



Step Thirteen: Humility

"The quality of being modest and respectful. Connected with notions of egolessness."

"Whenever I interact with someone. May I view myself as the lowest amongst all. And, from the very depths of my heart, Respectfully hold others as superior. Dalai Lama

Harry Massey:

"I think that one of the biggest lessons I have been learning is actually humility."

John Paul Deloria:

"So for me to come here, touch these people, hear the stories, hug them, drive the tractor, touch the ground, feel the earth, and just knowing what's going on made it really real. I will continue with this project and expand it."

Arielle Ford:

"Surrender is a big issue for most people because some people hear it as giving up. But for me it is really about faith and trust. When you surrender your desires after you have had the intention and put them out there. That is like saying to God or the universe or whatever it is you believe in, I trust you so much and I trust myself so much that I'm now going to let go"

James Caan:

"I suppose letting go of your business at any point I think is very very challenging, it is very difficult. Because it is a bit like, you know, it is your child, it is your creation. It is who you are; it is what you are known for. And the attachment is unbelievable. It is incredible."

Peter Buffet:

"No question, I mean I think surrendering is critical at a certain point in almost everything. I mean they talk about the leap of faith and that is really what that is. And it is easier to do that after you have done it a few times and you realize it works. Because the first couple of times are very scary and there is no question."

Harry Massey:

"As you start entering a choice point you start feeling out of control -and start to let go and shed that old skin before you transform into a new cycle."

**A big part of letting go
is recognizing when it is time to stay in a situation
and when it is time to move on**

Darren L Johnson

Brett Moran:

"I had to sort of walk the walk. It wasn't just like giving part of my life away, the drugs and my mates; it was about changing the whole of me, such as drinking, thoughts, beliefs. I had to completely strip myself and start all over again. I think a hard thing to give up my friends, to give up my family, so to speak, was one of the hardest things about giving up drugs and about moving. It wasn't just about that lifestyle."

John Paul Deloria:

"As I grew up I was homeless twice in my life. When you're really down, I mean down low, if I was a blues singer I'd say I was so low I could look up and see an ant crawling above me, and you had nothing, and one is offered the opportunity to have an abundance of everything, success unshared is failure and more and more people are realising that, it's so easy to give to so many and so much."

Alison Pothier:

"I have been stripped from every aspect of myself and I feel free. So fulfilment for me seems to have arrived in an internal freedom to be self expressed and quite at peace. With both abundance and lack. With both title and no title. With no business and a business. With just me, in my life. That is, that is total freedom."

Jodi Orton:

"I think that when we live within a mode that maybe to the very core of who we are is not our comfort zone, but that maybe because of society or because of who we think we're supposed to be, or maybe who we have become, we think is the thing that's making us happy, when truly it's just defining more and more the person that we don't like at

all. I think the hardest part of that though is trying to find the person that we do like, and how do you find that person? How do you take that, "God, I hate everything that I am; I don't like what I'm passing on to my children; I don't like what I'm having them be," and then how do I take that away and redefine myself as the person that I'm supposed to be?

Brett Moran:

"I realized then after that sort of day that life was a journey and it wasn't a destination. I realized I had to go through the good and the bad events in my life. I started to notice the bad events more in a positive kind of way, realizing they were mistakes and lessons for me to grow and for me to evolve more. And obviously I noticed the lighter and more positive events in my life; you know the feel good factor, the great things. And it wasn't, it wasn't you know two weeks and I was completely cured and I was sitting on a mountain you know meditating. It was a whole journey, a long journey till this day, you know I'm still forever learning and still will be in the future."

Lorin Parish:

"And what I think really has the greatest energy and the greatest life force is to not want anything, but to be in a place where you are really available for experiences. And it is an alchemical positioning that very few people know how to get themselves into."

Scilla Elworthy:

"I think young people do this naturally actually, when they are feeling at home with themselves, they find things funny, you know, they take things lightly. Except when you know there's a big relationship drama, then they do get very serious. There's a trick to relaxing around something that is very tense and it is about breathing, literally taking a deep breath and almost rising up to take a helicopter view. Imagine, when something awful happens, your boyfriend shouts at you or you have a terrible shouting match with your child or your mother or whatever. And everybody is highly tense. And if one person can just kind of rise up, like an eagle, hover above and look at the whole situation, get a bit of perspective, then everything changes because it isn't two people locked into a tense attention. It isn't two people locked into a tension. It becomes a freeing up. Because if one person in an argument disengages and gets a different

perspective, like going behind a mirror then it frees the other person to take a different perspective as well. You can't fight with someone if they are not there. Or if they are not responding."

David Hamilton:

"It is so important, many times in our life to let go, to surrender. Because when we do that we're not resisting something. We're not fighting against something. We immediately feel energized. It's almost a sense of release. In that space then of not, no longer having the thoughts that are filling our minds of how to and what ifs, we have a sense of peace. And from that sense of peace we should start to, we become more creative, we start to formulate ideas. How can I do such and such a thing? Where, you know, what do I need to do or what do I need to be. But it really comes from surrendering to what is happening right now."

Larry Dossey:

"I think humility is a crucial part of helping make the world a better place if for no other reason than that we don't contain the wisdom about how to make it happen. People have been trying to achieve formulas for societal transformation for as long as humans have existed. And we have pretty much wrecked the works. And I think that there is a point at which we simply realize the mystery that part of making societal change involves inner work. And that is what a lot of people mean by going with the flow and simply tapping into the stream of wisdom greater than our own and not being too much attached to the results.

John Paul Deloria:

"When you're so low you have to look up to see an ant, but then you get something and you have that choice, the choice is for the greatest good for the greatest number and it makes you feel good."

Harry Massey:

"Going through this crisis gives us this amazing opportunity to start over again, to shape a new vision of reality, having ethical governments, corporations and clean abundant energy and healthier societies."

Tony Benn:

"I think campaigning against injustice and meaning it and being prepared to sacrifice your own life in pursuit of it which is what makes the genuine prophets and heroes so important, that does have a huge influence. And if everybody did that we would be more likely to make sense of the future with all the uncertainties that it brings. I think that people who stood up for what they believed in have often paid a very great price and their sacrifice has inspired other people to try and do the same thing. So it's an ongoing process. You see every generation has to fight the same battles and you could never score a final victory and never record a final defeat. So if you look back on history you find inspiration to carry on doing the things that good people recommended and campaigned for in the past."

Richard Branson:

"I think a true leader is a humble person. Because they know their own weaknesses and a true leader is not actually that different from the people they are leading"

"Courage is rightly esteemed the first of human qualities . . . because it is the quality which guarantees all others."

— Winston Churchill

Barbara Hubbard:

"I think of the word courage, as coming from heart: Coeur in French, and so its heart's desire, and I motivated by deep heart's desire, to express and create. And when I really look at different people I am amazed at the great gift of having a strong heart's desire to express and to give. It's a gift.

And I realize that at the heart of power, some peoples' heart's desire is to use that power and to control and to manipulate and win. But because we're hitting a planetary crisis of overgrowth in the womb of Earth. That desire to win

and control I think is going to be ever less effective. And the desire to connect and create towards a shared vision is going to be more attractive, and I think you find that many leaders now at the corporate level, in the technological world, in the religious world, is how can they shift from that old structure they were in towards their own creativity."

Peter Fraser:

"It's going beyond me, me, me. It is going beyond. The me is really your belief system. And it's saying, you let go."

Robert Quinn:

"We join our brains, we become equals and we accomplish some end. That's a surrender. It's a surrender of the control process."

Karmapa:

"Because most of the time in our life there we have so many good intentions, we have so many good wishes. We wish to make world peace and there are so many ways, yes. But nevertheless getting there we first have a lot of sacrifices, yes. And sacrifices well there are different levels of sacrifice that we give up so many things."

Peter Buffet

"If you look at it as a certain kind of service as opposed to a sacrifice, I think that is critical. So you are not giving something up but in fact you are working toward something bigger. It is phenomenal what that can do to a personal spirit and the greater good."

**Gentleness,
self-sacrifice
and generosity
are the exclusive possession of no one race or religion.**

-Mahatma Gandhi

David Hamilton:

“I think selfless action is more in harmony with the universe. It is more in harmony with the physical health of our bodies as well. You tend to go downstream with the current when you're doing things for, when you have your mind or your heart and mind focused on, on someone else or something else gaining from it. And I think it's a spiritual thing deep within us. I think even the fabric of the universe itself perhaps flows in that direction. And even biologically we're wired, believe it or not studies actually show the body is healthier, certainly your cardiovascular system is healthier when you're being selfless than if you are being selfish. Because when you are being selfish and deep down we know that that is not really in the flow, it is not really in harmony with nature. And that stresses, it stresses the cardiovascular system. So your body's actually healthier physically when you are being kind.

In one way selflessness and selfishness are, are quite aligned. Because when you do an act of kindness for someone you always gain from it. On an intellectual level or a spiritual level, or an emotional level, we feel it. We've actually done something good. And that good feeling we get. In fact some psychologists actually call it 'helpers high'. That high feeling that you get from doing an act of kindness. But your whole body benefits from it. Your cardiovascular system, your heart, the, the chemicals in your blood stream actually tilt in the direction of wellness when you're doing an act of kindness. So in doing something selfless you've actually gained from it, from that act.

There, there's a great value in, in service. You know when we. Whatever we are doing in life, if we can in some way do it in, in a way that serves others. So for example, the, whatever you are choosing to do, if you can do it with compassion. If you can do it with, with gentleness, with, with kindness, with, with tolerance, with patience and understanding, then in a way what you are actually doing is serving other people. So therefore what you are actually doing is having effect on the world.”

Gregg Braden:

“So the question comes up in spiritual traditions about selfless acts and selfish acts, the relationship between the two, how they may serve us in the world and how ultimately they may serve the world. A selfless act from my understanding, my perspective, is one where we consciously put into motion the things that we know will serve others. Sometimes at our

own expense. A selfish act is where we put into motion things that serve us immediately in the short term, maybe without thinking about or with regard to others in the long term or how those things are going to affect others, even in the moment.

Ultimately however, a selfish act or a series or a lifetime of selfish acts will lead us to understand ourselves in a way that benefits the whole and ultimately I believe becomes a selfless act. But in the near term it may not be obvious that what we think of as selfish is actually placing us on a path to benefit others in the long-term."

Dalai Lama:

"in order to have happy life happy successful life, happy life, happy family so there are obviously the human values like a sense of caring affection sense of community these are some sort of responsibility and also I think the recognition we all human beings all humanity members of same human family."

**Now, with humility
you are ready for the next step of your journey
to Align Your Purpose**

Wake Up