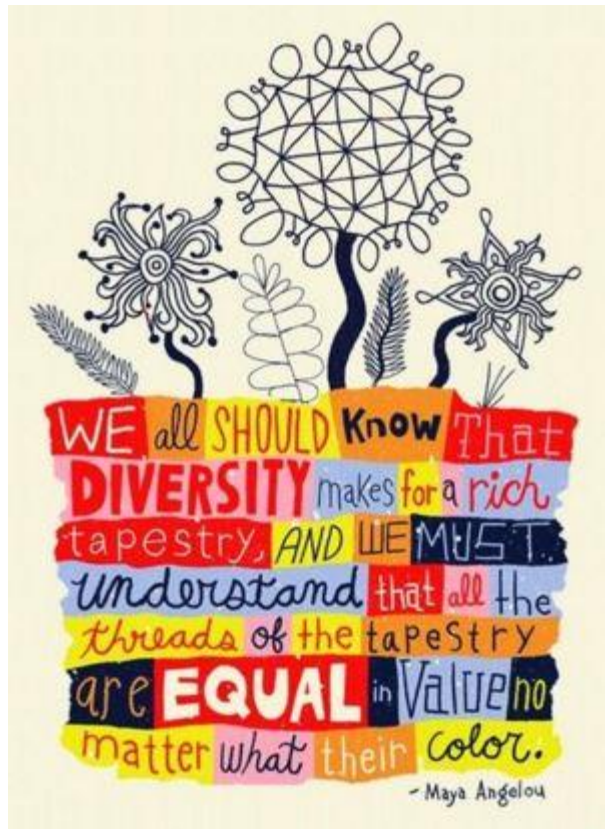


Finding the ME in WE



How can we, as a group, move a “me” culture into a predominantly “we” culture? Firstly, we ourselves need to become more comfortable with the total concept of humility. Being humble should not be mistaken for being weak, meek, or “friendly, courteous, and kind”. Being humble is having the strength to know what you don’t know- and freely admitting it without any guilt or self blame. Having humility is knowing your true-to-you self with all your qualities and quirks and holding pride in who you truly are. Wait a minute-being humble **and** having self pride? Absolutely! Having pride in yourself and all your life achievements is far from the boastful “singing your own praises from the mountain tops”.

In a prime example of language mirroring culture the definition of humility in the Miriam Webster dictionary listed six synonyms in contrast to 24 antonyms. The “me” personality believes its own press releases and puffed up resumes; could care less about exploring different ideas and others’ opinions because “they are right” and “it’s my way or no way”, showing no interest in talking about it because it’s unimportant. Did I mention they don’t have very many true friends? No? Well they don’t. They may have an entourage of more “me” people, but as a group dynamic they aren’t a microcosm of a “we” culture.

Why am I bringing up humility in regard to building a “we” culture? Because humility quiets the ego and recognizes it has a necessary place in one’s life but tempers any excessive egocentric behaviors. All of this is required to honestly approach the idealistic mindset of a cooperative culture.

So what is a “we” culture look like? It is a culture filled with caring human relationships that share effective interpersonal communication, trying to transform the greater society for the better. It is filled with individuals who practice caring, compassion, empathic

sensitivity and ethical responsibility. Striving to promote goodwill and harmony in every corner of the society, having tossed self-preoccupation aside and expand their level of love well beyond their family circle. They are well aware that this expansion has a ripple effect and have faith that it will become common practice amongst all living beings. Realizing that the living being does not survive with love alone it adds nourishment to the physical, mental, and spiritual components of all members of society as well.

Each individual must live their lives aware of their connections to everyone and everything that exists in our physical world. We must attune empathically with all around us and express what is needed in actions whenever possible. Bringing all the pieces of the present disjointed culture into closely knit cohesiveness we slowly achieve creating a truly viable and supportive whole culture. Think of a culture as a huge extended family. Be conscious of actions that may be superior, divisive, manipulative, and egocentric. Work to correct these actions for the betterment of self. Practice being truly concerned for the feelings of others and make an effort to do something, even if it is something small, to show you care. Express not only love but appreciation of others when the opportunity presents itself. Ask how you can help, one on one or within a group, and follow through.

A "we" culture is not created with master plans of action but by the millions of little actions of millions of individuals moving collectively and caringly towards this ultimate goal.

With Gratitude,

Kai