

## **4.8**

### **The Ghosts Amongst Us**

Some kinds of ghosts can really harm us if we are not careful. For example, when we are walking home from work in the dark, and suddenly out of nowhere this bicycle rider, dark and silent, swoosh just a hair's breadth from you.

You also see them in the trains: they stand at the doors and wait. The moment the doors open, they rush in as if there is no one coming out from the train. In fact, they do not see others, as they are from another realm: they are the real ghosts that we meet in real life.

Or, we see them in gatherings, their faces dark and unsmiling. Silently they brush by you as if you are not there. In fact, they are not able to see you, as they are only looking for their own kind.

There is one good way you can help such suffering beings: show them your lovingkindness and smile in your heart at them.

Above all, do not mirror them: that is a sure way of becoming a ghost, too!

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