

## To Not Have Helped Would Have Been Tragic

Shiranda Deerwoman ~ September 27, 2022

Several years ago I was in line at Albertsons Grocery Store. I noticed a woman one person ahead of me, had begun to give items back to the cashier who deducted those items in order to lessen the total due. The woman did this a second time and was then able to pay. The first group of items were quickly removed in order to be put back on shelves. The second group remained on the counter.



President Jimmy Carter

I wanted to help upon seeing what was happening. I couldn't find the words, didn't want to make a scene by speaking loudly past the woman in between us, and felt blocked in being able to assist. Then in a moment, the words came, and I simply and effortlessly asked the cashier if she would hold those items and I would pay for them when I went through. She indicated she would, and the woman up front expressed thanks. Had words come sooner to me, I could have helped more.

It was easy and I was grateful to have the words. The cashier and the woman in between both acknowledged my kindness. It wasn't about that. I have to say, the prominent feeling was how tragic it would have been for me to not help when I could; how awful I would have felt to leave the store without having helped when it was in my heart to do so.

We help simply because we can.

This was an important lesson for me. It was about almost missing an opportunity to help as opposed to some feeling of pride in being helpful. I think helping others can be a "good" feeling, but more than that, this experience introduced me to the ideal of simply helping because I can, and it not being about me at all. I love that and it's how I want to live. It's to be with what is before me, with what is occurring, without fanfare or drama.

President Jimmy Carter is in another league, with how he lives helping others, as we have readily observed over time. We can look to him and to those who've got this down; about how to help based on a deep conviction of Self, of God and of Love for one another.

*"My faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference."* (President Jimmy Carter)

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Shiranda is a Healing Arts Professional and long-time student of Spirituality. Her study includes "A Course in Miracles" (1996), New Thought Christianity (1990), and more recently, Christian Science. Her study of Transformational Kinesiology (TK)<sup>®</sup> introduced her to the study of the Ageless Wisdom Teachings in 1993. Involvement in 12-Step programs in 1980 was Shiranda's first spiritually focused study.



Shiranda is long-time admirer of Ram Dass. As a young adult, just out of college, his four-record set, "Love, Serve, Remember" hugely impacted her thinking. She is an educator and a counselor through formal training.

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