



Spiritual Light Center

October 2015 Newsletter

Humility

Our theme for this month is **Humility**. *Humility is defined as the self-restraint from excessive vanity. The word comes from the Latin *humilitas*. In Church Latin, the meaning is "meekness." "The meek shall inherit the Earth." Jesus said the humble shall inherit the Earth, not the ones with the biggest Egos. Confucius said: "Humility is the solid foundation of *all* virtues." People who wish to be caring and considerate of others must have humility.*

The opposite of humility is pride, "that which goeth before a fall." Saint Augustine said: "It was pride that changed angels into devils; it is humility that makes men as angels." So practicing humility brings us closer to God and our divine nature. Thomas Merton said: "Pride makes us artificial and humility makes us real." We place a high value on appearing real and authentic. Humility makes us vulnerable, and that vulnerability makes us authentic and real.

Rev. Rick Warren had a clever way of phrasing what humility is: "Humility is not thinking less of yourself, it's thinking of yourself less." I think that sums it up. Thinking less of yourself is not a virtue. Putting yourself down is an insult to God and your divine nature. But thinking of yourself less and others more *is* a virtue. It is important to know that the world does not revolve around you any more than it does around anyone else. We are all equal in the mind/eye of God.

As a demonstration of humility, my last quote will come from a surprising source: Charlie Sheen. Accept wisdom whatever the source. He once wisely said: "Uncertainty is a sign of humility, and humility is just the ... willingness to learn." I think uncertainty can have many root causes, but the desire to hold back and deliberate without charging ahead as if you know you are right, is certainly a sign of humility. I like that he linked humility with the willingness to learn. Humility allows us to be open to receive new, even contradictory, information. It allows us to listen to others' points of view and ideas without prejudice or judgment. It allows us to be aware of who, what and where we are at all times. As the Native American chant says: "Humbly we walk here; humbly we sing here; humbly we bless this ground. / Humbly and with gratitude, remembering the Ancient Ones who walked this ground."

Walk in Love. **Arthur Cataldo, President**

OUR VISION STATEMENT

The Spiritual Light Center is a peaceful and joyful fellowship of individuals, centered in love, dedicated to the God within, and honoring the many paths to truth.

OUR MISSION STATEMENT

We seek to develop our highest selves by continuous sharing of spiritual ideas, in an environment of unconditional love and respect for others.



ONGOING EVENTS AT SLC

Every Tuesday at 5:15 p.m. - Join our group in the Hall for **Movie Night!** We enjoy a good spiritual movie or documentary and afterward we pick a place to go eat!

Every other Thursday, Oct 1, 15, & 29, at 5:00 p.m. - Please join us for our **meditation group** in the Chapel led by Dr. Richard Kimball. We have an informative discussion followed by walking and sitting meditation. Call Richard at 371-3425 for further details.

Every Thursday at 6:30 p.m. – We’ve just begun Job: A Comedy of Justice by Robert Heinlein, which is proving to be a fine, witty fiction with lots of depth. Please join us for an enjoyable and insightful experience.

Every first and third Friday of the month at 6 p.m. is Game Night in the Fellowship Hall. Bring your favorite games, some popcorn, snacks or drinks, and join us in an evening of fun.

UPCOMING SPEAKERS

October 4, 11 a.m.

Dr. Faye Corbett is a doctor of Naturopathic medicine and very well-versed in Ayurvedic medicine and herbology. She is returning to share with us on “Blowing the Lid Off Limitations.”

October 11, 11 a.m.

Dr. Millard Deutsch, an author and futurist who has lectured internationally on a variety of fascinating topics, is coming to speak on “The Cosmic Aviator’s Guide to the Nature of Reality.”

October 18, 11 a.m.

Rev. Mariah Brooks is an ordained minister with The Beloved Community with James Twyman and very involved with India’s Oneness Movement. She is returning to speak on “Living Light Blessing”.

October 25, 11 a.m.

Rev. Mark Stein, an ordained minister with the United Metaphysical Church, will speak and then conduct a Metaphysical Healing Service assisted by Rev. Randy Doster. This is a wonderful, light-filled couple!

No Friday Workshops have been Scheduled for this October

SLC Store News

The **FIRST TWO WEEKENDS** of October we’ll have a **SPECIAL SALE** on Fri & Sat from 10 – 3 with amazing bargains including **Michael Rogers artwork!** And we want to give a very BIG thank you to Randy and Donna for managing our store recently. They have done a phenomenal job, but will be leaving Nov. 1st. **After Oct. 15th our store will no longer manage consignment items.** We’ll continue to sell donated items 15 min. before and after all scheduled events and have periodic Yard Sales. We ask consignors to please collect their consignment items by Oct. 15th unless you would be willing to donate them to SLC.



SPIRITUAL LIGHT CENTER INFORMATION

80 Heritage Hollow Drive, Franklin, NC 28734
Right behind the Gazebo Restaurant in Heritage Hollow
828-369-3065
slcfranklin@frontier.com www.spiritualightcenter.com

OUR SLC BOARD OF TRUSTEES

PRESIDENT.....Arthur Cataldo
VICE PRESIDENT.....Kay Smith
SECRETARY.....Penny Solomon
TREASURER.....Rhonda Murphy
VICE TREASURER.....Bill Groves
TRUSTEE-AT-LARGE.....Raymond Braziel

A Nova TEA Saturday Oct 3 with David Lonebear Sanipass

Biodome Community Gardens, 315 Biodome Dr., Waynesville, NC
Arrival at 2:30, TEA at 3 pm, Pot Luck 5 pm. Please bring Chairs or Blankets to sit on.
Contact Tina Wardell at 828-276-6557 for more information.

Our SLC Building Repairs are Moving Along Well!

The SLC Board has decided it's time for our building to have some needed work done. Repairs and wood replacement will be done as needed, the roof is getting new screws and a fresh coat of sealer, and we're repainting the whole building sunny yellow with white trim! It should be done in October! **This is a HUGE expense, so we are very much in need of all the extra support you can help with.**



Thoughts on Humility

“Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.” ~William Temple, Archbishop of Canterbury

“In reality there is perhaps not one of our natural passions so hard to subdue as pride. Disguise it, struggle with it, beat it down, stifle it, mortify it as much as one pleases, it is still alive, and will every now and then peep out and show itself...For even if I could conceive that I had completely overcome it, I should probably be proud of my humility.” ~Benjamin Franklin

“Fullness of knowledge always and necessarily means some understanding of the depths of our ignorance, and that is always conducive to both humility and reverence.” ~Robert A. Millikan

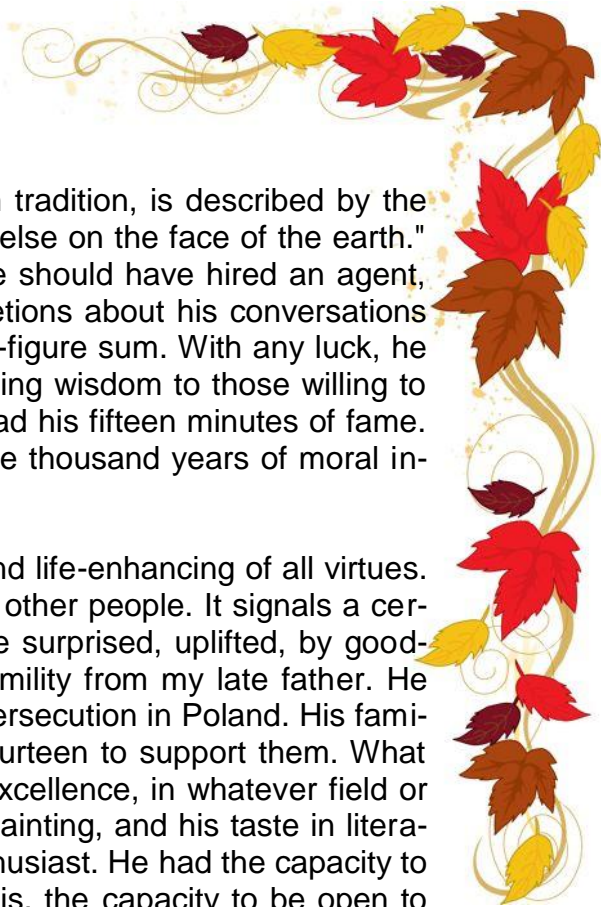
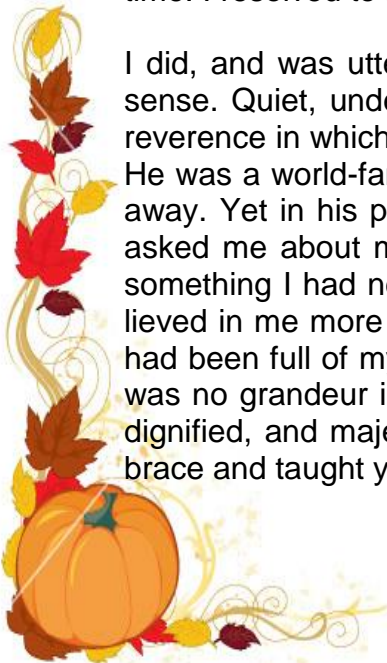
On Humility by Rabbi Jonathan Sacks

How virtues change! Moses, the greatest hero of Jewish tradition, is described by the Bible as "a very humble man, more humble than anyone else on the face of the earth." By today's standards he was clearly wrongly advised. He should have hired an agent, developed a better spin, let slip some calculated indiscretions about his conversations with the Almighty and sold his story to the press for a six-figure sum. With any luck, he might have landed his own television chat show, dispensing wisdom to those willing to bare their soul to the watching millions. He would have had his fifteen minutes of fame. Instead he had to settle for the lesser consolation of three thousand years of moral influence.

Humility -- true humility -- is one of the most expansive and life-enhancing of all virtues. It does not mean undervaluing yourself. It means valuing other people. It signals a certain openness to life's grandeur and the willingness to be surprised, uplifted, by goodness wherever one finds it. I learned the meaning of humility from my late father. He had come over to this country at the age of five, fleeing persecution in Poland. His family was poor and he had to leave school at the age of fourteen to support them. What education he had was largely self-taught. Yet he loved excellence, in whatever field or form it came. He had a passion for classical music and painting, and his taste in literature was impeccable, far better than mine. He was an enthusiast. He had the capacity to admire. That, I think, is what the greater part of humility is, the capacity to be open to something greater than oneself. False humility is the pretence that one is small. True humility is the consciousness of standing in the presence of greatness, which is why it is the virtue of prophets, those who feel most vividly the nearness of G-d.

As a young man, full of questions about faith, I travelled to the United States where, I had heard, there were outstanding rabbis. I met many, but I also had the privilege of meeting the greatest Jewish leader of my generation, the late Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson. Heir to the dynastic leadership of a relatively small group of Jewish mystics, he had escaped from Europe to New York during the Second World War and had turned the tattered remnants of his flock into a worldwide movement. Wherever I travelled, I heard tales of his extraordinary leadership, many verging on the miraculous. He was, I was told, one of the outstanding charismatic leaders of our time. I resolved to meet him if I could.

I did, and was utterly surprised. He was certainly not charismatic in any conventional sense. Quiet, understated, one might hardly have noticed him had it not been for the reverence in which he was held by his disciples. That meeting, though, changed my life. He was a world-famous figure. I was an anonymous student from three thousand miles away. Yet in his presence I seemed to be the most important person in the world. He asked me about myself; he listened carefully; he challenged me to become a leader, something I had never contemplated before. Quickly it became clear to me that he believed in me more than I believed in myself. As I left the room, it occurred to me that it had been full of my presence and his absence. Perhaps that is what listening is. There was no grandeur in his manner; neither was there any false modesty. He was serene, dignified, and majestic; a man of transcending humility who gathered you into his embrace and taught you to look up.



True virtue never needs to advertise itself. That is why I find the aggressive packaging of personality so sad. It speaks of loneliness, the profound, endemic loneliness of a world without relationships of fidelity and trust. It testifies ultimately to a loss of faith so precious to previous generations that beyond the visible surfaces of this world is a Presence who knows us, loves us, and takes notice of our deeds. Time and again, when conducting a funeral or visiting mourners, I discover that the deceased had led a life of generosity and kindness unknown to even close relatives. I came to the conclusion that the vast majority of saintly or generous acts are done quietly with no desire for public recognition. That's humility, and what a glorious revelation it is of the human spirit.

Humility, then, is more than just a virtue: it is a form of perception, a language in which the "I" is silent so that I can hear the "Thou". It is the unspoken call beneath human speech, the Divine whisper within all that moves, the voice of otherness that calls me to redeem loneliness with the touch of love. Humility is what opens us to the world.

And does it matter that it no longer fits the confines of our age? The truth is that moral beauty, like music, always moves those who can hear beneath the noise. Virtues may be out of fashion, but they are never out of date. The things that call attention to themselves are never interesting for long, which is why our attention span grows shorter by the year. Humility -- the polar opposite of "advertisements for myself" -- never fails to leave its afterglow. We know when we have been in the presence of someone in whom the Divine presence breathes. We feel affirmed, enlarged, and with good reason. For we have met someone who, not taking himself or herself seriously at all, has shown us what it is to take with utmost seriousness that which is not themselves.



☞ A Lesson in Humility by Sen from calmdownmind.com

One of the most important understandings we come to gain through our physical journey is the lesson of humility. The truth is that power can and will become corrupt in the absence of humility. As the famous spider-man dialogue goes – “With great power comes great responsibility”, and without a sense of humility we cannot use our power responsibly. Life-energy is invincibly powerful owing to its ability for creation. It can create through “thought” and hence has the power to manifest anything – good as well as bad. We are life-energy, a stream of consciousness. In your physical perspective you may not “know” your power of creation and your invincibility as life-energy, but that doesn't mean that you don't have it. In your non-physical perspective you recognize this power much more easily. Through your physical journey you learn the lesson of humility to avoid imbalance in your power as a stream of life-energy. Earth provides a perfect environment to learn this lesson.

As you gain more and more understanding of your true nature as life-energy you start becoming cognizant of your power. This awareness can make you feel very invincible



and free and can breed arrogance in a big way, or worse it can cause you to be insensitive or cold. I've seen this in my own personal experience as much as I've seen it in others who come to realize their inner power. For me, personally, the lesson of humility has been the hardest to learn, I've inherently been strongly rooted in arrogance since my childhood and hence the process of bringing humility within feels like a recoding of my genetics. The good part is that life does not cease teaching you a lesson until you learn it (called "fierce grace" in some teachings). When you are thick skinned you usually need a tough lesson, whether you like it or not.

If you get a feeling that you are being beaten up by life, there is a very strong chance that you are being taught a lesson in humility. A common attitude people develop when they are challenged this way is to develop the "warrior attitude" of trying to fight back from a place of anger, with a strong resentment towards life. Basically this only causes you to delay learning this lesson, and your struggles continue. Without humility, power will always take you into imbalance as is evident in the lives of many powerful people who have tragic endings.

You can find these teachings of humility in all religions; it's just that a lack of understanding causes people to misinterpret these teachings as a directive towards "weakness". Humility is not weakness; it's a balance of power. You are being taught a mindset of humility so that you don't end up becoming arrogant and destructive.

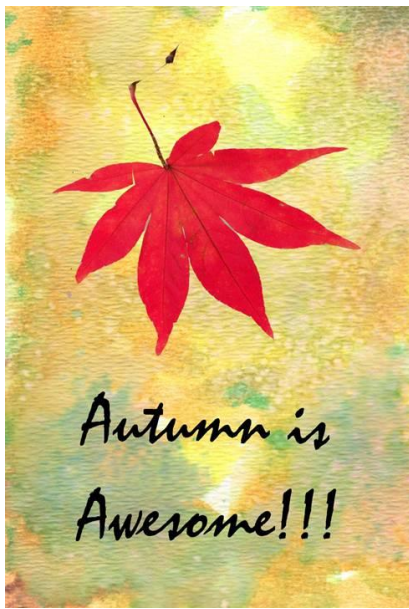
In monasteries, the students are not imparted the core teachings until they have been seen to gain an understanding of humility. They are made to take care of mundane chores and be of service to the monastery, sometimes for years, before they are given the teachings. The reason is simple, when you come to "truth" there is bound to be a sense of freedom and power, and power has the ability to take you over in the absence of humility.

Isn't life-energy already whole and thus humble?

Humility comes from understanding; it's not a "nature". We are all streams of life-energy and you can see the various imbalances that are exhibited by us. So, a stream of life-energy has to gain understanding of itself before it can come to a conscious balance. The physical plane is the best place for learning these lessons. You can't hope to learn as much in the non-physical plane because there you are not faced with limitations and hence there is very little scope for learning.

You are not here to suffer, you are only here to grow in balance, and the more you grow the less you suffer.





Every suffering that you face has a seed of growth in it. Much as we hate suffering, it's a most potent means to grow. The point is to bring you to an understanding of your power as well as the understanding of humility. You can be rest assured that when you've learnt the intended lesson, pain yields to the joy of growth. In the absence of humility you can enjoy power for a time until it becomes pain – only humility can bring a balance to power, hence it's one of the most important lessons required for any stream of life-energy.

Allowing the lesson of humility

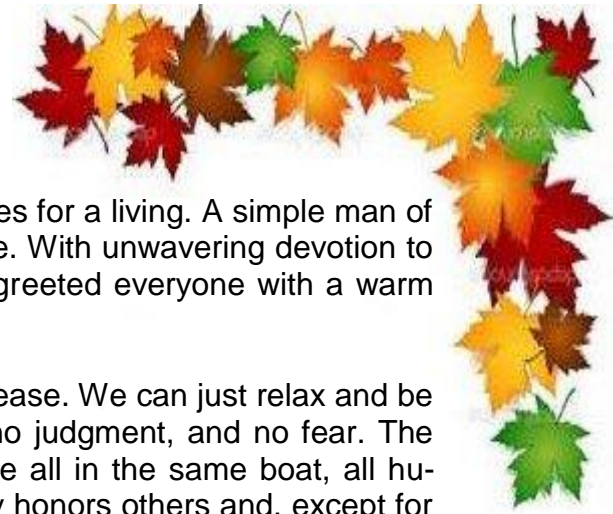
From my own personal experience, I can understand how difficult it can be for someone who has an inherent inclination to arrogance to allow the understanding of humility. It feels like a loss of identity, a sense of deep defeat/failure, a strong feeling of vulnerability and helplessness. Whenever you get these feelings you can be sure that you are learning a lesson in humility. We can think that arrogance is positive and hence constantly defend this attitude. In fact this arrogance gives you a sense of power and letting it go can feel highly counter-intuitive, very much against the survival instinct. This can make it even harder to allow the lesson of humility, because it feels like a regression or a backward step.

The only deal is that you won't stop being given the lesson until you learn it. Much as you would hope that life would just give you a break, it doesn't. Sometimes an achievement or experience of joy ends up being a setup to bring you the lesson of humility – what's called the "high before the crash". If you allow the intended growth you wouldn't need to learn the same lesson again, but some of us are too hard-headed and hence there are a few repeat lessons until we finally learn. The lessons usually come from the things that you value the most – for example, if relationship is what is most important to you, your lessons will come from your experiences in a relationship, and if career is what's most important to you, your lessons will come from the field of your career.

When you feel "helpless", that's the perfect opportunity to allow it in, using it as the energy that burns through your arrogance. Just allow this feeling of helplessness instead of trying to fight it with a stand of aggression. Depending on how strongly ingrained you are in arrogance, it can take a while before humility seeps in fully – it can be quite a painful process especially when we keep resisting this lesson. Every fiber in your being needs to learn the lesson of humility before the learning is complete. The reason why the physical plane is the best place to learn this lesson is because only this plane affords the "fear of uncertainty" (and other fears). There is nothing as powerful as fear to create a sense of helplessness which, when allowed within, causes you to break through the rigid structures of arrogance, reach out for help, thus bringing in humility.

☪ "Humility is the mother of all virtues; purity, charity and obedience. It is in being humble that our love becomes real, devoted and ardent. If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal". ~Mother Teresa





I learned about humility from my uncle, who repaired shoes for a living. A simple man of kindness, he lived happy and content with his place in life. With unwavering devotion to family and a great capacity for friendship, he inevitably greeted everyone with a warm and genuine smile.


The humble, unassuming person immediately puts us at ease. We can just relax and be ourselves in their presence, a zone of no competition, no judgment, and no fear. The heart of the humble knows love. Humility realizes we are all in the same boat, all human, all equally children of the same God. Humility gladly honors others and, except for reasons of conscience, readily and without rancor gives way.

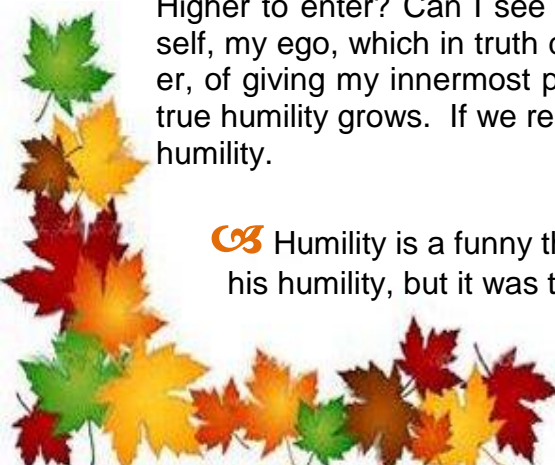
Yet humility should not be confused with weakness or passivity, timidity or inactivity, or with a lack of confidence. Rather humility arises out of acceptance, out of understanding our true created position in the world, as a part of humanity, and a part of life. Humility engenders confidence by knowing we bear a Divine spark, which is the unique individuality given to each of us, but which remains inseparable from the greater Whole. Our destiny can be found in being fully ourselves, while fully a part of the Whole. Only in humility can we find our way toward that Wholeness.

We live in our experience, desires and tendencies, habits, style, and patterns. We can refer to the whole of this as our personality, the mask that hides our authentic self, the instrument we acquire and use to make our way in the world. We can graft onto our personality pseudo-humility from the outside. Thereby, we may act in a humble, self-deprecating manner. But that has nothing to do with true humility which emanates from our core emptiness.

Spiritual transformation lies deeper than personality; it concerns the true Self, the one in us who drives our personality. As long as our personality serves our self-centered ego we prevent the sacred from entering our core. The practice of humility then is not to change our personality, but to open the agency behind it to our Divine Source. From that we can truly stop placing ourselves above others, stop claiming our little corner of the universe for our illusory ego, and set aside our adolescent hold on me-firstness.

What occupies my core? Who is the agent of my actions, the center of my personality? Is it my ego, as separate from others? Certainly that is the ordinary assumption about ourselves, and how we have learned to view ourselves and the world. But can I open my center to my inherent emptiness, to the creative emptiness that makes room for the Higher to enter? Can I see the falsity of placing everything in relation to my supposed self, my ego, which in truth does not exist? Can I enter the essential action of true prayer, of giving my innermost place, my very will, over to the Sacred Source? In that way, true humility grows. If we really wish to be able to love, then we must empty our heart in humility.

 Humility is a funny thing. My grandfather used to tell us that he won a medal for his humility, but it was taken away when he began to wear it. ~*Joshua Becker*



~ October 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:00 Medita- tion 6:30 Book Study	2 6pm in the Hall Game Night	3
4 11:00 Sunday Service Dr. Faye Corbett	5	6 5:15 Movie Night	7 5pm TEA	8 6:30 Book Study	9	10
11 11:00 Sunday Service Dr. Millard Deutsch	12	13 5:15 Movie Night	14	15 5:00 Medita- tion 6:30 Book Study	16 6pm in the Hall Game Night	17
18 11:00 Sunday Service Rev. Mariah Brooks	19	20 5:15 Movie Night	21 5pm TEA	22 6:30 Book Study	23	24
25 11:00 Sunday Service Rev. Mark Stein	26	27 5:15 Movie Night	28	29 5:00 Medita- tion 6:30 Book Study	30	31

 *Pride makes us artificial and humility makes us real.*

~ Fr. Thomas Merton