

# Service: An Act of Power

By Lyric Kali

**“If nothing we do matters, then the only thing that matters is what we do”**

**~John Ruskin**

In a world where the daily news and chaos can seem overwhelming, what with the global economy in shambles, wars and genocide across the globe, and murder and drugs in our schools, it can be easy to feel disillusioned and disempowered. Perhaps you have asked yourself, “But what can I do? The chaos is too big (or too far away) for me to have any effect.”

Our lack of belief in our ability as individuals to make a difference can cripple us and prevent us from taking action. Our inaction often inures us to the pain of others and instead we focus on the pain created by our sense of discouragement. Our paralysis leads us to feeling as if we have no power, when nothing could be further from the truth. The very act of living has power—as Kundalini Yoga Guru Yogi Bhanjan said, “It’s not the life you lead, but the courage you bring to it.” It takes courage to act and it takes courage to serve in the face of a world gone crazy.

While we may not be able to individually affect the world’s economy, stop the war in Iraq or Libya, or keep guns and drugs away from our schools, we can act and we can serve. For “if nothing we do matters, then the only thing that matters is what we do,” even if what we can do may seem small. Perhaps to someone else, the person you hugged this morning or held the door for yesterday or let go in front of you in line this evening – your action may be huge. We don’t know what another person’s reality is whether they’re in grief or in crisis; a small act of kindness or compassion and work wonders. Someone once said to me, “If you’re doing it right, you’ll probably never know.” The only thing that matters is what we do, and often the result of what we do in service to others is invisible to us.

All the power in the word comes down to how you act: from your place of power, stepping into your grace, and providing service those in need. If you want to act and do something that matters do what you can now; not what you think you may be able to offer at some distant point in the future. Perhaps it’s as simple as helping someone with a heavy load by lending your truck, opening a door for a senior, giving a compliment to young not-so-confident friend, forgive someone for their behavior (or better yet forgive yourself for yours), or listening to a friend without interruption. Maybe you have skills to participate in a crisis hotline or at a soup kitchen or tutoring the kid next door in math. Only you know what you can give, but whatever it is give yourself the opportunity to matter to someone by doing so freely and with courage. Choose to matter in what you do every day in some way and see how much you matter to others.