

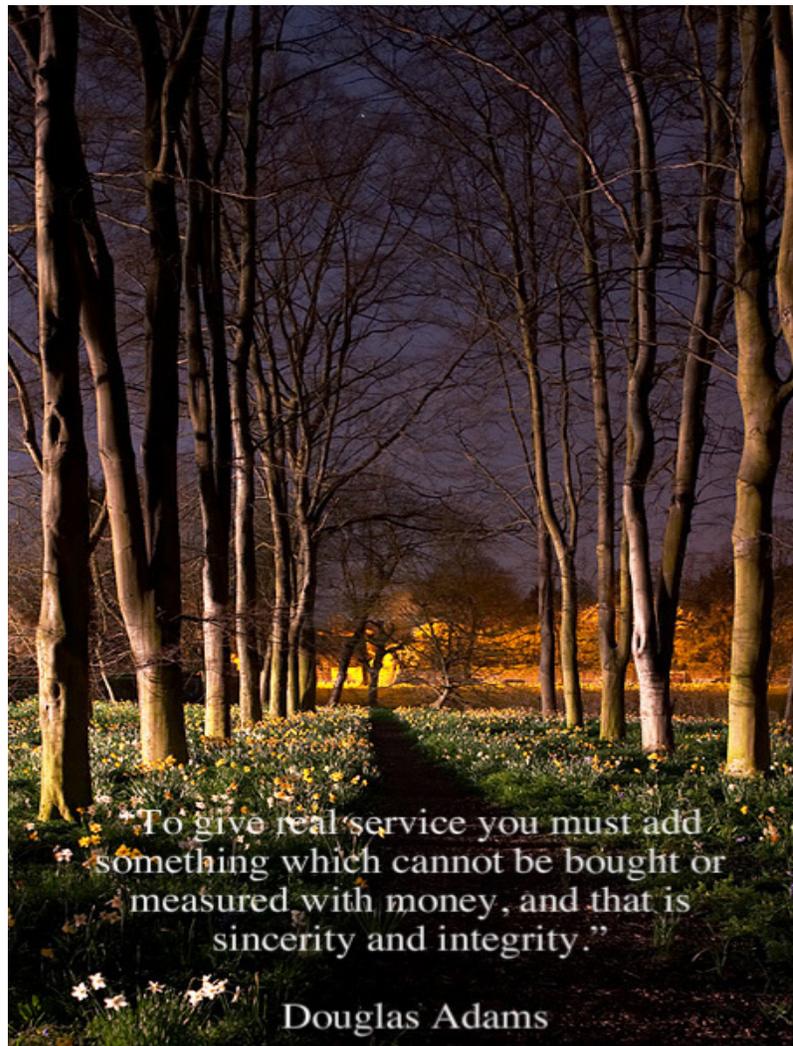


Healing the hearts of humanity, one Soul at a time

Humanity Healing Self-Mastery Program Attitudinal Tools

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Sincerity





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"One of the most lasting pleasures you can experience is the feeling that comes over you when you genuinely forgive an enemy - whether he knows it or not."

~O. A. Battista

A Parable about Sincerity

A village zamindar (a landowner and village tax collector) and his wife had a number of goats. A servant, a young boy, looked after them. The zamindar liked the boy very much, but his wife was suspicious of him. Fortunately the lad did not know this. The wife was very clever. Outwardly she was kind, polite and affectionate to him, but inwardly she was hostile and mistrustful.

One day a friend came to the zamindar's home and saw that he was very sad. The friend asked, "Why are you sad?"

The zamindar answered, "My wife and I are not getting along because of this servant. We each have a different opinion of him."

The friend said, "Don't worry. I can solve the problem and tell you whether he is good or bad."

One day while the servant was watching the goats in a field, the master's friend came up to him and said, "This particular goat is so beautiful. Will you sell it to me for five rupees?"

The boy answered, "No, I am sorry. I cannot sell it."

The friend asked again, "Will you sell it to me for 10 rupees?"

The boy said, "No, I am sorry."

"Twenty rupees?" the friend asked.

The servant said, "If you want to buy the goat, go to my master and give him the 20 rupees. If my master says he will sell it, then I will give it to you."



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The friend said, "Who wants to go to your master? His house is quite far. Let me give You 30 rupees. I am sure that your master does not give you enough salary. Keep the 30 rupees and tell your master that the goat was stolen. Your master has so many goats. He won't even know it is gone."

"Oh no," the boy said, "I can't do that. He would know. And even if he didn't notice, I know how many goats he has, so I would know that one was missing."

The friend said, 'Just take 30 rupees and give me the goat. Then go and give your master the money and tell him you have sold it.'

The boy said, "No, I am sorry. I can't sell it without my master's permission."

"If I give you 100 rupees, will you give me the goat?" the friend said. "Then you can keep all the money."

"I am not a thief," the servant said. "I could never keep the money."

The friend said, "You could give him 70 rupees and keep 30 for yourself. Or you could just tell him the goat was stolen and keep all the money for yourself."

"I could never do that," the young man said.

But the man persisted, and the servant finally conceded, "If you really want to give me 100 rupees for one goat, then I will accept the money and give it to my master."

The zamindar's friend was very curious to see what the servant would do with the money. He thought, "Either he will give his master a little less or tell him the goat was stolen. No matter what he does, I will be able to tell his master the true story."

The servant went to his master and gave him the hundred rupees. He said, "Master, forgive me. Without your permission I sold a goat for a hundred rupees. I knew that the goat was only worth five rupees, but this man insisted on giving me a hundred for it. I thought that you would be very happy to get 100 rupees for a goat that is worth only five. Now you can buy many more goats."



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The wife said to the servant, "I wish to speak to my husband privately for a minute. Would you please go away from here now?"

Then the wife said to her husband, "I don't trust him. I tell you, he sold it at an even higher price and is giving us only part of it." She did not know that it was the zamindar's friend who had bought the goat.

Just then the zamindar's friend arrived at his house and asked, "What is happening?"

The zamindar said, "Our servant tells us he sold a goat for a hundred rupees. I don't suspect him of wrongdoing, but my wife, as usual, does. She feels that he has sold the goat for a still higher price and kept some money for himself. "

The friend said, "You will never find anybody in your lifetime as honest and sincere as this servant. It was I who bought the goat for a hundred rupees. I tried to persuade him to keep the money for himself. I was testing him. But each and every time he proved his honesty. I have examined him thoroughly. He is Sincerity incarnate."

The zamindar said to his wife, "I told you so!"

The wife said, "It is always good to test people in this way. From now on, I will trust this boy as my own son."

*From Garden of the Soul by Sri Chinmoy
Published by Health Communications*

Learning How To Be More Sincere

A sincere attitude before life places us in direct contact with our true feelings and thoughts when it refers to certain situations. The liberation of all and any hypocrisy awakes the mind and heart to be happier and more constructive. In order to reach an ideal solution to a challenging situation, it is vitally important to us to be receptive to the Truth and of the correct use of the words.



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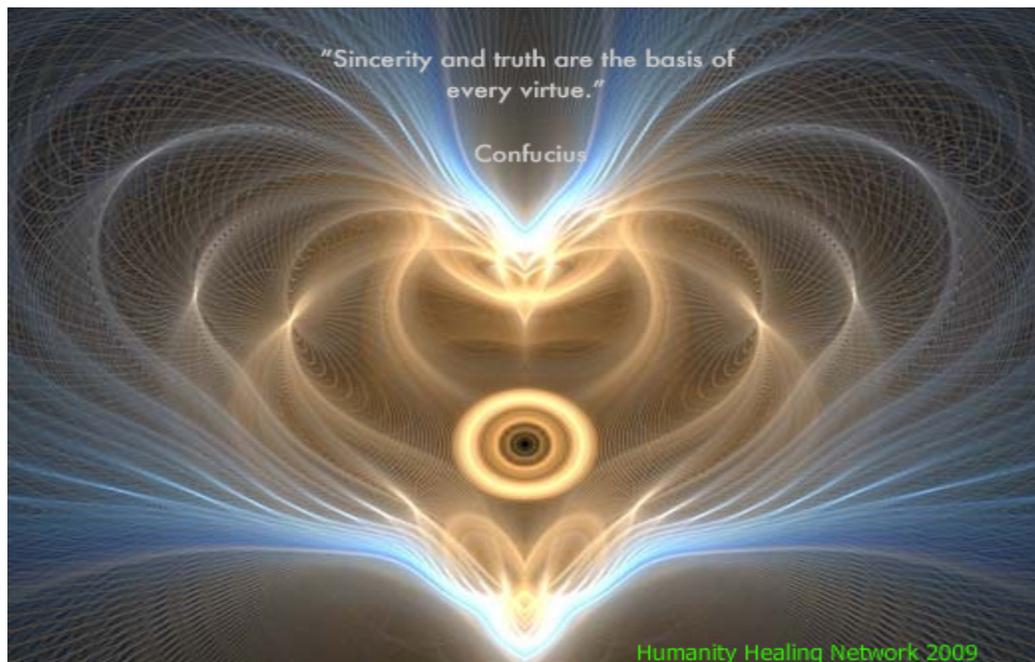
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A sincere attitude flows naturally when we are with the disposition to released false beliefs and preconceptions. Honesty and Sincerity are twin qualities and both have the power to bring us to a place of internal peace. The fully expression of both virtues comes when we are genuinely connected with the light of our Souls.

Sincerity is the virtue of one who speaks truly about his or her own feelings, thoughts, and desires. Sincere expression carries risks to the speaker, since the ordinary screens used in everyday life are opened to the outside world. At the same time, we expect our friends, our lovers, our leaders "to be sincere".

Subjective Experience



"Sincerity is not a test of truth - It is possible to be sincerely wrong"



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~ Unknown

A person who is having problems with Sincerity might feel this way:

"It is true we each have our own opinions and judgments, but you can't completely trust them. To be sure what the most adequate step to take, I am always looking for other's opinions and input. Only this way I can actually arrive at a conclusion on my own."

Recommendations

"One of the hardest things in this world is to admit you are wrong. And nothing is more helpful in resolving a situation than its frank admission."

~ Benjamin Disraeli

1. True Sincerity awakens in one's Soul when one genuinely develops the sense of Self consciousness, overcoming the deceitfulness towards oneself and towards others.
2. To be sincere is to be committed to your true spiritual identity and to be aware of the maneuvers of the lower Self (Ego and Persona), therefore setting in motion an active perspective and moral standards.
3. Sometimes, it can be challenging to keep your true identity where some "group" challenges arise, especially if one is engaged to seek approval or to please others. It is a challenge to keep the sense of independence and connection with a higher truth. Many of us can suffer from a difficulty in distinguishing our true feelings from others emotions.
4. To live in a complete position of Sincerity with all aspects of our lives, we have to work toward a level where we can feel completely independent from emotional attachments and any co-dependent behaviors while at the same time we should work to increase the sense of self-confidence and self-worth when speaking to others.



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Affirmation

I allow myself to be independent and genuine in all my actions, thoughts and words. I consciously come to a decision to be honest and sincere with my internal values.

Note: Affirmation is an Art. It takes practice.

Key Expression

Honesty to Self

Concrete Actions

*“As you put into practice the qualities of patience, punctuality, Sincerity, and solicitude, you will have a better opinion of the world around you”
Grenville Kleiser*

1. Be conscious of the things and situations that make you react negatively. These are important factors that ultimately can reveal the shadow aspects¹ inside of you.
2. To adopt an attitude of Sincerity does not mean that everything must be said. The genuine Sincerity reveals itself from a loving point of view, and it is always well accepted in the right moment and in the right place.
3. Always try to improve your speech and the way you express yourself. When exercising this gift, strive to work with words that would motivate and expose the Divine essence in others.

¹ Shadows aspects is the terminology used to determine the aspects of ourselves we may have difficulties accepting.



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4. Every time you look at yourself in the mirror, seek to make an appreciative statement about yourself. Feel inside of you how powerful it is to live under the light of Sincerity and honesty of intentions.
5. As we grow in the path of Self-Mastery , we can perceive with clarity how sometimes we are internally connected with some fashion behaviors and social conventions. When we start to know ourselves better, we feel the legitimate connection with our Soul and with the totality of being. This is an important aspect on the affirmation of who we really are and what are we here to do.
6. Acknowledge your inner guidance or conscience. To do this, we need to truly release inappropriate identity or self-image. This is a constant process of internal purification, but as the result, one will develop greater integrity and clarity.
7. As a support technique to better recognize the importance of Sincerity on our daily lives, we recommend the use of coordinated breathing exercises. These can be amplified if they can be performed in communion with Nature, in open spaces, and silently.

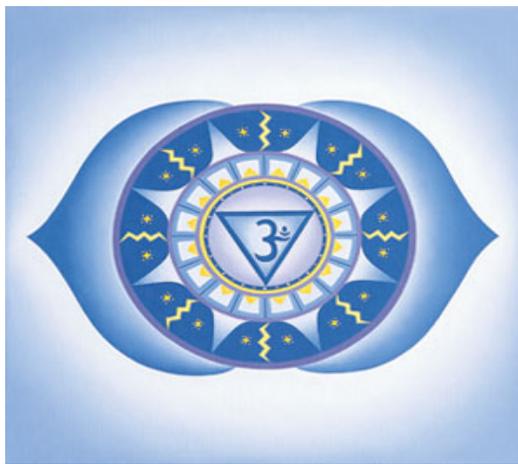


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Energy Points: Ajna Chakra



The Ajna chakra is our chakra located in the eyebrow region. Ajna is considered the chakra of the mind, the Third Eye. When something is seen in the mind's eye, or in a dream, it is being 'seen' by Ajna.

When we are dealing with strong concepts that can mold our way of life as Sincerity, transparency and honesty; we tend to struggle with an under-activated Ajna center, or Hipo-ajna.

It is essential to work this energy center to make our willpower stronger and to acquire more confidence in our own perceptions and interpretation of reality.

It is common when we have Ajna under-activated to experience difficulties in concentrating, in making decisions and we can even observe some complaints about suffering from memory loss. Other symptoms can be excessive sleepiness, the feeling to be out of balance, dizziness, and difficulty in choosing actions, paths and making right decisions.



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To balance this tendency of Hipo-Ajna, we strongly recommend meditative exercises that procure to connect your SELF with your Divine essence. Also the practice of “prayer without ceasing” seems to work effectively as well. A simple example of this is to choose a mantra for yourself. It can be along the lines of dedicating your breaths of the day to the Divine Source, to the healing of the planet or of certain individuals. This way you set in motion a sincere and reverent way of living while at the same time you connect with the center of your real being and re-vitalize your center of command, your Ajna Center.

Benefits of Developing a Sincere Attitudes

“One of the most lasting pleasures you can experience is the feeling that comes over you when you genuinely forgive an enemy - whether he knows it or not.”

~ O. A. Battista

The attitudinal concept of Sincerity is one that is related to the true essence of all human beings. Through the practice of sincere actions one must become more involved in our own reality and take responsibility for our own journey through life. Sincerity as a stance evokes on us the profound qualities of healing and balance. They in turn, enable all the other great qualities of the Soul and its purpose.

Sincerity can restore the lost believe in our own capacity to make decisions based on our own perception, even though this perception is aligned with the deep wellspring of etheric life. Sincerity is united with the consciousness that we are all ONE.