

I want to share some of the experience I had while I was in Uganda last summer. I went there as a volunteer to help the local people. I was expecting nothing except for a culture shock. Actually, I felt touched instead of feeling shocked. Touched by their smiles, their hospitality, their happiness and their gratefulness coming straight from their hearts. It's not cliché! It really is true. They live in the now, they don't have a tomorrow. I talked with a man and he said: "Maybe my house is gone tomorrow, but today I celebrate it's there."

Another thing was the dancing. We had a small party with some school children. I've never seen children who are so free and full of joy before. When I joined them it felt like joining a lightdance. Energy started flowing.

Seeing those people so happy because of dancing, because of a balloon, because of holding hands, because of some bubbles you blow, so happy just because of us, made me even happier. Their smiles are indescribable.

I realized once more that I want to give the world that kind of happiness, where light is shining and energy is flowing.



- Jeltje Heuperman