



*Healing the hearts of humanity, one Soul at a time*

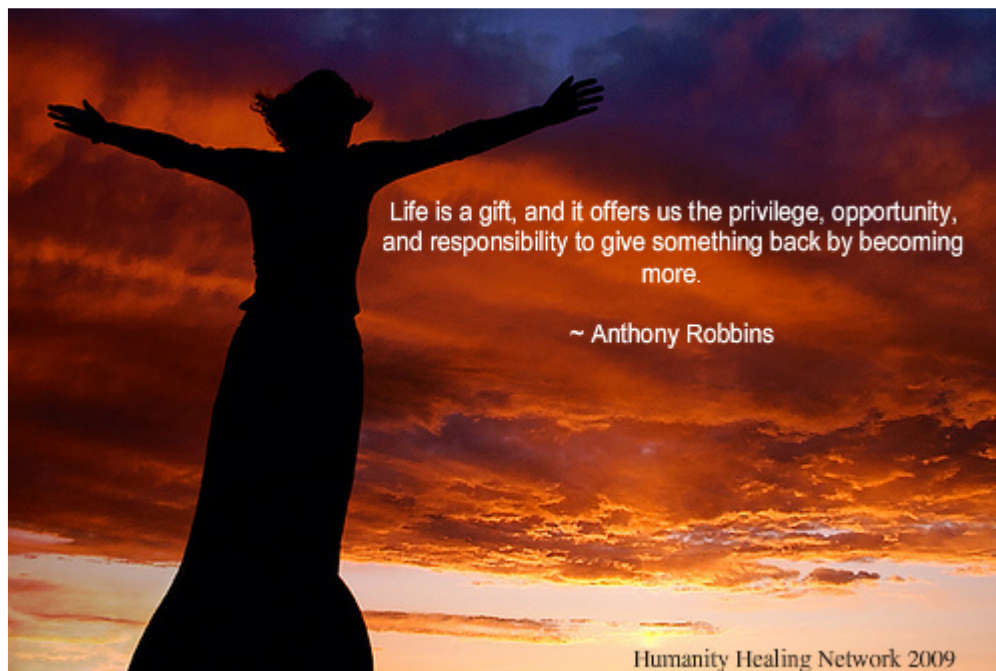
## Humanity Healing Self-Mastery Program Attitudinal Tools

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# *Responsibility*

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*"I don't see the point of being a human being if you're not going to be responsible to your fellow human beings. Selfishness thefts away the human and reduces you to just a being."*

*~Candea Core-Starke*



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### The Sword of Damocles

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By James Baldwin,  
**The Book of Virtues**

There once was a king named Dionysius who ruled in Syracuse, the richest city in Sicily. He lived in a fine palace where there were many beautiful and costly things, and he was waited upon by a host of servants who were always ready to do his bidding.

Naturally, because Dionysius had so much wealth and power, there were many in Syracuse who envied his good fortune. Damocles was one of these. He was one of Dionysius's best friends, and he was always saying to him, "How lucky you are! You have everything anyone could wish for. You must be the happiest man in the world."

One day Dionysius grew tired of hearing such talk. "Come now," he said, "do you really think I'm happier than everyone else?"

"But of course you are," Damocles replied. "Look at the great treasures you possess, and the power you hold. You have not a single worry in the world. How could life be any better?"

"Perhaps you would like to change places with me," said Dionysius.

"Oh, I would never dream of that," said Damocles. "But if I could only have your riches and your pleasures for one day, I should never want any greater happiness."

"Very well. Trade places with me for just one day, and you shall have them."

And so, the next day, Damocles was led to the palace, and all the servants were instructed to treat him as their master. They dressed him in royal robes, and placed on his head a crown of gold. He sat down at a table in the banquet hall, and rich foods were set before him. Nothing was wanting that could give him pleasure. There were costly wines, and beautiful flowers, and rare perfumes, and delightful music. He rested himself among soft cushions, and felt he was the happiest man in the entire world.



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"Ah, this is the life," he sighed to Dionysius, who sat at the other end of the long table. "I've never enjoyed myself so much."

And as he raised a cup to his lips, he lifted his eyes toward the ceiling. What was that dangling above him, with its point almost touching his head?

Damocles stiffened. The smile faded from his lips, and his face turned ashy pale. His hands trembled. He wanted no more food, no more wine, and no more music. He only wanted to be out of the palace, far away, he cared no where. For directly above his head hung a sword, held to the ceiling by only single horsehair. Its sharp blade glittered as it pointed right between his eyes. He started to jump up and run, but stopped himself, frightened that any sudden move might snap the thin thread and bring the sword down. He sat frozen to his chair.

"What is the matter, my friend?" Dionysius asked. "You seem to have lost your appetite."

"That sword! That sword!" whispered Damocles. "Don't you see it?"

"Of course I see it," said Dionysius. "I see it every day. It always hangs over my head, and there is always the chance someone or something may cut the slim thread. Perhaps one of my own advisors will grow jealous of my power and try to kill me. Or someone may spread lies about me, to turn people against me. It may be that a neighboring kingdom will send an army to seize this throne. Or I might make an unwise decision that will bring my downfall. If you want to be a leader, you must be willing to accept these risks. They come with the power, you see."

"Yes, I do see," said Damocles. "I see now that I was mistaken, and that you have much to think about besides your riches and fame. Please take your place, and let me go back to my own house."

And as long as he lived, Damocles never again wanted to change places, even for a moment, with the king.

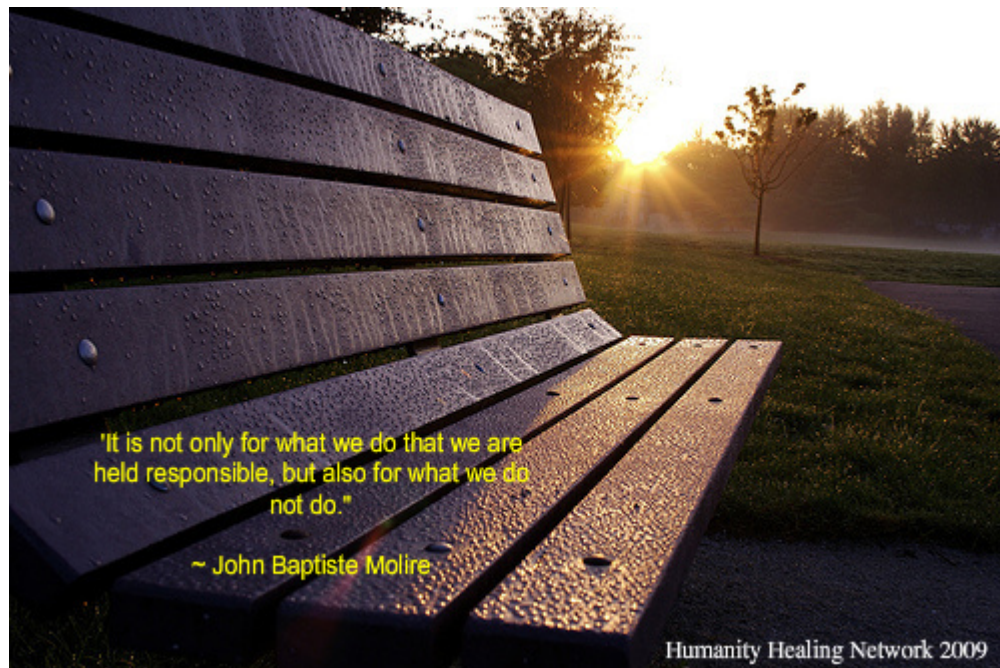


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### Learning How to Be More Responsible



We change the world when we change ourselves.

To embrace such a task, we need to develop a responsible approach towards our actions, words and thoughts.

A Responsible attitude is highly inclusive and holds much potential, especially when we respond to what is given to us from a center of confidence and inner joy.

From this point inside of our being, we are able to transform, transmute all the weight of obligations and duties into the lightness to naturally respond to what life offers us. To act responsible is to enjoy the pleasure to practice our best talents.



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The call for Responsible actions in our lives can come from diverse sources. We can specify these as Moral responsibilities, Social responsibilities, Human responsibilities, and Personal responsibilities.

When unveiling ourselves through the realms of Responsibility, we can't forget to mention the Law of Retribution, known by many as the Law of Karma, or the Law of Ethical Responsibility.

Karma gives you the opportunity at every moment to become open to greater levels of love and compassion. It operates impersonally: applying to everyone, all the time, and with no exceptions. It is very logical: what you sow is what you reap in exact and precise measure.

Karma is as unsurprising as the law of gravity: what is done to you is the grid result of what you have done to others. The purpose of Karma is to give you all the skill that you need to evolve into greater levels of your Being.

Karma teaches that you are totally accountable for the circumstances of your life.

Karma is like "training wheels". They keep you on the straight and narrow until you have mastered your vehicle enough and you are able ride freely on your own. Only then are you completely master of your scope of actions and consequences.

*"Cursed is the ground because of you;  
through painful toil you will eat of it  
all the days of your life.  
It will produce thorns and thistles for you,  
and you will eat the plants of the field.  
By the sweat of your brow  
you will eat your food  
until you return to the ground,  
since from it you were taken;  
for dust you are  
and to dust you will return."*

*~ Genesis 3, 17-19*



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### Affirmation

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*"I have the personal Responsibility to realize the best in my life, and to apply the best of me towards the healing of myself and others. I accept this as my Divine Responsibility"*

Note: Affirmation is an Art. It takes practice.

### Key Expression

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*Sometimes I feel obsessed by my shortcoming, failures and mistakes. I need to be and feel perfect. I have problems forgiving myself and generally I tend to blame myself for other's mistakes.*

### Concrete Actions

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*"If you take Responsibility for yourself you will develop a hunger to accomplish your dreams."*

*~ Les Brown*

1. Starting now, assume entire Responsibility for your own well being. You are a unique individual, therefore exceptional with many talents and gifts
2. Accept the fact that you deserve all the Blessings that have been given to you by the Higher Source, God, or ALL THAT IS.
3. Make a point of mapping the direction you want to follow in your life; it is always important to know where we want to be. When developing a Responsible attitude, every situation we face has the potential to become a rich learning experience.
4. Make a list of all your talents and skills. Feel inside yourself how much pleasure those activities bring to your life and understand how light the Responsibility is to make them grow and expand.
5. When feeling overwhelmed by some specific responsible demand in your life, make a point to reach out to your inner spot of balance and joy. Access the problem or challenge from that





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standpoint. This is a technique that will eventually allow you to stop instinctive reactions and act with clarity of purpose and mind.

6. Sometimes, after we become aware of the path of Responsibility, we may develop the tendencies to be excessively critical about ourselves, attributing to ourselves the mistakes and failures of others. This is an attitude that will not bring internal balance, because it comes from a place of need for perfection. The internal balance comes from the acceptance of our capabilities, our limitations and failures; but persevering and trusting that we are always following the right path.
7. One of the consequential results of adopting a responsible outlook in life is developing of the need to forgive and let go of experiences that are compromising your energy levels, and not bringing new inputs or possibilities of growth. In doing so, the seeker may develop the ability to be more perseverant, confident and altruistic.
8. It is not uncommon for people when connected with the internal vigor of Responsibility to develop a workaholic behavior, and this may even guide the individual to a certain level of self-sacrifice, a negative self-image, the sense of not being worthy and a tendency to be overly perfectionist or heroic.
9. It is important to keep in mind that the real Responsibility is not only to take care of others, but also of yourself. This is especially true if we develop the inclination to be responsible for others in a clinging way. Responsibility will awake all the gifts and skills of the Spiritual Warrior, especially in adverse times, when a Soul is called to express Social Responsibility.



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### Energy Point: Muladhara Chakra



The Muladhara, or Root, Chakra is the energy center that anchors the energy necessary to plan, analyze and materialize situations in our lives. Located on the base of our Spine, this energy vortex rules over physical issues such as identity, survival, security, tribal issues, and self-preservation.

When dealing with Responsibilities, we awake many possibilities when we analyze elements in our immediate reality that may differ from the basic concepts in which we were raised.

It is important to keep this chakra in balance when anchoring energies in a higher level of your being. The way we suggest you do that is through grounding techniques, such as grounding meditations and visualizations, walking barefoot, hugging a tree, caring for your plants and garden, and developing your sense of smells.

The lack of energy and balance of this center can cause lower back pain, problems with feet, knees, or varicose veins<sup>1</sup>.

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<sup>1</sup> Physical pain in general can indicate discomfort with our physical bodies. When it occurs in the legs, hips, knees, ankles, or feet, this can signify difficulty in accessing earth energy.





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1. Increase your level of physical exercises<sup>2</sup>.
2. Practice of mantras and relaxation techniques in order to disarm any system of self punishment.
3. Consider increasing the amount of food that has higher etheric energy content such as cereal, vegetables and fruits.

This chakra is how the person feels about being on the earth, connection with the physical body and how comfortable one feels being himself. Observe how you are nurturing yourself and how you are paying attention to your primary needs. This will help you to feel how to balance all the differences of the energy.

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<sup>2</sup> An increase in physical activity should always be done with moderation and common sense. If you are starting an exercise program after a long absence, please consult with a medical practitioner.



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### Benefits of Developing a Responsibility Attitude



*"You are not responsible for the programming you picked up in childhood. However, as an adult, you are one hundred percent responsible for fixing it. "*

*~Ken Keyes, Jr.*



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Along with the many benefits that come from anchoring a Responsible attitude into your internal matrix, you will immediately perceive an increase of spiritual gifts, such as Perseverance and Fortitude.

1. The ability to regain trust and faith in our personal destinies, despite of harsh and adverse experiences.
2. Perseverance will keep your mind and spirit going, despite of setbacks, even when you fell depressed and spiritually or emotional discouraged.
3. Improving the strength of Spirit that will enable you to be a warrior to fight worldly ills, maintain your personal integrity and transparency, and catalyze inner power regardless of obstacles and difficulties of the outer world.
4. In addition, it will enable the possibility to reflect positively about painful experiences with a proper distance and the aptitude to continue in one's path acting on what one knows needs to be done without fear of failure or lack of confidence.