

# Ernstraud Magazine

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happiness sharing as a way to peace

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## §1 Fight for Principles?

If you want to fight for your principles, you are of another world. In this one, love succeeds through cooperation.

Does this teaching help us to deal with tyrants and hate groups? Indeed! If we are in loving cooperation with unpopular minorities, scapegoating and other despotic practices atrophy without a fight. Hate groups are powerless to take away the fruits of love. Surrounded by citizens of high principles, the madman cannot instigate oppression.

It is pointless to squander effort on opposing and complaining when instead our effort could ignite exemplary achievement. The positive good we do accomplishes what protest cannot bring into being. Society is well ordered when right thinking is locally contagious—that is, when we improve government by exercising kindness toward our neighbors.

I am a peace activist  
who does not protest or demonstrate.  
It is more inviting to radiate.

EMC slide 38

## § 2 Demonstrations!

Public demonstrations look like requests  
for other people to do something.

Don't you just love it when your neighbor comes over to demand that you shovel your sidewalk? Does your senator feel the same way when presented with "demands"?

The world needs more kindness, but I should not tell that to my grouchy neighbor or my senator in an unkind tone. When my nearest neighbors and I are on good terms socially and fulfilling each other's emotional needs, we will not collectively choose leaders who impose their principles by constructing a police state or applying military power.

After peace begins with me in my pluralistic surroundings, it spreads out to my community and state, and on to the rest of the world. My first contribution to the world is to make my own home and my closest neighborhood havens of love and kindness. At the other end of the causality chain, the intended result is that the powerful countries release weaker countries or populations from historical oppression, domination and exploitation.

The greater international good is not understood by, and therefore cannot be achieved by, those who do not embrace diversity in their own families and neighborhoods with empathy, love and understanding.

If I demonstrate for world peace and am not loved by the richly diverse people closest to me, I am a zero.

What you give out comes back to you.  
Are you surrounded by loving, happy people?

EMC slide 24

### § 3 We Love Bullies It's the love that heals them.

Let us not be judgmental of others for their lavish trinkets, their insensitivity to inequality. Bragging and wealth display are attempts to compensate for feelings of inadequacy. Sufferers need the warmth of people who value love over materialism. Enlightened simple people, who have learned to depend on each other, become an example to lonely powerful people who have isolated themselves by trying to rise above others.

The bullying few disgrace themselves by hoarding the resources that would otherwise benefit the many. Those who become isolated by having too much can learn compassion from the natural kindness of those whose best efforts fall short of providing enough. Anger, resistance and opposition fail to redeem the bully. We who have less material wealth need to disseminate the fruits of love and sharing so that our warmth will trickle up to those who have more resources than empathy. The foundation of progress is love.

## §4 Reality Checks

The Ernstraudian teachings are a  
**MODEL FOR FAILURE**  
without these *REALITY CHECKS*.

**Burnout** does not bless anyone. Attempting to run faster than you have strength is an expression of your own **greed**. Radiating light into the darkness influences what comes back to you, but ***do not expect to bale alfalfa hay the day after you plant the seeds.***

**Rights** are inseparable from **responsibilities**. Thinking otherwise leads to patronizing and pity which rob us of the **opportunity to grow**. Successful counselors do not accept the deed to, or responsibility for, the problem.

There must be something left of the teacher after the encounter. Parents pay loving attention to their children's criticisms, but **we do not heal the aggressor by being vulnerable** to swindling, manipulation, physical violence or psychological abuse.