

## Humility



Humble, according to Mirriam-Webster dictionary, means: not thinking or showing that you are better than others. Some people think to epitomize humility you have to consistently place others' every need before the needs of yourself; you think you should project the image of self denigration and low self-esteem. Humility is not synonymous with timidity. These are mistaken concepts.

Humility in no way means to undervalue your self-worth. Being humble promotes self expansion and life enhancing qualities.

In order to be humble honesty is the key along with placing things in their proper perspective. You acknowledge your talents, accomplishments and gifts for what they are but also acknowledge your current struggles, weaknesses, and limitations. You have an honest assessment of yourself and who you are. Because you have this honest assessment you don't assume a defeatist attitude but no you can use your strengths to be greater tomorrow than you were yesterday.

There are gifts that develop when you approach honest humility:

- We already know in order to develop true humility your sense of honesty is honed; you place positive and negative qualities where they belong.
- You communicate with your inner child. As a child you desire learning and recognize that you have a great deal to learn. You realize you don't know everything, but you can learn as much as possible, being open-minded and curious, listening to what others have to share. You may not have all the answers, but someone else may have the answer to your current question.
- Being honest you realize when you make mistakes and can move to correct them. Humility enables you to practice self forgiveness and forgiveness of others. You hold respect for everyone.
- You easily show or express gratitude for gifts received from all sources.

- You become more adept at changing weaknesses and limitations into strengths. By honestly acknowledging your positive qualities you see the possibilities for self-improvement and self expansion. Being self-confident there is no need for pride filled boasts and false modesty.
- You develop generosity of your time and money without requiring any public recognition for your actions. You know you give of yourself and you don't have to prove it to anyone.
- You refine the idea of "giving credit where credit is due" by seeing others' self-worth and recognizing their attributes. Valuing others you allow them to express their ideas and thoughts. You admit when others are right and only give advice when you are asked for it; you don't need to control others and this opens the door to discover new possibilities through cooperation with others.
- Aware that you don't know everything you can find the moments of being uplifted, surprised, and ordered by all that is around you.
- Knowing who you are, anxiety levels fall and you maintain a sense of dignified serenity opening up to the entire world and Universe.

The goal of being honest with ourselves helps us in so many facets of our lives. Being aware of our true selves reaping valuable benefits, we begin to see the greatness residing in humility.

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." -Ernest Hemmingway

*With Gratitude,*

*Kai*