

LOOKING WITHIN

Humility

*Peter Sanderson
Alameda, CA
LookingWithin.com
pjmask@sbcglobal.net*

Humility:

Humility is an act of balance.

Humility, is to receive praise and acceptance without the interference of self-judgement or self-aggrandizement.

Humility is to allow others to compliment who we are, so in turn they can be allowed to be who they are.

Humility is to be aware of not taking our successes for granted, but opening ourselves to our creative potential.

Humility is a silencing of the mind while allowing the heart to speak.

Humility is to know that we don't really know.

Humility is a non-attachment to results. It is to keep the innocence of the child and be present just in the moment.

Humility is to remember that we still are great works in progress.

Remember, be gentle with yourselves and let peace be with you.