

How to Use Meditation to Develop Humility

Humility is so important. There is no end to the discussions that can be there about humility. Take a meditation and think how you can increase your acts of humility and show your acts of humility, and how you can show them so that they are sincere.

The majority of you are not thinking half as much as you need to think. That's why this meditation has been introduced. Sit down and think. Have a tablet and a pen next to you, and write down every idea that you come up with that you can practice that will increase your humility and show that humility to another human being.

After you've considered them and made sure that they're all right, then practice every one of them. And then in a couple of months practice them again. After a while you may have worked up forty different ways to practice humility.

Never think this is phony. God wants the people on the earth to treat each other in the kindest manner possible. God cannot stand the way you treat each other. It is so important that you are always increasing your humility.

And after a couple of months, you should have at least forty ways that you can increase your humility and leave the person you are talking to with a better sense of feeling about themselves.

They will feel better about themselves because someone took notice of them, gave them some importance. They will feel that love that is coming from you; then they will go home, and while still feeling that love, they will share that love with their wife or with their children. And because of the love that the wife and even the children have received, they will turn around and give it to others.

It will take time, but over time there will be millions of people who will be doing this practice sincerely, and more love between man will be exchanged than has ever happened before.

Now I have to wrap this up. There is so much to say. But just understand that if the people in the Miracle of Love practice this sincerely when the number of people in the Miracle of Love has reached millions, it will make a real and tangible change in the feeling of love pervading the earth.

There is nothing more important to achieve in this world than love. And the greater the love that you find in this world, the greater the success you will have achieved. It all boils down to that.

Gourasana

from the talk "On Humility"

February 25, 1995