



Healing the hearts of humanity, one Soul at a time

Humanity Healing Self-Mastery Program

Attitudinal Tools

Perseverance



"Supervise especially your thoughts, because it is they which determine your life"

- Old Testament



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A Carpenter's Gift

Once upon a time two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days work" he said.

"Perhaps you would have a few small jobs here and there. Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor, in fact, it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber curing by the barn? I want you to build me a fence - an 8-foot fence - so I won't need to see his place anymore. Cool him down, anyhow."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town for supplies, so he helped the carpenter get the materials ready and then he was off for the day.

The carpenter worked hard all that day measuring, sawing, nailing.

About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped.



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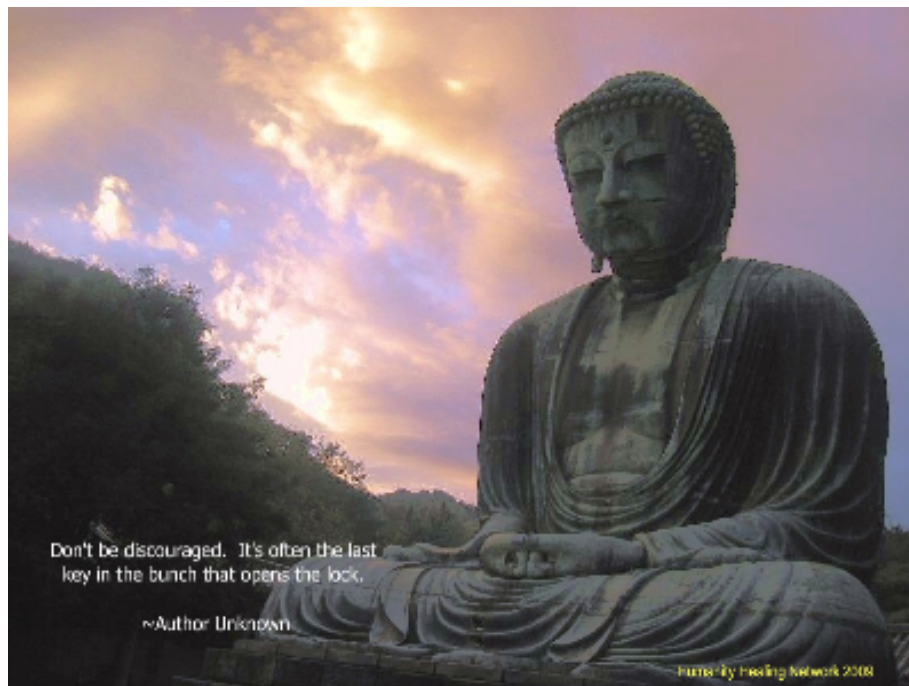
There was no fence there at all. It was a bridge... a bridge stretching from one side of the creek to the other! A fine piece of work handrails and all - and the neighbor, his younger brother, was coming across, his hand outstretched.

"You are quite a fellow to build this bridge after all I've said and done."

The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand. They turned to see the carpenter hoist his toolbox on his shoulder. "No, wait! Stay a few days. I've a lot of other projects for you," said the older brother.

"I'd love to stay on," the carpenter said, "but, I have many more bridges to build."

~Author Unknown





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Learning How to Be More Perseverant

*When the world says, "Give up,"
Hope whispers, "Try it one more time."
~Author Unknown*

A Perseverant attitude always brings good results. When our personality perceives adverse influences and all the opposition's make us lose hope, the soul comes to our assistance and encourages us to transcend all limitations.

When we chose to persist with rhythm and grace and in sintony with all the wonders and signs that life gifts us with, we automatically engage in the purification of our feelings of impatience through self-realization.

To labor actively to install a Perseverant attitude in our lives is to work our capability to be receptive and to allow situations and events to manifest naturally in our lives, guided always through the luminous energy of the present moment.

Many times in our lives we have to allow situations and people to apart from us, for they also have a learning process to accomplish, elements yet to be revealed , before they are ready to meet us in another moment and to proceed on the same journey.

To be Perseverant is not to hold onto our immediate reality of people, circumstances and situations. It is the use of the approach and certainty that we are on the right path and we need to continue independently of the outcome. To be Perseverant is to develop a substrate of hope as a life base.

For most of us, in order to expand a Perseverant attitude in our lives, we need to connect with the main sources of our fears. In order to continue to grow, one needs to allow the knowledge of what entices you and what can actually make you stop. To continue in certain situations, or to persist, does not mean



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that is necessarily the best correct action. Many of the primary reactions we tend to have in light of challenging events is one of fear and of attachment to the results of every action.

When we reach a point where we find that we can follow what is good and truthful in our nature, we ripple this trust outward and we influence others to follow what is truthful in themselves through their internal guidance. Many times through the activation of Perseverant attitudes, we see ourselves in the role of guides or role models. When this occurs we should always keep a posture of humility and loyalty.

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

~G.B. Shaw



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Recommendations

"It's not the situation, but whether we react (negative) or respond (positive)

To the situation that's important."



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~ Zig Ziglar

Often, we find ourselves in dreadful situations and you feel like giving up. It is at such times that you need to energize yourself with inspirational and hopeful thoughts. They will help you move ahead and deal with your problems pragmatically as well as facilitate the persistent attitude to inspire and flow based on the true inner guidance.

Affirmation

"I am where I choose to be."

"All my needs and goals are met instantaneously."

*"_____ comes to me easily and effortlessly."
(Fill in the blank with your intention.)*

"I am now perfectly healthy in body, mind and spirit, aligned with my higher self."

Note: Affirmation is an Art. It takes practice.

Key Expression

I am and I have been a warrior my entire life, I can't give up now. Sometimes I feel that if I let go of things, and change my life will lose its sense and purpose.



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Key Learning: Learn when to let go

Concrete Actions

Saints are sinners who kept on going.

~Robert Louis Stevenson

1. Bless generously all the people and situations that are creating difficulties on your life path. Note that all the Beings you are in close contact with at this moment have important instructions for you, and they are also like mirrors of yourself, in that they can function as inner facets that you were never even aware of. They are here to help and support you during your Human condition and to make you develop the maximum of your Human experience.
2. Make an inventory of all the meaningful experiences you had lived recently and try to rationally compare what the lessons were, which type of Instructions you received, and how you should incorporate these on your path of awareness.
3. When you about to react adversely to a challenging situation; stop, calm down and breath, and never give up in the first moment. Make sure to always give yourself time to perceive a situation through calmer lenses.
4. Make a personal point to be always aligned with your Higher Self and the light that comes directly from your soul guidance. A person who is fully aware and is conscious adds a lot of depth to a spiritual life.



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5. Learn how to recognize your limits. Sometimes as a consequence of a Perseverant attitude, we tend to lose internal perspectives and neglect ourselves. Healthy resting and leisure time are necessary to keep the balance of all our energy centers.
6. It is important to keep in mind that from times to times in our lives, we may experience the feeling of being vulnerable and devitalized. Being a person that has Perseverance does not mean that you are automatic equipped with the idea of carrying your load and the loads of others. You can care for people's needs without transforming yourself into their caretakers.
7. Take a close look into your ability and availability to ask for help from others. When we are attuned with a Perseverant attitude, we may fall into the trap of being overly self-sufficiency and resistance. Keep a close look on your outlook in life and be careful to not become stubborn.

Energy points: Manipura Chakra



The Third Chakra, the Manipura Chakra, is the bridge that allows the higher chakra energies to manifest on the physical levels. It is our lower center of personal will. A well-developed Third Chakra empowers us to live our best lives, reduce inertia and take action toward our goals.

On an emotional level, the third chakra is all about the Self, our ego and the development of personal power. The color yellow, associated with the third chakra, stimulates the intelligence centers of the brain.

Trying to keep your attention focused on your Manipura center: meditate about your Spiritual life, revise your scale of values and code of conduct, try to perceive the motivation behind every action, and



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the movements you make. This exercise will keep you aligned with your purpose and goals and will keep you from losing perspective and direction of your daily life.

Benefits

"It's not that I'm so smart; it's just that I stay with problems longer."

~Albert Einstein

A Perseverant attitude is our Compass of Hope. As we develop and control this stance, we create and regain the trust and faith in our Spiritual Destiny despite harsh experiences. We naturally move forward in life despite setbacks, and this is valuable skill to build up, especially when you are feeling discouraged and depressed.

As time passes and this becomes more natural, a Perseverant attitude can enlighten us to learning experiences and show us that mistakes are stepping stones in our path, instead of boulders that were placed there to stunt our growth.

Many qualities and virtues are manifested through a Perseverant outlook in life; such as the ability to catalyze inner strength, the awakening of an inner vision along with the will to manifest one's vision, the talent of getting yourself unstuck, control fears, and the skill of putting ideas into practice.