



February 12, 2004

Beloved Peacekeepers,

As we continue our personal journey, deepening the practice of non-violence, we come to the word humility. We begin today's journey with a definition from Webster's 1913 Edition: Hu*mil"i*ty (?), n.; pl. Humilities (#). [OE. humilite, OF. humilité, humelité, F. humilité, fr. L. humiliatis. See [Humble](#).] **1.** The state or quality of being humble; freedom from pride and arrogance; lowliness of mind; a modest estimate of one's own worth; a sense of one's own unworthiness through imperfection and sinfulness; self-abasement; humbleness. Serving the Lord with all **humility** of mind. *Acts xx. 19.* **2.** An act of submission or courtesy. With these **humilities** they satisfied the young king. *Sir J. Davies.* Syn. -- Lowliness; humbleness; meekness; modesty; diffidence. -- [Humility](#), [Modesty](#), [Diffidence](#). *Diffidence* is a distrust of our powers, combined with a fear lest our failure should be censured, since a dread of failure unconnected with a dread of censure is not usually called *diffidence*. It may be carried too far, and is not always, like modesty and humility, a virtue. *Modesty*, without supposing self-distrust, implies an unwillingness to put ourselves forward, and an absence of all over-confidence in our own powers. *Humility* consists in rating our claims low, in being willing to waive our rights, and take a lower place than might be our due. It does not require of us to underrate ourselves.

Today's Principle, Today's Practice - HUMILITY

Making mistakes is part of learning and growing, simply an "error in approach". Today, freely acknowledge at least one mistake you make and reflect for a couple of minutes on what you have learned.

Ask yourself: What is humility to you? Do you associate it with weakness? Strength? Is there such a thing as false humility?

Activities:

Imagine Gandhi before the English government in his very simple garments. Imagine Mandela just coming out of prison, meeting with the president of South Africa. What can you learn from these gentlemen about humility?

Journal Activity: Journal your thoughts....

Consider these Quotes on humility:

Humility is the only true wisdom by which we prepare our minds for all the possible changes of life. – George Arliss

What makes humility so desirable is the marvelous thing it does to us; it creates in us a capacity for the closest possible intimacy with God. – Monica Baldwin

Many people believe that humility is the opposite of pride, when, in fact, it is a point of equilibrium. The opposite of pride is actually a lack of self esteem. A humble person is totally different from a person who cannot recognize and appreciate himself as part of this worlds marvels – Rabino Nilton Bonder

Study the best and highest things that are; but of yourself humble thoughts retain. – Joe Davis

With all humility, I think, "Whatsoever thy hand findeth to do, do it with thy might." Infinitely more important than the vain attempt to love one's neighbor as one's self. If you want to hit a bird on the



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wing, you must have all your will in focus, you must not be thinking about yourself, and equally, you must not be thinking about your neighbor: you must be living in your eye on that bird. Every achievement is a bird on the wing. –

Oliver Wendell Holmes, Jr.

Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them. – John (Jay) McCloy

Humility is like underwear; essential, but indecent if it shows.-Helen Nielsen

If thou desire the love of God and man, be humble, for the proud heart, as it loves none but itself, is beloved of none but itself. Humility enforces where neither virtue, nor strength, nor reason can prevail. – Francis Quarles

A man who is at the top is a man who has the habit of getting to the bottom. – Joseph E. Rogers

When we become aware of our humility, we've lost it. – Source Unknown

I long to accomplish a great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker. – Helen Keller

It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err. – Mohandas K. Gandhi

I am well aware that I am the 'umblest person going...let the other be where he may. 'Umble we are, 'umble we have been, 'umble we shall ever be. –Charles Dickens, The Personal History of David Copperfield vol 1 ch12

Humble things become the humble – Horace

O be very sure That no man will learn anything at all, Unless he first will learn humility – Lord Lytton

Humility, that low, sweet root, From which all heavenly virtues shoot – Thomas Moore

Humility is to make a right estimate of one's self. It is no humility for a man to think less of himself than he ought, though it might rather puzzle him to do that – Charles Hadden Spurgeon

It was pride that changed angels into devils; it is humility that makes men as angels. – St. Augustine

I feel coming on a strange disease – humility. – Frank Lloyd Wright

Without humility there can be no humanity – John Buchan



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Extremes meet and there is no better example than the haughtiness of humility – Ralph Waldo Emerson

Humility is attentive patience. – Simone Weil

It is through humility that we are called by our inner voice; ancient wisdom; Spirit to become peace and walk in God's Grace!

Blessings,

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