



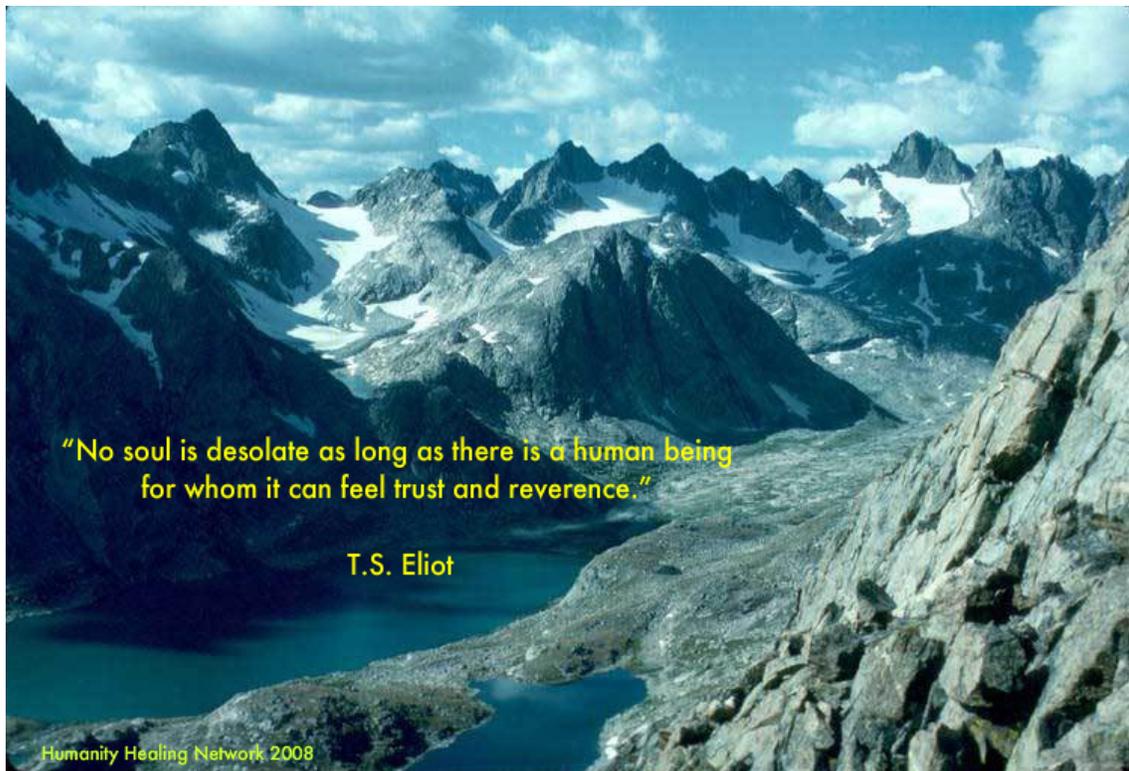
Humanity Healing Self-Mastery Program Attitudinal Tools

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Reverent

Learning How to Be More Reverent

*“Reverence, humility, contentment, gratitude and hearing the good Dharma,
this is the best good luck”
~ Buddha*





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A Jewish Parable

There's an old Jewish parable about a soap-maker and a Rabbi. They're out on a walk. The soap-maker says to the Rabbi, "Rabbi, what good is religion? What good is God? Look at all the misery in the world, what good does God do?"

The Rabbi said, "That is a great question", but then he didn't answer it. They just kept walking along. They came across some kids who were playing in the dirt. The Rabbi said, "Look at those kids. You're a soap-maker and you say that soap makes people clean, but look how dirty those kids are. What good does soap do?"

The soap-maker said, "Well, Rabbi, soap doesn't do any good unless you use it."

Learning How to Be More Reverent

An Attitude of Reverence is the clear translation of a sentiment and a predisposition to deepen our relationship with all people and beings from nature. Through Reverence we can observe a strong storm, or a delicate movement of a flower when exposed to the winds, with the same attention we perceive a baby child developing in his mother womb.

There are moments in our lives when our soul connects us with experiences that bring the realization of the interconnection with all the Beings on this Universe and bring about the need to exercise the devotional reverent emotion. If we look at situations and people in our lives as a Miracles of Lives, we can finally perceive the presence of the sacred in everything that encompasses our reality.

Recommendations

1. Reverence is a spirit of respect and admiration externalized by a thought of veneration to the Divine Spirit that inhabits every single soul in this Universe.
2. Reverence allows us to be open to the diversity and respect differences of thoughts, actions and beliefs.



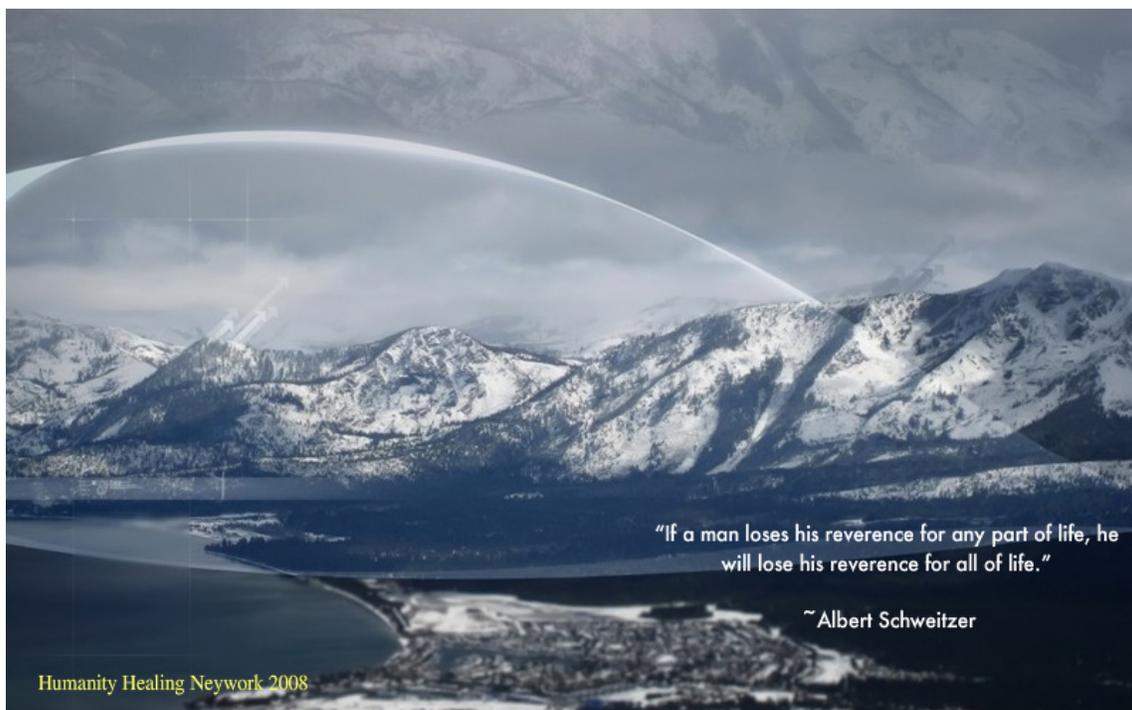
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3. The Practice of Reverence opens an entire different pathway where we can perceive others just the way they are, without the arising of conflicts and distress.
4. Reverence does not only mean to respect the divinity in others; it also means an exercise of the qualities of Spirit which allow us to recognize ourselves as important elements in our own Personal Universes and therefore also deserving reverence and care.

Affirmation

I recognize the presence of the sacred in my life. I am aware and open to the many manifestations of the Divine throughout every small fact in all Creation.





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Key Word

Valuing

Concrete Actions

*“No soul is desolate as long as there is a human being for whom it can feel trust and reverence.”
~ T.S. Eliot*

1. To put into practice the Gift of Reverence in your life, we suggest that you try to visit a Church, Temple, or a place you regard a Sacred. It could be a park or any place that has a consecrated value to you. Once in this place, find a quiet place to sit. Still yourself and try to live inside of the reverent presence of Silence. This experience is designed to expand up your senses and bring about the feelings of interconnection with Life.
2. Make a list of those that directly or indirectly contributed to deliver to you your life lessons. They have been your instructors in this life. It does not matter if the lessons were hard or pleasurable. Try to remember what the teaching behind their actions and words were. With a Reverent heart, remind yourself the value of those “instructions” and thank them for being the ones to deliver to you those lessons.¹

*“That's the reason they're called lessons, because they lesson from day to day.”
~ Lewis Carroll*

3. Practice the art of Namaste. Namaste is a Sanskrit word which means “The Divine in me bows to the Divine in you”. It is a deep and sacred vow of respect where one individual recognizes the Divine spark in another being. Namaste allows the perception of Duality and at the same time opens the path of the understanding of Oneness.
4. Take a brief moment and think about your parents (or the ones who raised you). Try to express through actions and thoughts how important they are to you in life. Do the same exercise towards your children and grandchildren.

¹ In our lives, some Soul Contracts are unbalanced relationships. The most demanding lessons are actively delivered by souls that love us deeply, and because of that, they are the ones that agreed to be here to deliver to us these hard lessons.



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5. Imagine, program and create something new in your existence that would add value to your life and life of others around you. Think about something that would bring a reverent beauty or poetry or add colors to Creation, and enrich your environment. Plant a tree, a flower garden, or perhaps add nest boxes for birds in your yard next spring.
6. With any situation in your life and relationships, make a point to leave them better than you found them. This is applicable to a home, a job or a work place, a garden and especially a relationship. Reverence recognizes beauty but can always add to it through attitudes of admiration and through the externalization of mutual respect.
7. Whenever is possible, think about the elderly: their contribution to this world, the wisdom they can express through their life experiences, and the heritage they leave (left) behind as their gifts to the world. Send a heartfelt prayer of Gratitude for all their contributions.
8. The learning experience of a Reverent attitude guides you inevitably to a reverent life. A broad mindset of Reverence also involves a position of self-respect and self-reverence² as well.³
9. Create a sacred ritual or ceremony to give value to and generate a memory in your life. Memories can live forever and they are a good part of our process of understanding various developments in our different stages of being. A rite of passage can be the landmark of change, of love, of dedication, or of respect.
10. In order to accept a Reverent attitude in your life, you may have to make a serious evaluation of the way you perceive things. How do you behave when you adopt a critical position? Are you aggressive, or arrogant? Do you lack humility? Are you a person with solidarity? How do you react when something in your daily routine changes? After a hard look inside of your inner feelings, you will see that there are some good aspects that can be seen beneath those emotions: the ability to externalize sincere wishes, firmness of convictions, and the capability to accept and respect others individuality and differences.
11. The way to prepare internally for a Reverent approach is to develop activities that will minimize rigid mental patterns. Learn how to be more kind and gentle with yourself. Implement elements of balance and harmonization in your life through gentle dance movements. You may also consider body massages as a therapy of relaxation and the integration of various active points in your energetic field.

² Self-reverence requires self-love and self-respect. These are achieved through the integration of the shadow, the development of self-reliance, and learning that the ability to serve others comes out of feeling of self-worth rather than servitude.

³ Please see Attitudinal Tools Supplemental Module 1 for additional techniques on developing Self-Reverence.



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Energy Points: Manipura Chakra

The solar plexus, also known as Manipura Chakra, plays a very important role in how we act and react to the world around us. When fully awake and open, it gives us personal and will power: a burst of self-esteem, determination and passion for life. When it is closed or out of balance, it can make us introverted, or give us a propensity for apathy and procrastination. The life lesson when awakening and balancing this chakra is to discover our place in the big spectrum of existence, through the mental understanding of our emotional life.



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Benefit of developing a Reverent Attitude

*There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
~ Albert Einstein*

Learning to live under a more Reverent perspective helps to open our hearts to the possibilities of perceiving reality through a different point of view; one of beauty, love and amazement. Living your life as a manifestation of the incredible energy of splendor of creation, make us be more than just observers. We become active elements of this web of little miracles that abounds around us.