

To Rise Above

Some thoughts by Rick Light, October 15, 2023

We can rise above the negativity, disrespect, and ugly behavior all around us by consciously choosing how we live, how we are in the world, what we say, what we do, what we write. It matters, and it will help heal the world. We can make a difference.



Why

- From road-rage to impoliteness in the supermarket, to politics, to war – the lack of human decency to one another today is abhorrent and rampant
- Hatred, intolerance, disrespect, cruelty, and other ugly behaviors are increasingly becoming the norm
- Society seems to accept the lack of decency and courtesy as expected behavior
- Human activities continue to negatively impact the earth and life she supports – and people don't seem to care enough to change their behaviors



First Principles

- The earth is our home, it is unique, it is sacred, it is worth protecting and nurturing
- All life on earth is precious, special, and worthy of respect and caring
- Human beings have unlimited potential and amazing faculties – each human being deserves respect
- Life becomes through change – adaptability, growth, learning, and engagement matter
- How we are in the world, what we radiate, matters
- What we do and say matters
- Not all human actions are supportive of the health and prosperity of the whole
- Honesty, integrity, decency, patience, and humility are important
- It is healthy to engage each other, discuss differences, find solutions that benefit everyone



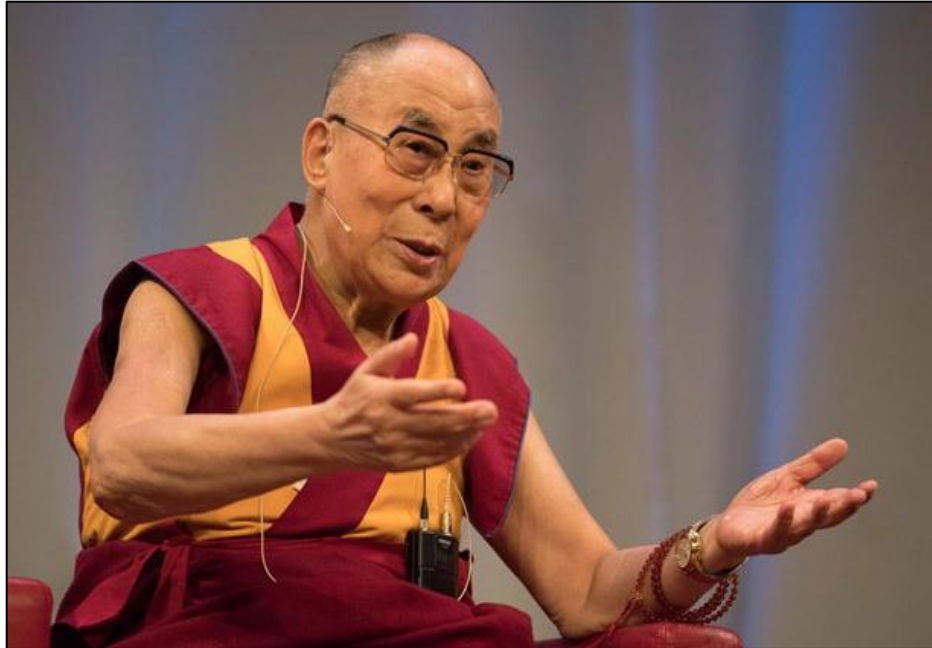
Being

- The combination of everyone's daily radiance adds up
 - How are you being in the world? Are you angry, sad, anxious, happy?
 - Let us put forth the intention to be aware of our radiance
 - Start each day with a conscious invocation intention to be in the world by creating a space that encompasses:
 - Gratitude
 - Respect
 - Humility
 - Kindness
 - Patience
 - Gentleness
 - That all others are my teachers
 - That my soul and others' souls are present when we engage
 - That my actions only be in support of blessings for all and create a better world
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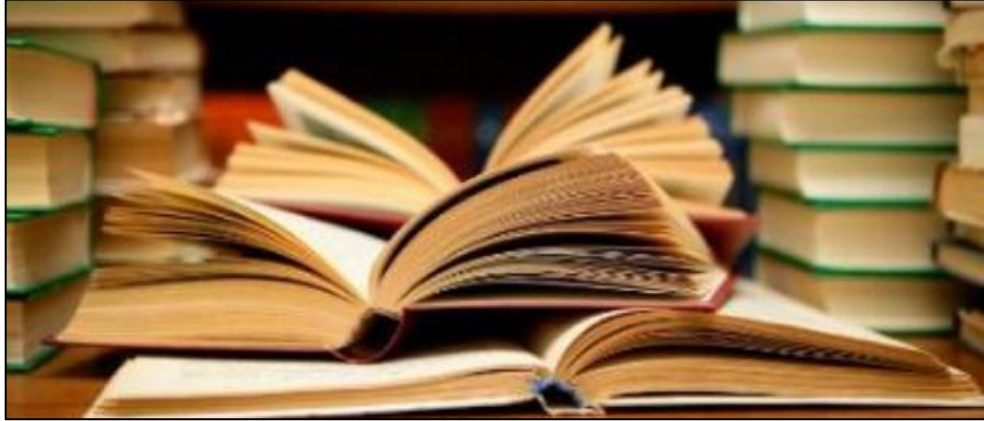
Doing

- How I go about my daily activities matters – what is my attitude? Am I embodying my intention as to how to be?
 - Are my actions supportive of life or detrimental to life?
 - Am I treating others with respect, dignity, decency, and openness?
 - What am I teaching others through my actions? Is it in line with my intention to create a better world?
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Speaking

- Words carry vibration, energy, intention, and feeling
 - Words can create big changes, have large impacts, affect many people
 - Think before you speak
 - Speak consciously – be aware of your language, word usage, context, and emotion behind the words – choose your words wisely and in line with your intentions
 - Decide consciously when to speak and when to be silent, when to listen and learn, when to be the teacher
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Writing

- Written words are like spoken words only more permanent – same rules apply
- Think about this email or that article – who will read it, when, why, and what might be their reactions (immediately, next week, next year)?
- Why are you writing this? What do you expect to happen as a result of this writing?
- Are you uplifting the world through this writing?

Who are you? What will be your legacy?
