

Do it for Love

by Brian Higgins

The title to this article came about as I was thinking about my motivation. I remembered the Huna principle of *Aloha*—"To Love is to be happy with (someone or something)." I could stop now with a very short article. In fact, the article could almost be reduced to the title.

But, being an Irish man, and as one who has indeed kissed the Blarney stone, I will divert you with a story.

This one is about Patrick Sarsfield (1655 - 1693) and "Sarsfield's Ride."

While I was assured by the person telling me this story that the facts of this version were indeed really true, even when I reminded him about another story he had told me of dubious factuality, he insisted this one was actually true, and indeed there is a historical set of signposted roads and paths in the area that follow the path of "Sarsfield's Ride."

Anyhow, the story goes that during the "Williamite" Wars in Ireland, the Irish side, the "Jacobites," were losing very badly. After a chase, the Williamite side laid siege before Limerick City. Inside were the remains of the Jacobite army. The siege weapons, cannons and so forth were a couple of days behind the main Williamite Army, so it made sense to wait before making what was sure to be a devastating attack.

There was some perceived urgency involved on the Williamite's side. They wished to counter the possibility of the Jacobite's French allies arriving by sea to the protected Limerick port with supplies and reinforcements, thus greatly increasing the difficulty of a siege.

However, unknown to the Williamites, the French allies had departed via sea at night from Limerick City ports and no reinforcements or supplies were coming. They did this, as they believed the situation was hopeless. The Jacobite soldiers and Limerick civilians were already starving and poorly armed, as their provisions and munitions were already exhausted from the war leading up to this point.

There had been a number of massacres in previous sieges and the citizens of Limerick and the 16,000 or so soldiers remaining were under no illusions as to the

fate that was being planned for them. They were massively outnumbered and outgunned. In short, desperate. But their spirit was strong.

It was said that the women of Limerick lined the battlements along with the men, day and night, and along with liberal use of fiery language, threw bottles and stones at any Williamite soldiers who came near enough.

But the thought on many people's minds was the imminent and horrible death of themselves, their children and everyone they knew.

Into this fear, during the night of August 12th 1690, General Sarsfield, decided to ford the Shannon river with 600 cavalry, a feat in itself, then they rode hard, circling around the Williamite army over a number of hours.

The story goes that as they approached the siege weapons camp, the password that night was "Sarsfield," and when asked for the watch word, Sarsfield declared, "Sarsfield is the word and Sarsfield is the man!"

Sarsfield's cavalry attacked in the early hours and laid waste to the camp, and then successfully disabled or destroyed all the cannon and other siege weapons.

Days later in the aftermath of the raid, the "Treaty of Limerick" was signed, and was carved upon a stone known as the "Treaty Stone," which is viewable in Limerick City to this day.

So I guess we know the story is true after all.

The basic agreement was that the Irish soldiers and generals would be exiled to France, the so-called "flight of the wild geese." Also, that there would be a peaceful transfer of power, with no further massacres or poor treatment of the natives, and some stuff about the natives continuing to own their property and being allowed to practice their religion, etc. Now the Williamites did not honor all of their agreement, but the natives were not killed and the "Wild Geese" went on to have many adventures in France, Spain and elsewhere.

When I think of Sarsfield leading a cavalry charge into the siege weapons camp after their long trek, I can easily imagine that he and his men were pretty fired up and well motivated!

In my life there have been times when I had problems with my motivation. I have had motivations, such as “do it for my family,” or “do it for my friends,” or “do it for me,” or even “do it for money,” or “because it's fun,” or “I like it,” or “status,” or “it's easiest,” or “because my friends/family/girlfriend/boss want me to” ... all kinds of reasons.

What I like about “Do it for love” is that it can fill in as a default motivation.

So what is “Love”? Well, according to the Huna principle of Aloha, “To Love is to be happy with...”

Don't know what you are doing? Don't know what to do? Well, my suggestion is...do something for love.

For me,

It helps clarify my choices and actions.

It reduces stress.

It is easy to remember.

When I remember to use that, immediately it makes me smile and feel better about things.

If I take on this motivation, lots of choices become simpler. I believe that, in the long term, habitually making more loving choices will lead to more love in my life and those around me.

Of course, sometimes the most loving choice overall will not be the easiest choice. And, of course, sometimes I may forget and make other choices. But, like Sarsfield's men riding across boggy land in the middle of the night, if I fall off my horse, I can clean myself off and get back on my horse and continue.

And if I want to grow as a person, then I think developing the habit of being more consciously loving in my choice-making process is a good direction to grow in.

So that is my suggestion.

Do it for love.