

Principles that Enable Me to Be a Freer Human Being by M.C. Gillis

1. Trust in a power greater than myself

For the sake of simplicity, agreement, and easy understanding, I call this power, Truth and Love. This Great "Goodness" communicates with me from within. It is a still, small voice. It is ever so peaceful and quiet, yet strong, sure and unshakeable. I put words in my mind from great writings to help me understand this Love, this Truth. "You shall, know the truth and the truth shall make you free." I know deep within my "heart", when something I hear or read is true. The truth taken in, absorbed, and lived has a way of tenderizing my very soul. God, Life, Infinite Intelligence, the Great Spirit, Buddha, Christ, Allah, the Field of all Possibilities...People may argue over a name, but love and truth are not constrained by our attempts to label and identify the power that shapes the universe.

2. A commitment to myself

I commit with every cell and fiber of my being, with all that I am, to do whatever it takes, what ever it takes, to be the best person I can be.

3. A willingness to change

I will let go of attachments. When I feel myself resisting, I will reflect and release.

4. Give, give and give some more

I will encourage a giving spirit in myself. I will give, when I am full of energy. I will give, when I am exhausted and maybe don't feel like giving. I will give without strings, with no thought of return. A giving spirit makes a person beautiful on the inside.

5. Courage, Love, and Forgiveness

I will uncover and face my fear(s). I will try new things in order to expand and grow as a person. I will be kind to myself when I make mistakes. I will learn from my mistakes and the mistakes of others. I will encourage an attitude of forgiveness regarding "sins", trespasses, mistakes, offenses, etc. I will forgive myself & others. I do not know what it is like to walk in another's shoes, though I may try to empathize. I will live by the golden rule, "Do unto others as I would have them do unto me". I will love my neighbor, as myself.

6. Never, ever, never, never, ever give up

No matter how things look, no matter how things feel, I will never quit. I can take rests, breaks, and time-out as needed, but I will never, never, ever give up.

7. Use my imagination

My most precious gift is what I have inside, my mind & heart working together. That's imagination. Dream BIG! Think; dream. Meditate on the most positive situations and solutions I can imagine.

8. Remain positive no matter what the odds

Affirm life. Be on guard. Don't dwell (ruminate) on negative thoughts. Do not take on the negativity of others. Do not fight, evade or hold on. Let it pass through, without sticking. I believe we are love, if we let ourselves be.

9. People are important

People are more important than things. There's learning in all relationships. When I extend myself to understand another human being different than myself, I grow. Nothing will increase my capacity as a human being quite as much as growing in love. In all relationships, love; love and love some more. That is one thing, in this world, that can not be over done (universal, divine love).

10. Be a good listener. This ability is more precious than any earthly treasure, and it is done with much more than just the ears.

11. No gossip

If I can not say something to a person's face, I will not say it all. "Gossip is a sin against love"; I read that in a small theosophical book in the 1970s. This truth touched me deeply and has stayed with me ever since.