the TOTAL SCORE.

HAPPINESS QUESTIONNAIRE

Happiness is the enriching quality of embracing life with an open heart. Its source is inner contentment, rather than possessions. Happiness expands when you have someone to love or care for, something to hope for, and something to create.

- | | |
|---|---|
| 1. I wake up in the morning feeling excited about the coming day. | 17. I don't fear growing older. |
| 2. I feel unwanted, unappreciated, and misunderstood. | 18. I smile often and love to laugh. |
| 3. I enjoy my work. | 19. I am embarrassed by my family. |
| 4. I have good friends with whom I enjoy spending time. | 20. There are so many bad things happening in the world that it's hard to be happy. |
| 5. I worry constantly. | 21. I hug my loved ones often. |
| 6. I am proud of my family. | 22. I fret a lot about things I've done or should have done. |
| 7. Simple things in life give me pleasure. | 23. My attitude is, if things are going well, then watch out. |
| 8. I feel best when I am shopping. | 24. People come to me to be cheered up. |
| 9. I get frequent headaches. | 25. I often feel angry for no reason. |
| 10. I'm a genuinely happy person. | 26. I wish I had a more honest relationship with my partner. |
| 11. I feel that the universe is basically unfriendly. | 27. I'd rather be happy than right. |
| 12. A starry night is a thing of beauty. | 28. If I let people really know me, I wouldn't be loved. |
| 13. My possessions mean the world to me. | 29. I'd see a glass as half full, rather than half empty. |
| 14. I sleep very well. | 30. I feel that life is a wonderful adventure. |
| 15. In the recent past, I have contemplated suicide. | |
| 16. I feel that I am a lucky person. | |

SCORECARD

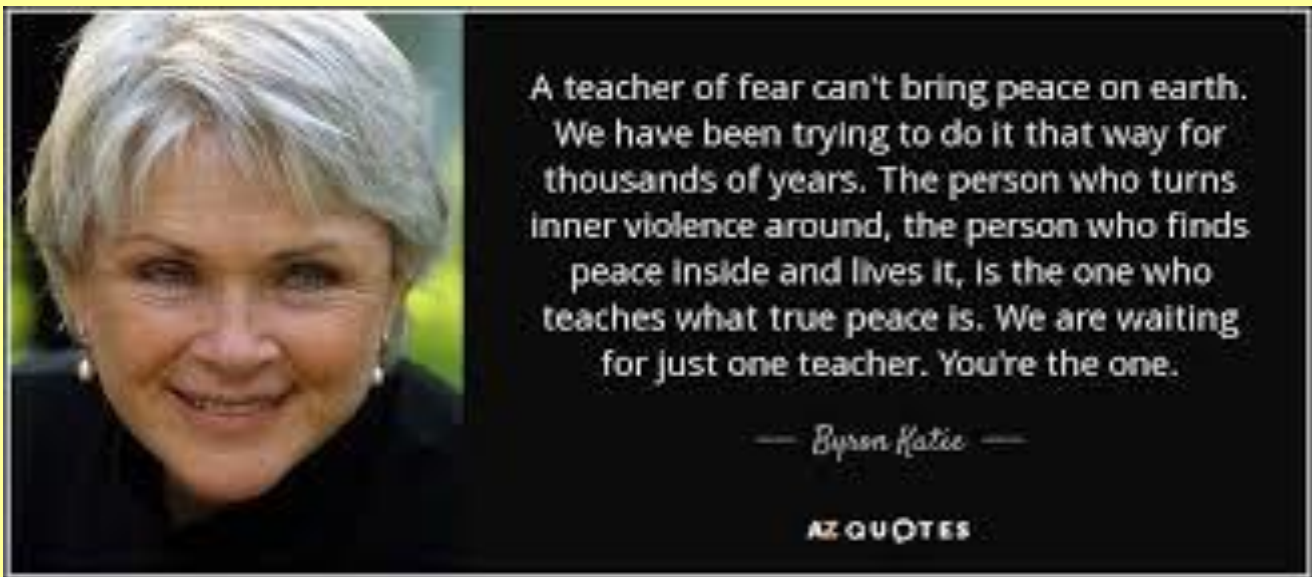
1. +3	4. +3	7. +2	10. +3	13. -1	16. +1	19. -2	22. -2	25. -2	28. -2
2. -3	5. -3	8. -1	11. -3	14. +2	17. +2	20. -2	23. -2	26. +2	29. +2
3. +2	6. +2	9. -1	12. +3	15. -3	18. +3	21. +2	24. +2	27. +3	30. +3

TOTAL

How to End Your Suffering

All suffering comes from **believing negative thoughts that are UNTRUE**. When we judge ourselves or others we feel unhappy. Until we question our unhappy thoughts, we keep repeating the same thoughts and feel stuck. The Work of Byron Katie was created when she changed. She was depressed and very low. She said suddenly she woke up and saw the world completely different. She realised that what made her unhappy was thoughts she believed. Most of our thoughts other people taught us, they are not our own. So when we question them for truth we may be surprised to learn that the answers are inside us, and when true, we always laugh when we realise what is true and what is not. We open our mind and become fearless.

Instructions for Doing The Work:



The Work of Byron Katie is a way to identify and question the thoughts that **cause all the suffering** in the world. It is a way to find peace with yourself and with the world. Anyone with an open mind can do this Work.

Do you really want to know the truth? Investigate each of your statements from the **Judge-Your-Neighbor Worksheet** using the four questions and the turnarounds below. Leave out any statement beginning with "but," "because," or "and". Often you will have several negative judgments about one person. Take each judgment separately through the inquiry process. The Work is meditation. It's about awareness; it's not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

The Four Questions

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

Using the four questions, let's investigate the statement Paul should understand me.

1. Is it true? Is it true that he should understand you? Be still. Wait for the heart's response.
2. Can you absolutely know that it's true? Ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what is in his best interest to understand?
3. How do you react, what happens, when you believe that thought? What happens when you believe "Paul should understand me" and he doesn't? Do you experience anger, stress, or frustration? How do you treat Paul? Do you give him "the look"? Do you try to change him in any way? How do these reactions feel? How do you treat yourself? Does that thought bring stress or peace into your life? Be still as you listen.
4. Who would you be without the thought? Close your eyes. Picture yourself in the presence of Paul in this situation. Now imagine looking at Paul, just for a moment, without the thought "Paul should understand me." What do you see? What would your life look like without that thought?

The Turnarounds

A statement can be turned around to the self, to the other, and to the opposite. For example, Paul should understand me turns around to:

- I should understand me. (to the **self**)
- I should understand Paul. (to the **other**)
- Paul shouldn't understand me. (to the **opposite**)

Let yourself fully experience the turnarounds.

For each one, find at least three specific, genuine examples where the turnaround is true for you in this situation. This is not about blaming yourself or feeling guilty. It's about discovering alternatives that can bring you peace. The Turnaround for Statement 6 The turnaround for statement 6 is a little different: I don't ever want to experience an argument with Paul again turns around to:

I am willing to experience an argument with Paul again, and I look forward to experiencing an argument with Paul again. The turnaround for statement 6 is about welcoming all your thoughts and experiences with open arms, as it shows you where you are still at war with reality. If you feel any resistance to a thought, your Work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life: you see everything as a gift that can bring you self-realization.

THE WORK OF BYRON KATIE

Judge-Your-Neighbor Worksheet

Judge your neighbor • Write it down • Ask four questions • Turn it around

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once and recurs only in your mind. As you answer each of the questions below, allow yourself to mentally revisit the time and place of the stressful occurrence. Use short, simple sentences.

1. In this situation, who angers, confuses, saddens, or disappoints you, and why?

I am _____ with _____ because _____
emotion name

Example: I am angry with Paul because he doesn't listen to me about his health.

2. In this situation, how do you want them to change? What do you want them to do?

I want _____ to _____
name

Example: I want Paul to see that he is wrong. I want him to stop lying to me. I want him to see that he is killing himself.

3. In this situation, what advice would you offer to them?

_____ should/shouldn't _____
name

Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.

4. In order for you to be happy in this situation, what do you need them to think, say, feel, or do?

I need _____ to _____
name

Example: I need Paul to hear me when I talk to him. I need him to take care of himself. I need him to admit that I am right.

5. What do you think of them in this situation? Make a list. (Remember, be petty and judgmental.)

_____ is _____
name

Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.

6. What is it about this situation that you don't ever want to experience again?

I don't ever want _____

Example: I don't ever want Paul to lie to me again. I don't ever want to see him ruining his health again.

Now investigate each of the above statements using the four questions. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to..." with "I am willing to..." and "I look forward to..." Until you can look forward to all aspects of life without fear, your Work is not done.

The four questions

Example: Paul doesn't listen to me about his health.

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

Turn the thought around

a) to the self. (I don't listen to myself about my health.)

b) to the other. (I don't listen to Paul about his health.)

c) to the opposite. (Paul does listen to me about his health.)

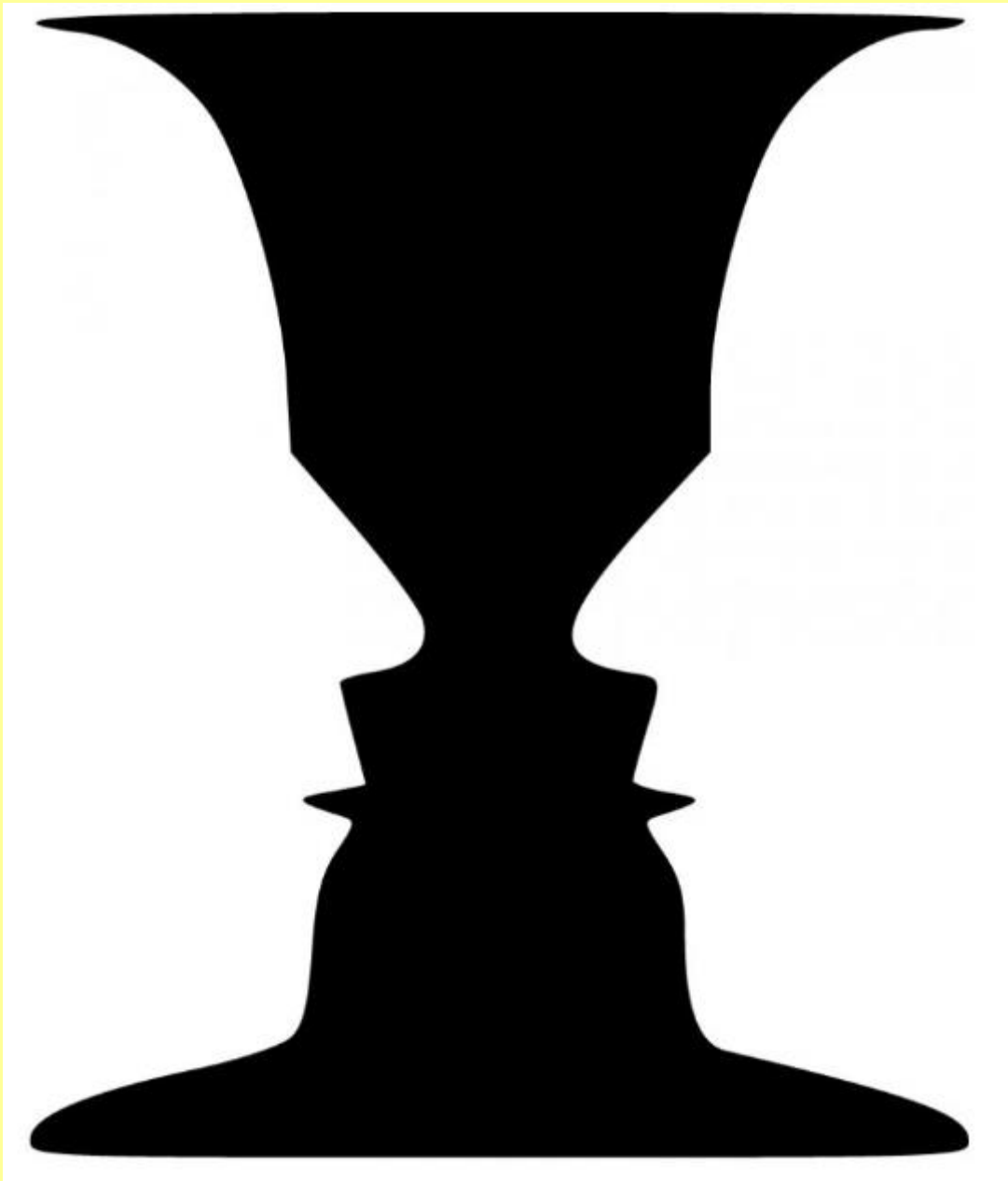
Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

For more information on how to do The Work, visit thework.com

Note: If you want to learn the work, contact Susan and arrange a time to meet.

**People See Differently
You see 'Black' and they see 'White'**

***What do you See?
The Cup or two Faces?***



Pay Attention to Your Thoughts

For inner stability pay attention to your thoughts. Think positive & powerful thoughts. If there are any unnecessary thoughts, Apply a full stop. Harness your mind and Finish negativity immediately. If you keep thinking "What's going to happen?", you allow your imagination to run wild & create worst-case scenarios. This leads to fear, worry & doubts and creates an upheaval & fluctuation inside; and as a result, this depletes your inner strength. Accept what happens. Understand that every scene in the drama of life holds benefit for you & everyone. Know that the challenging situation has in fact come to help you move forward & not to hold you back. Know that this will pass too.



B.K Shivani

fb/harvestofaquietmind

Pay Attention to Emotions

Foods Affect Your Mood

10 FOODS THAT CAN MAKE YOU HAPPY



COCONUT OIL



RAW CHOCOLATE



BRAZIL NUTS



KALE



SPINACH



SAFFRON



ST. JOHN'S WORT



AVOCADO



CHIA SEEDS



**BLUEBERRIES/
ACAI BERRIES**

10 THINGS THAT MAY CONTRIBUTE TO DEPRESSION

SUGAR

HARD LIQUOR

ARTIFICIAL SWEETENERS

FLUORIDE IN WATER

HIGH FRUCTOSE CORN SYRUP

PROCESSED FOODS

FOODS HIGH IN SODIUM

FAST FOOD

GMO FOODS

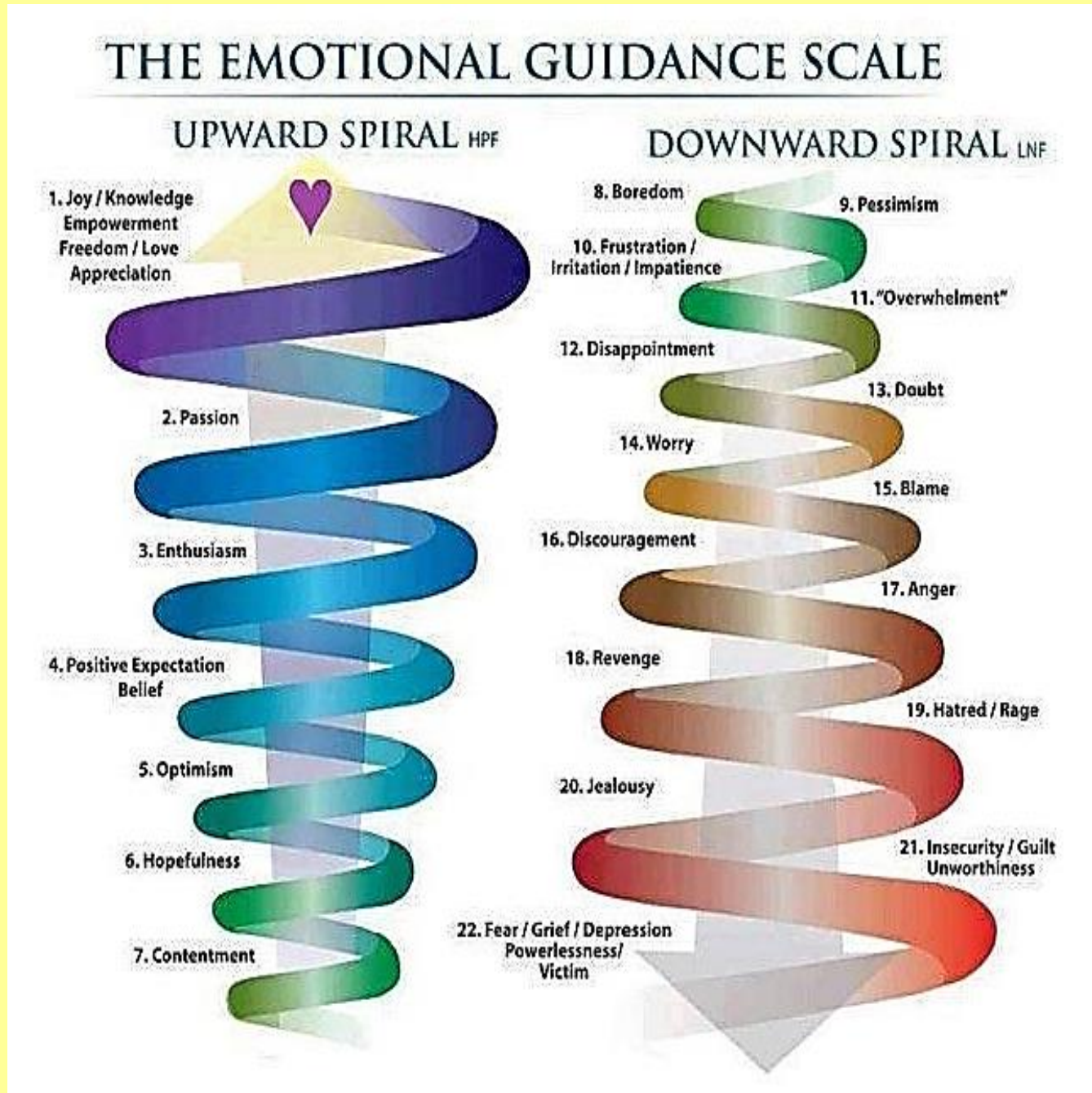
MSG



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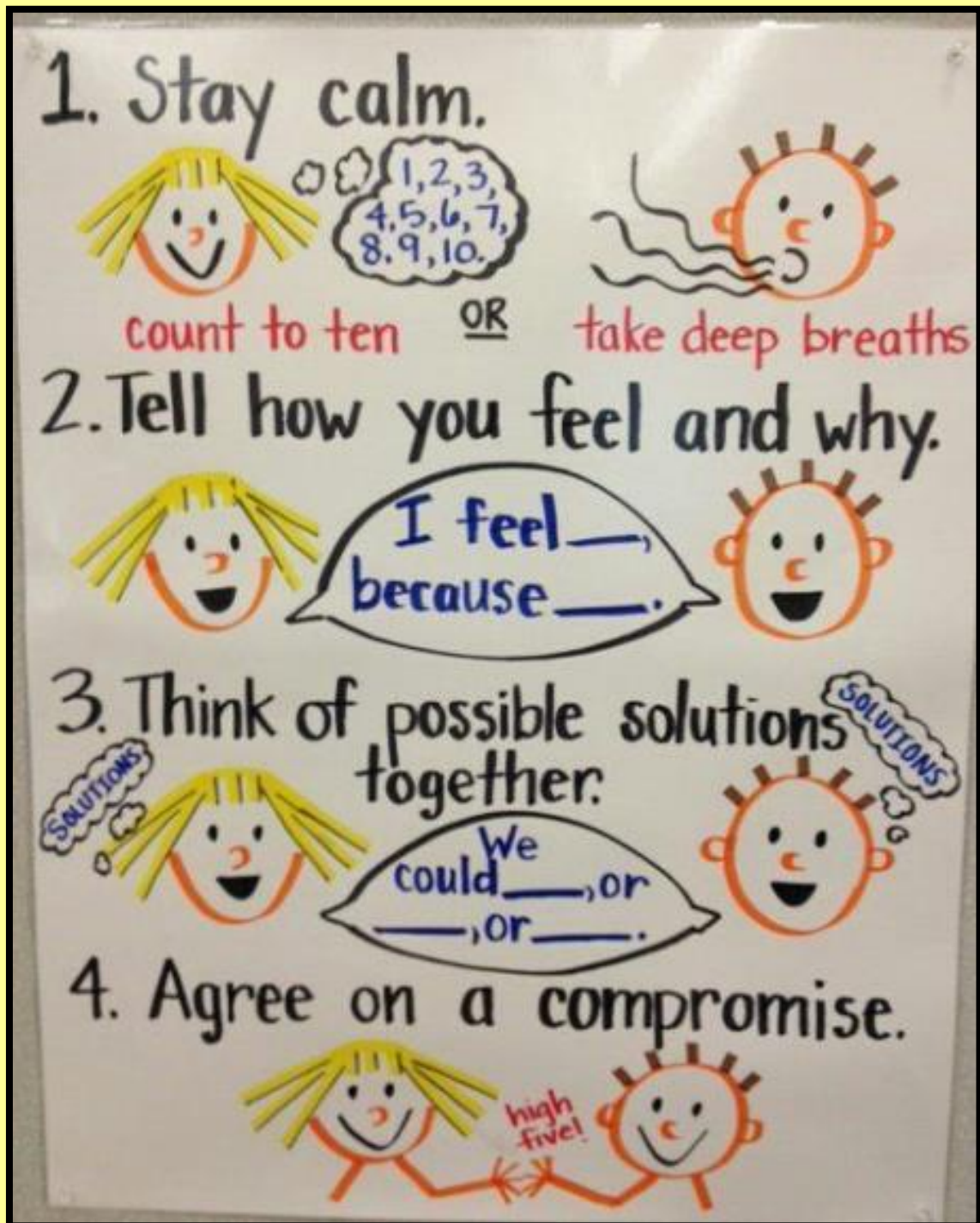
Emotional Guidance Scale

Our emotions can easily feel depressing when we believe there is NO HOPE. We may be holding onto wounds from our childhood or seem to keep going through difficulties with no relief or perhaps watching the media believing it is all bad. This scale below shows the upward and downward spiral that can lead us to joy or suicide. We have to gently take ourselves **back up the scale by reaching for positive/good feeling thoughts**. Emotions can be managed. We take it step by step to go up the scale remembering positive thoughts and what is going right.



Most People Don't Resolve Conflict

They don't say sorry or just walk away.
Most if not all, didn't learn how
but YOU Can, here is How...



Create your Life: Imagine What You Truly Want

3 Steps to Deliberate Attraction

We can't make happy families but we can see our families differently. My mother was always fighting she inspired me to be a peacemaker. I realised I can move in the direction of what makes me happy. Many parents don't teach happiness as they are unhappy. You can teach yourself to be happy and attract it e.g.:

1. *I desire to be happy with myself (I did nothing wrong)*
2. *I desire to heal my hurts (find ways to let go, forgive, understand and heal)*
3. *I desire to be a dancer (follow my passion)*
4. *I desire more positive and kind friends (good influences)*
5. *I desire a happy home (to live with people who care)*
6. *I desire to reach my full potential (be the best I can be)*

3 Steps to Deliberate Attraction

- Step 1 – Identify Your Desire
- Step 2 – Give your desire attention, energy and focus
- Step 3 – Allow It

Here is How Peace-Fool Has Fun



International Day of Peace: My Experience of Clowning

INTERNATIONAL DAY OF PEACE

By Peacefull (peace-fool) the clown

I had tears on my return from clowning today, I felt a great privilege and humility in being a clown, I felt I would share with others what it is like and the incredible insights I have into people's lives as a clown. I honestly just feel a gratitude I can't put into words. I have the ability to see the beauty in this world, that so few know, it is not rose coloured it is reality, we live in an amazing society that is lost in misunderstandings of each other. This is what my clown buddy Hairy Potter and I agreed on today. Would you like to travel into the city with us and feel what it is like to be a clown amongst the crowds of strangers, we call friends. I might add Hairy Potter and me a Peace-fool are not street performers, we are clowns. The world makes us laugh, not the other way round. We do it for love not money. To serve society is our greatest reward.

As a peace clown I know the magic of love, so let me share a peace with you. Today is the International Day of Peace.

I packed my clown gear and caught a tram into the city. As I walked through the mall disguised as an ordinary person I made myself observe the faces and feel the energy of the crowds as I walked through feeling what I call the vibe. A part of myself was slightly daunted at transforming myself into a peace clown and being the centre of attention. There is always a temptation to stay in the comfort zone, where it is easy to be anonymous. I silently said to myself I am going to explore the difference before and after, consciously. I observed all the serious faces, no-one smiled at each other, separate universes ignoring the thousands of people around them, somewhat lonely in a crowd, a deafening silence and absence of life. They walked, sat down, plugged into music, talked on mobile phones with plain faces in a sea of masks that never questioned, simply accepting this is the way it is. I felt invisible in the crowd, no-one interacted with me, it was dull and uninspiring, like a black and white movie. Kind of like slow motion.

I went and saw my friends in a building in Bourke Street and transformed myself into a peace clown in the toilets. I have done this so many times for 9 years now. I've clowned in detention centres, Federal Parliament, conferences, overseas in slums, refugee camps, HIV clinics, orphanages in Russia, with Chernobyl kids and in hospitals and the list goes on, I guess I am experienced by now. I had nearly finished the final touches to my make-up with glitter when a woman came in and said what are you dressing up for? I said I am celebrating, it is the International Day of Peace, did you know that, she said no. She told me she was starting a business to cook at people's homes and make sauces for rich women who pay a fortune in the shops, she saw a target market. She was positioning herself as premium. I felt she will probably do well a bit like the celebrity chef, perhaps that is what inspired her. Anyway, make-up done, I had to get going and greet the world as a world peace clown.

I walked out of the toilet immediately people are noticing. I have broken the shackles of conformity and can feel immediately uplifted. I have bright coloured hair, multi-coloured eye lashes, bright face paint with a peace sign on one cheek and a love heart on the other (hmm), my jester's hat and bright yellow overalls with purple tights and my red runners. I can feel my bells ringing, actually they are within my heart. You can't miss me even if you tried and believe me many have, but for fun I come up and play. So I switch into clown mode and I become fearless. Not even slight discomfort. I go down in the lift, and say to someone you coming in my lift you lucky person, won the lottery with me. The door opens and there is a crowded lift, I say got room for a clown make way make way, the wig takes up a lot of room. Don't worry I don't have a whoopee cushion but plenty of whoopee (as Patch Adams would say), people are just smiling and asking me what I am doing. I told them about the auspicious day, all didn't know. I break out of the lift and head for Swanston street. I wave at everyone and make eye contact. I stop in a group of smokers and ask them about this day, they said they didn't know but they were peace makers. So I hand them UNESCO's Culture of Peace information. They are smiling and laughing as I give them all hugs and ask them to pass peace on. I walk past Asian people having coffee wave and smile whilst tweaking my red nose. They laugh and I start to connect with all the people moving through my space. I feel very at peace and enjoy the eye contact. I walk down to Swanston Street increasingly speaking with people, waving, smiling and asking them did they know it was the International Day of Peace 9 out of 10 people said no, that is the clown poll and I'd say pretty accurate. I ask them how they make peace, some laugh at jokes and forget jokes, others say don't disagree (just nod), peace is natural one commented, some didn't know etc. I asked people if we start peace for one day then we can do the second day, the third and so on until we reach 365 days and we are all at peace, do you think this is a great strategy? Is this an idealistic dream or is it as Gillian Lynne (choreographer of Cats) once told me in her London home, creativity is like working a muscle, just keep practicing and it expands. I kind of like that analogy when I think of peace. Edward de Bono told me that all people have to do is lateral thinking and world peace will happen. I think he has some good ideas. Another famous nuclear activist said that the problem was 'men' I can hear a loud chorus of women agreeing and men seeing it as human nature (violence that is). Although in truth we are all responsible for the world we create.

I met so many different people from all walks of life, all nationalities, all ages, shapes and sizes. Such is the kaleidoscope of life we walk past every day and we just allow it to blend into a shade of grey, why? Because everyone does that. Yet each moment is golden and the magic of each person is lost when we live on automatic pilot and don't go forth bravely and embrace each amazing story that is inherent behind all eyes. We just see people as people but as a clown all nationalities become alive with personality and fun and suddenly the differences dissolve as we break out laughing and looking for the points where we connect. An eager willingness to engage. This is the magic of the clown and every person is a magical moment that brings the spark of joy that is continually passed like the light of a candle of peace, that lights up your face with a big smile. Every person is a friend and there is no hesitation to go up and speak to them, we just see the colours and have no doubt we can relate to everyone. What a privilege is it to be a clown. Would you like to meet some more of our new friends on our journey through Melbourne? Come join us on our international day of peace-making.

I met an older gentleman lovely curly grey hair, sitting on a bench closing his eyes in the sun, I make the comment lovely in the sun to snooze. He looks up startled and acknowledges me. He doesn't seem happy in his eyes but I talk to him about peace, he says he knows a lot about it and can look it up on the net. I ask him if he believes it is possible, he says yes. I wish him peace and give him a big hug, he looks surprised. Who knows what he was feeling. We all have our battles hey.

As I am walking waving at people I make eye contact with a Yarra tram driver another Hindu driver on the tram (I like his turban). Then a kid with a big hand walks passed, he caught my attention. I ask him if it has swelled up, but it has a Collingwood colour on it, hmmm very bruised. I said did you hurt yourself and were you pointing at the time, he laughs and keeps looking back. It is good to play, kids are the masters, I do bow to them. I wave at cars but don't play in the traffic, not good for my health. I like to indicate for them to stop and let me pass or I wave them through like traffic police. I then notice some young girls, tell them about peace and what do they think, they are smiling and asking for a photo. Then I spot a row of Indian men, two wearing dark glasses, tell them no-one knows who they really are. We talk about making peace in the world. One of them says what about making love. I said yes of course both, love is peace hey.... hmmm. I give them a head massage and a culture of peace brochure. They think it is possible, perhaps the massage was what did it just pleasure them into submission to a higher power, why not. Then I sidle up to an older lady around 65 and her husband as they are walking, I tell her I am not following her honest, just walking with her **enjoying the sun with a big sunny smile**, I ask her what she thinks about peace, is it possible? Yes, definitely. I said how do you make peace? She says peace is when people are nice to each other. I say to her – so people have to remember to be nice, she said they shouldn't have to remember it should come naturally. True I nod agreeably. I then parallel park with two young men in their twenties I ask them about peace, if they knew about the international day, they said no, but nice. They felt that peace should be fun and jokes, but one of them never remembers. I said the main thing is to laugh at your own jokes, even if no-one gets it, that is peace huh. I then found myself chatting with a woman about the football promotion she was getting people into at Federation Square. I said wouldn't it be nice to have new games that are win/win, we always have football, tennis, cricket you don't often see new ones. People win or lose, so lets make them all happy and both win, that's got to be a winner. I have a preference for that myself. She said she'd never thought of that. She wondered if it would be exciting, I said I will have to think up one and make it fun hey.

Then I followed Hairy Potter who was chatting to an indigenous man showing him his famous paper cut doilies made of love hearts and a cross. Hairy is very clever at these paper cuts and blows many people away by all his symmetrical intricate weaves in paper. He is also a great poet. The indigenous fellow was very intrigued. He looked great wearing clothes covered in dots and colours. My clown buddy asked him what the rock and feather around his neck was about, he said he can make things happen. A magic man I thought. Can you pull this rabbit out of a hat I fanaticised then tuned back into the conversation. He is like a **medicine man for his people**. **He said he thinks what he wants and gets it**, I said *like the law of attraction* and he smiled. He has formulas in his mind. I reflected on how much knowledge indigenous people had, we were privileged to meet this man. He was painting a dot painting on the ground on a canvas, I guess he was going dotty. He said come back in a few days, it will evolve.

I think we all will evolve hanging out with him. Perhaps he could **evolve world peace**, forgot to ask that, my big chance missed. Nearly saved the world, oh well have to keep working on it.

Saw a wonderful performer sliding a glass ball over his arms and body, it looked like magic as it seemed he suspended it above his hands as he gracefully rolled it with such precision and control. I watched like a fascinated child and told him how great he is and he makes a difference to people by bringing such a beautiful performance. Adults and kids alike focused on this magician. He says he is not good at taking compliments, I said you are wonderful, good practice for him. He was really conscious of me staring and smiling, a fellow clown. He would struggle being one of those stiff manikin like performers who just stand there and stare, pretending to be statues. Always tempted to get my feather duster out and tickle them, like the guards in front of Westminster Palace, can feel the urge. This street performer was tickled by my costume and I think we had a friend there, camaraderie on the streets, love it. I was so pleased, he showed me how to use the balls how to do it. I had a little go but will have to practice for 100 years to perfect it. Perhaps I stick with juggling balls. I did notice him juggle about 6 of them, impressive wow. Maybe I just blow bubbles and make a wish.

As I walked along the road saw a lovely girl reading a book sitting against a wall. I just made a bee line to her and she is wondering what this is about. She asks me to speak slowly and I ask her if she knows it is the international day of peace today. She didn't, so I gave her a brochure. I said send peace to someone today. Another was from France, she said her English is not good, I said mercy, *owwa* and a few words I knew enjoying the sound of my own voice, she smiled bemused at my attempts to destroy her language. I said you can make peace there too. She smiled.

I told people it is to make peace visible, it already exists, we are sitting here having a nice conversation, this is peace, do you think or am I wrong? They just smiled, yes of course. I asked another man sitting alone and looking down, he was my first who didn't believe it was possible, he looked very sad, he said no. For him there was no peace. I saw a deep sorrow in him. As I walked on I waved at business men and smiled. Perhaps our inner world is the determinant of whether peace is possible. **If you don't believe it, you don't see it.**

Chatted with a young boy with his mother, asked her if peace was possible, she said there is a lot of problems in the world, she had done a lot of reading, she was worried at all the money spent on the military and not on social services. She believed peace was possible. Spoke to some well dressed middle aged women who had been shopping, said to them how great life is, every moment is great, just to breath, they enthusiastically agreed. Did they think peace was possible? They agreed in a chorus, yes. Another tick in the box, it is looking like intent is there, yay.

Met an Indian man looking for his soul mate, he asked my clown buddy if I was his soul mate, he smiled and said yes, I just pointed to my soul of my shoe and said soul and in Australia we say 'mate'. So yes he is under my foot, he is my soul mate ha. I think he was hoping I might be his. I said to him go up to a girl and say you really see her and read out a poem, perhaps I just wrecked his future love life, but being a poet I liked the romance of it. I guess if you read a poem to each girl, eventually one melts.

The children are always great to clown with. As I moved through the crowd and met a mother sitting with her two boys I gave her a peace of my mind, asked her if she wanted to actually feel peace? Yes she said and bowed her head. I pressed the button to my vibrating massager and then preceded to her boy and placed the head massager or rather my giggle stick. They loved it, I said their IQ would jump as I was stimulating the brain. Do you feel smarter, they just laughed and said it felt funny. I then had a cheeky game with a little boy running rings around me, he wanted a game of hide and seek, that is peace in action or a piece of the action hmm. Although my action has a time limit, who needs aerobics when kids can run you in circles for hours whew... I then met this amazing little girl with intense eyes and glasses. Must be brainy, probably smarter than a 5th grader at age 5, a future Einstein who knows. Anyway, she asked me direct questions. She said why do you wear make up? Why are you wearing a wig? why are you a clown? I felt the magic stripped away as I had to confront the stark reality she was placing before me – logic eek. I thought – why do we breath? what makes us walk? what is the molecular structure of the planet? (that is my imagination going off, I just laughed such a sharp kid). I could see her logical mind and she was no fool, although I was, so I could baffle her with illogic. Wow. My first child in 9 years who sees the person behind the makeup clearly, usually they see the clown and play. I really liked her style. I said I am not a clown I just dress colourfully (not true, I am a clown ... really). I looked at the other kids and said do you think I am a clown? They laughed. What makes you think I am? I ask quizzically I could be a taxi driver or rocket scientist, I am just wearing colours to give me energy ha. I then offered to shake hands with her and deliberately missed a few times and then let her grab me then faked that she had such a grip. Mighty mouse. That was probably the next Prime Minister. You never know who you meet. I once met the only survivor from Hiroshima, he remembered the blast. I met George Bush's neighbour amongst many others, all as a clown. Who would have thought.

It is all fun, **nothing serious.** It is the seriousness that actually takes our lives away that covers our thoughts in a blanket of darkness clouding the potential of what can be. I have learned that over and over, thankfully I am a clown, it reminds me of what is important in life. I feel it returns me to my true self. I meet too many stern faces in ordinary life and I feel a relief to clown around and remember who I really am. Footloose and fancy free.

Hairy Potter got the car and I got my bag from my friends at Bourke Street. I waited on a street corner juggling. I waved at a man in the car and hoped he didn't think I was a new type of street worker. I laughed to myself. I tweaked my nose and waved to acknowledge people going about their day. I had a lot of fun throwing the ball under my leg into a cascade juggle. Had them bouncing around like B B Berocca's. Jumped in the car with Hairy and I said to him, you know it is all misunderstanding. **People just don't know each other.** He agreed, it is amazing the people we meet. We have an amazing life meeting everyone, I have to do this every day.

I feel today was the first day of my new life. The 21st September will signify to me a moment in time where I made up my mind what I want to do with my life. I will live my dream of peace, I will no longer desire anyone else to do or be anything else. My love will become just a source of freedom. I will no longer cry over small things, but save my heart and tears for compassion for those who need my smile. For me peacemaking is smiling and it is the greatest joy of my life. To just give endlessly to the world is sharing my heart with no expectation of return. Yet funnily enough **the treasure I get is the joy I feel**, no amount of money could pay me for the honour of my experience. It is my privilege to be with everyone as a friend, the real tribe we all belong to. I am so lucky. I can never convey to anyone the true beauty of the life I live, it is truly great. I honestly feel truly blessed as I see how blessed everyone is. For life is always a mirror of myself and there is nothing that I will reject, it is all acceptable through my eyes, the eyes of the clown sees only love. For only love is real in my world.

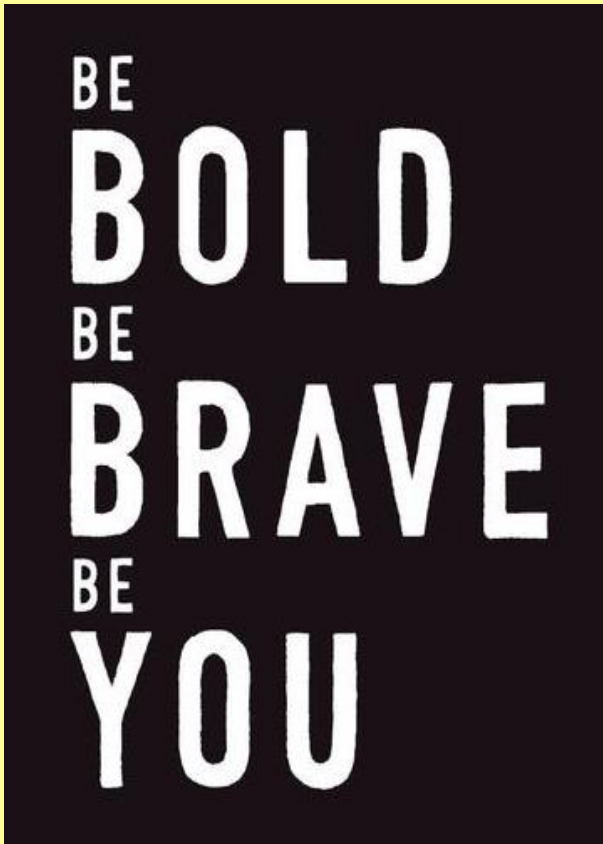
So my original thought – be aware of before and after clowning. No comparison. The reality of the clown is unbelievable, it is moving images, colour, dynamism, stories, excitement, spontaneity and above all freedom. The black and white world of conditioned day to day life, feels heavy, predictable and lonely. I will opt for the clowning every time. **This is the real world**, believe me, I meet people and interact, I am not imagining my community, I am getting to know them. It all comes down to communication. That is why I believe in peace, I believe in my community. Now having said that, many were not aware that it was the International Day of Peace and apparently I heard all events were cancelled, so it looks like myself and Hairy were the only ones. I felt inspired to come and did so. However, all the people we met except one, believed in peace with great confidence, this was affirming for me, as I also have no doubt peace is, not will be, just a question of seeing it beyond the mundane and routine media images. It is in the smallest acts of kindness and the openness of people, I can see and feel the warmth of people, that is why I believe we have real hope for the future. Real hope for children.

So my friends, when I got home my eyes filled with tears as the reality of my life as a clown impacted on me, as the truth I have always known just surfaces in a feeling of humility. **To be happy and never forget to smile and let go of sadness**, there is much in the world waiting for you and many wanting to love you and waiting for you to love. Each moment is precious, surely. We just have to give people a chance. Was it John Lennon who said '**let's give peace a chance**', we do that when we open our eyes and hearts to the possibility that peace is indeed a reality. It is only when we believe it, that we see it.

That is the secret life of clowns for peace....magic happens...really. Believe it or not.

BE Bold BE Brave BE You (Present)

BE You! Even if you look like a fool.... BE a Happy Fool.



HAPPINESS! AUSTRALIA

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