

Compare Myself Spiritually


7-29-11

We each have different versions of illness and physical incapacity. Likewise, our personalities, none of which are perfect, are flawed in individual ways. No matter what aspect of a person is being considered, whether teacher or student, "old soul" or "new", believer or nonbeliever, one individual is no more divine than another. To believe we are superior because we are more likeable, better looking, "have money", have children, or are called "master" or "advanced" within a spiritual discipline, is self-delusion and a complete block to peace.

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<http://betweenthebars.org/blogs/507/>

Holla at'cha boy! x



To Forgive Another

7-30-11

To forgive someone completely and forever may seem unworkable. But can't I forgive this person for the space of a single breath? Very often trying to forgive feels like trying to change reality. But forgiveness is simply returning to peace. If I am stirred up about someone, my purpose is not to squelch my troubled mind. It is to return my attention to my peaceful mind, where nothing needs to be done or undone. To do this, I have the option of going to the source of the disturbance and surrounding in light the troubled image that I hold of the other person. This doesn't dishonestly condone what the individual did; it honestly addresses the part I am playing in my own mental distress.

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