

Chapter 17

Humility

I wanted to write a chapter about a personality characteristic that significantly contributes to long-term heart-centered wealth creation. Humility is necessary for us to answer honestly the question of The Task, who am I? Humility is necessary for me to really admit to myself what it is that I want. Humility is an essential trait necessary to develop empathy. To best engage in community, the ability to exercise humility is essential. Before I point out the speck of dirt in my brother's eye, I need to remove the log from my own. You may have heard this before. Do you know where this saying comes from?

Humility is a tool I need to remedy harm that I may have caused other people in the past. Frequently, our initial responses to stimuli may not be correct. This may be particularly true if you are responding to something that makes you uncomfortable. You may respond to uncomfortable situations, not with your mantra word or with loving-kindness for yourself, but rather with unconscious cognitive biases that you involuntarily deploy to protect yourself.

Your PTSD may be triggered by what are

otherwise unremarkable ordinary events. This is understandable. While my eruption at Lorie was inexcusable, the unprocessed trauma from my divorce had been triggered in me when I emailed her with an unkind message. Humility allowed me to go back and acknowledge my wrongdoing and to at least try to provide restitution to the person I wronged.

My lack of humility manifests in other ways. I told myself for so long that there is no way I could ever be a good public speaker. I am working on developing this skill, but I have let go of this debilitating self-limiting, self-doubting belief first to truly improve. My longtime adherence to this self-limiting belief is important to illustrate how I would rather tell myself lies than act in humility.

My self-limiting belief and cognitive bias were things I had cultivated over a long time. Growing up, I admired people who comfortably could speak naturally in front of a large crowd. I was moved in churches by powerful sermons and admired pastors who genuinely could communicate and illustrate principles from my source text in a relatable way. In my professional life, I was jealous of good public speakers because I knew that it was such a great way to get clients.

Instead of seeking out training or advice or attempting public speaking, I told myself I never could be a good public speaker to protect myself from doing something that I was fundamentally scared to do. I did not want to admit that to myself, though, because I'm a brave, strong, tough, independent person, right? So, I had to retreat to the lie that my natural inclination prevented me from becoming a good public speaker. I set up a lie and then bowed down to it so that I did not have to admit I was a coward. Admitting to cowardice is humiliating.

At some point, I decided to replace this belief. I began to understand some fundamental truths about public speaking. All of humanity is afraid of public speaking and that realization led me to move in the direction of fearlessness, even if I still get nervous before I walk out on a stage. I began to tell myself that public speaking was a skill that I could develop, just like yoga, swimming, playing chess, juggling, poetry, practicing law, all the other skills that I had taken time to develop in my life. To do this, I had to let go of all the thoughts, inhibitions, and self-limiting beliefs that I unwittingly enslaved myself to and that were holding me back from my potential.

You can create an intention to eliminate cognitive biases from your life. I pray that God will reveal mine to me. No matter how painful it may be for me to admit that I am a coward, it still serves me to do so. That is the case because getting past my self-limiting belief and seeking to submit instead to the power of the universe allowed me to trend in the direction of becoming a skilled public speaker. I was never going to accomplish that by thinking it was impossible.

Who do you humble yourself to? Do you pray to the universe that it will guide you in the paths that it thinks you should go in? AS ABOVE, SO BELOW. Do you consider the question of The Task, how can you serve? Or do you enslave yourself (like I do too frequently) to isolating, self-protecting lies that you tell yourself? Do you believe that there is a community of people who love you and have your best interests at heart? When conflict arises, can you exercise sufficient humility to identify the speck in your own eye before blaming the other person for the conflict?

Do you pay attention to your community when you take actions? You will have more success by considering different perspectives than you will by going solely in the direction that you happen to think is right

without any reference to anyone around you. Do you have counselors around you, or do you make decisions based solely on the thoughts of your own mind? Do you research matters and submit yourself to knowledge that exists, or do you say that the square wheel is better than the circle? We all fall into self-limiting beliefs and so frequently the reason is that we are too prideful to admit painful truths about ourselves. It may be painful to admit that you are a coward, or that you are ignorant. It may be painful that your cowardice and ignorance, which sometimes were even willful, have led you to conflict in your interpersonal relationships. Having to devote mental and emotional energy to conflict detracts from growth. You may have to admit that you have hurt people in your life as a result of your cognitive biases, and take active humble steps to shed yourself of the negative karma you accumulated in the process. Humility is necessary to take these steps.

Revealing those painful truths allows you to get in touch with what you really want and who you really are. I had to admit that I was a coward who was willing to lie to protect himself from knowing the truth about his cowardice. How sick is that? It is literal mental illness, but maybe you can identify? As human beings, we can

all engage in self-deluding beliefs that look very much like mental illness even if our own circumstances and personal delusions are unique.

Humility can be important as it relates to the concept of mentors. I have had many mentors, but to take full advantage of their input, I had to learn to listen to gain the wisdom that they conveyed. Absorbing knowledge from a mentor frequently requires you to suspend your current way of thinking. This is very difficult for some people. The good news is that meditation and psychedelics can be useful tools to help us move past barriers in our thinking.

Remember me telling you about how MDMA was used to heal PTSD? The people going through this therapy had to humble themselves to the process and the therapists. Remember me telling you about the Ayahuasca ceremony? Everyone going into the ceremony admitted that they were seeking healing from the plant medicine, which was an external source. Everyone was admitting insufficiency and acknowledged a need for help. The beautiful thing that happens in the Ayahuasca ceremony is that when we were all together afterwards, we remained in an emotionally receptive state and we were talking with one another, helping each

other process our experiences. We allowed each other to be mentors to one another, and that was enabled by our humility, an acknowledgment that we needed something outside ourselves to thrive. The medicine put us in a receptive mental state so that we could accept common sense input from our community in ways that we could not have before.