

“YOU MIGHT BE RIGHT!” AM I REALLY USING HUMILITY?

By Dr. Cathy

Webster's definition of Humility states: the quality or state of being humble. A discussion took place at our Tuesday night Rays of Dawn Class which brought forth the basis for this article. I must thank a dear patient and friend for her contribution, as without her input on this night I wouldn't have had the idea to write this particular theme. So thank you Becky Jones! You just might be right!

The quality or state of not thinking you are better than other people; in my work one of the predominate themes which I observe causing chaos and conflict among families, husbands and wives, parents and children, brothers and sisters, sisters and sisters, lovers and friends is the need to be “Right.” To know more than or be better than someone else at something. This idea can create a false reality within the human being that will set up a sense of superiority over others. Watch out! It is a tough place to be when one thinks he has anything completely possessed. This can be the beginning of our ability to deceive ourselves. The mind can work an idea like this so well, we can become arrogant, unreachable, and unteachable and that is a tough place to be for sure.

Wisdom means to know something and not necessarily say anything about it, even if we are right. We could consider that if speaking up or correcting someone is right action. Is it to assist life, or is it because we lord it over others to soothe our egos and increase the line of separation we create with feelings of superiority. And what do we accomplish if we do know something others don't know? Are we to criticize them for their ignorance and will that help? Has anybody ever really been helped by harsh criticism?

What does Humility bring to our lives? The result is contentment, peace, closeness, acceptance, love and honesty who wouldn't want to possess these feelings?

Humility from a religious aspect helps us to be grounded and includes the application of temperance to our lives. One way we can achieve this is to take the attitude that others 'may be right', instead of redirecting them or correcting them. It takes nothing away from one to be okay with another's ideas and through affirming them we take a great big bite of “Humble Pie”.

Recent research suggests that humility is a quality in certain types of leaders. For example, Jim Collins in his book, “Good to Great: Why Some Companies Make the Leap... and Others Don't”, found that a certain type of leader, termed “Level 5”, possesses humility and fierce resolve. Collins examined companies that went from good to great by sustaining 15-year cumulative stock returns at or below the general stock market, and after a transition point, cumulative returns at least three times the market over the next 15 years. Among the many characteristics that distinguished these companies from others is that they all had a Level 5 leader.



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Level 5 leaders direct their ego away from themselves to the larger goal of leading their company to greatness. These leaders are a complex, paradoxical mix of intense professional will and extreme personal humility. They will create superb results but shun public adulation, and are never boastful. They are described as modest. An example of such a leader who epitomized humility is David Packard, the co-founder of Hewlett-Packard, who, in Jim Collins' words, defined himself as a HP man first and a CEO second. Shunning all manner of publicity, Packard is quoted as saying: "You shouldn't gloat about anything you've done; you ought to keep going and find something better to do."

I have observed improvement in all relationships through the practice of Humility. Arguing and fighting stops. Appreciation of each other becomes respect. We join our forces for a win-win attitude instead of I'll prove I'm right! A former mentor of mine once asked me, "Would you rather be right or would you rather win?" When it comes to doing the best I can for the people I love, I want to win and I want them to win too. Now isn't that a better idea than just being right about how messed up someone may be?

2011 presents us with a perfect opportunity to practice acts of the soul which taken to heart make our lives better. Get healthy, live your dreams, embrace forgiveness, *Let Go and Let God*, or better yet, *Let Go and Get into Harmony with God*. Here are some great ways to practice humility:

1. Release the urge to control everything.
2. Be open to Divine guidance.
3. Begin and end your day with prayer, meditation or a constructive image process.

Whatever your concept, if it is positive in intention, then there is no downside! So the next time you find yourself in the position to empower someone by saying these four words, take a chance, try it and give yourself permission to see affirmation in action. Just say, "You Might Be Right!"



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