

The Virtue: Humility

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One will not attain Virtues and enjoy the accompanying Principles without meditation. A simple definition will not suffice in bringing about the surrender necessary to acquire a Virtue. At first glance, one will assume that he already knows about Humility. However, we will see that Humility contains much more than a simple definition of meekness. Humility is a powerful weapon in overcoming the primal nature and controlling the course of one's destiny.

Many view Humility as the absence of Pride or the appearance of meekness. Humility is an essential Virtue found in Simplicity. Simplicity, by its definition cannot be a Virtue. It is a Principle. One must surrender to the Virtue Humility in order to embrace a lifestyle of Simplicity. A Humble lifestyle is a very powerful one indeed. Today, many are returning to the simplicity of organic foods and products. Man's technology and complications have succeeded in many ways in ruining our health and destroying nutrition. Lifestyles have become complicated as a result of technology, divorce, blended families and gadgets. The result of this technology has been further distancing rather than greater bonding. The nutritional value of our food has deteriorated to the point that supplements are practically a requirement, especially in later years. Humility searches out the Truth. It desires the authentic. It will not settle for a cheap substitute and its motives are always to embrace Truth. Humility does not surround itself with the latest gadgets. It is repulsed by Pretention. It cannot abide the empty, hollow deadness of flattery, adulation, narcissism and egotism. In fact, this is the power of humility. It cannot be bribed. No appeal to vainglory, fame or fortune can sway humility from its quest for truth and authenticity. It can live among the poorest of the poor in cities like Calcutta, yet look the President of the United States in the eye and say "If you don't want your children, give them to me", as did Mother Teresa to Bill Clinton. Should notoriety come to Humility as it did to Mother Teresa, it will recognize the fleeting nature of it and pay it little heed. It will not be veered from its course. Humility enjoys the best of the best. It abides with Success and Prosperity. These Principles have nothing to do with the acquisition of material things. Rather, they are comprised of Virtues, Laws and outcomes pertaining to Joy, Peace and things that endure. Humility recognizes the value of the natural, the authentic, the perfected. It will settle for no other. Humility dares not to exalt itself above Principles and other Virtues. It displays deference and respect and bows to Wisdom and Truth, for it is in this realm it abides. Humility is a key Virtue in the path to Serenity, for it is required in order to recognize true value and to remain on course in the face of temptations toward complexity and glitter. Humility Opposing

Vices Totems Accompanying

Virtues Pride

Arrogance

Narcissism

Doubt

Pretense

Flattery

Okapi

Butterfly

Ladybug

Turtle

Donkey

Panda Courage

Contentment

Rest

Temperance

Patience

Faithfulness

Resolve

Defeating

Principles Supporting

Behaviors Applies to

Principle Fear

Lust

Demagoguery

Nepotism

Control

Envy

Deception

Denial

Meditation

Faithfulness

Perseverance

Calmness

Resolve
Peacefulness
Cheerfulness
Insistence Simplicity
Success
Confidence
Health
Prosperity
Victory
Peace
Truth
Wisdom
Patience