



# THE PRACTICE OF BECOMING PASSIVE TO ONESELF

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AN EXPLORATION *of* IDEAS

I must decrease that  
God may increase.

(JN 3:30)



## *The PRACTICE ...*

- Intentional, ongoing activity (not “once and done”)

## *... of becoming PASSIVE ...*

- Non-reactive / non-impulsive

## *... to ONESELF*

- One’s thoughts, feelings, desires, attachments, reactions, aversions, ...

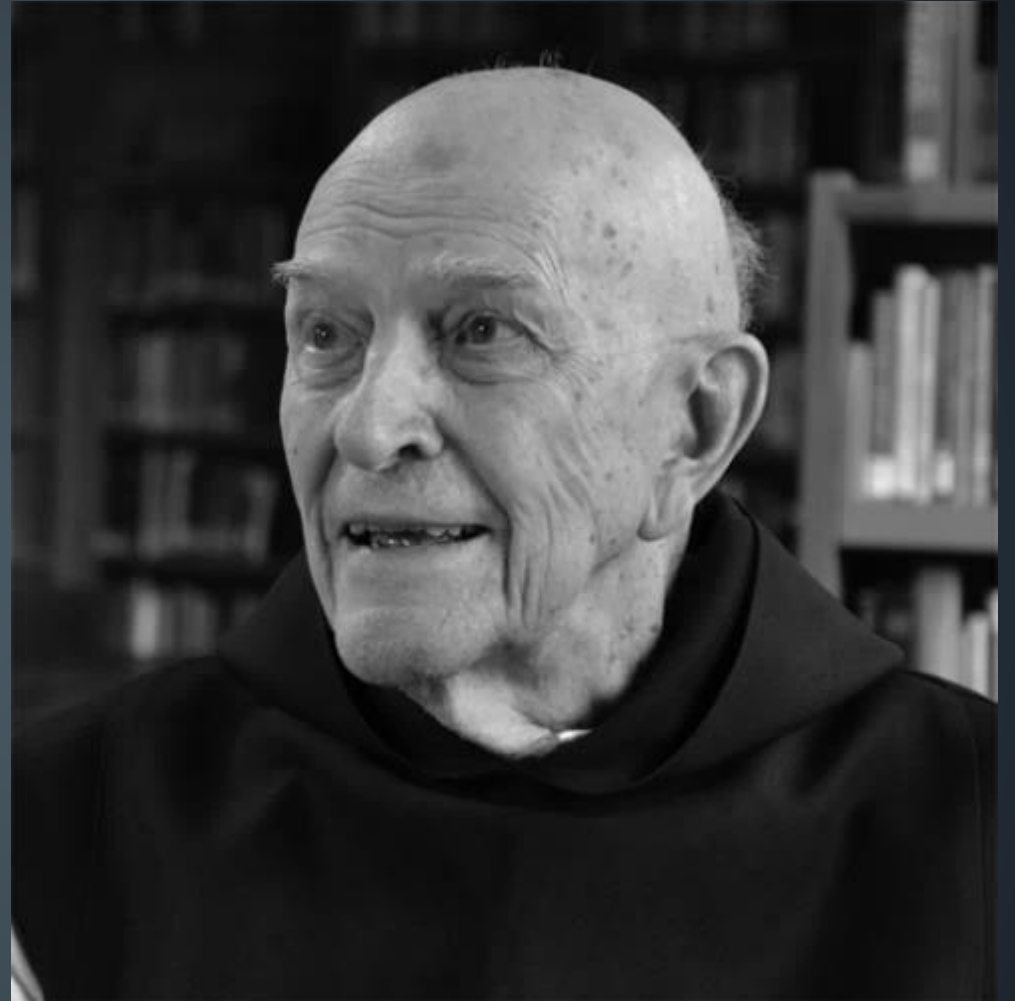
# DEFINITIONS

All you have to do is to accept what's happening or do what God wants you to do about what's happening, believing that you will be guided regardless of how many faults you have.

And, in fact, you may rather like your faults because they keep you humble.

So, what's the point of living? As far as I can see, it's to give God the chance to take over our very complicated human lives and situations completely.

THOMAS KEATING



You've often heard me say that it is best to seek detachment, which is to say: free yourself of yourself and of all things outside of you but remember ... it is about relinquishing, about letting go of your desire to have something, or to become someone. Try finding yourself in your nothingness.

If you are wondering how to do this, I'd put it this way: Let go of yourself as much as you can, and then some more; then open yourself to be re-formed back into the simple goodness of the one love which is God.

MEISTER ECKHART (14<sup>th</sup> c.)



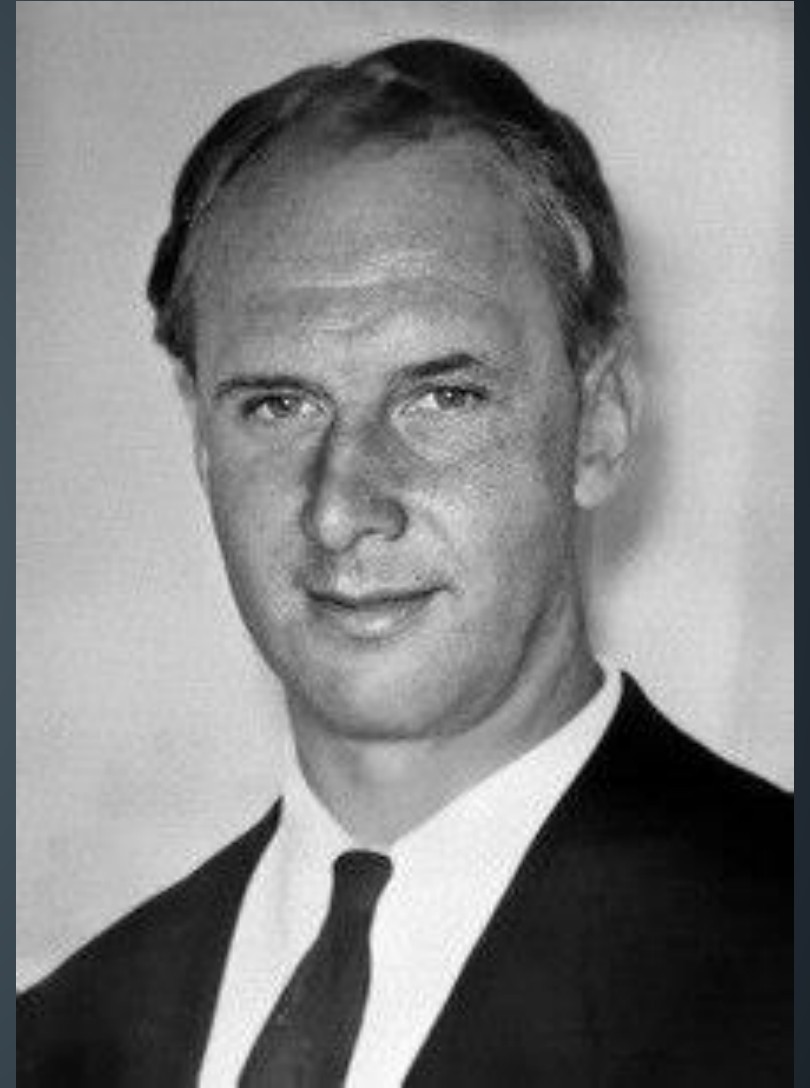
The greatest happiness we can experience on this earth comes from humility so complete that nothing said to us or about us can make us react either with pleasure or with pain.

When we accept whatever comes to us ... then we will be really happy. When that point of humility is reached there is no longer 'I want', there is only 'we are'.

This is self-remembering.

RODNEY COLLIN

The Mirror of Light





# TWELVE PRACTICES OF HUMILITY

PRACTICES *for*  
BECOMING  
PASSIVE TO  
ONESELF

1. Be attentive to the sacred nature of each moment.
2. Learn to distrust and question our own will.
3. Accept the limitations of our power and control.
4. Cultivate a patient and quiet mind.
5. Practice radical self-honesty.
6. Find contentment in all our circumstances.
7. Remember our smallness and impermanence.
8. Follow the wisdom of our trusted guides.
9. Restrain our judgment and criticism.
10. Take no pleasure in the misfortune of others.
11. Speak gently, briefly, and with candor.
12. Maintain a humble demeanor and appearance in all we do.



For discussion with your Journey Group or  
Work Partner...

- Self-observation
- Non-identification and Self-remembering
  - Byron Katie's practice
  - Welcoming prayer practice
- First Conscious Shock (taking impressions in a new way)
- Second Conscious Shock (transformation of negative emotion)
- Inner Stop
- David Hawkins' *Letting Go*

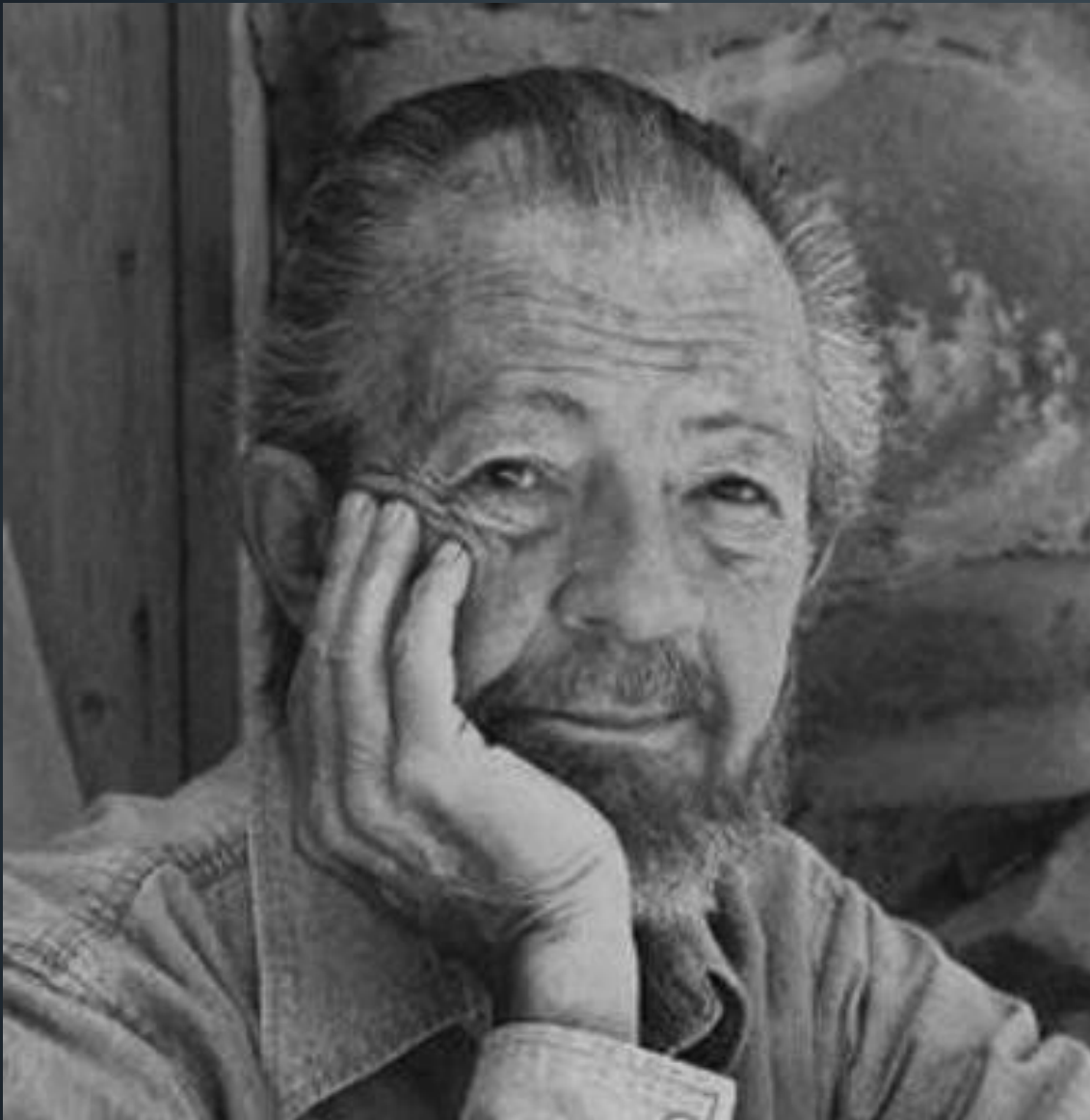
OTHER  
PRACTICES



Choose love and peace above  
all other options.

Commit to the goal of  
unconditional love and  
compassion for all life in all  
its expressions, and surrender  
all judgment to God.

DAVID HAWKINS



**The first practice of humility** is to keep the sacred nature of consciousness and the world in which it exists always alive within us. Everything we think, everything we do, everything we feel, is cast in time forever. Every moment that we live is irreplaceable, and therefore hallowed.

**The second practice of humility** is to distrust our own will. Our wants are insatiable, and our will is the product of those wants. Our pleasure, our needs, our wishes — all are mere self-interest, and the demands of self-interest are never ending. At every turn there is something more to acquire, something to distract our attention. Therefore the second practice of humility is not to love our own will, but to discover and carry out the unfathomable purpose of our being.

**The third practice of humility** is to accept our limitations, even to death. To accept that there are events outside our control and that have ultimate power over us, and that our will will not be done.

**The fourth practice of humility** is to be patient and to maintain a quiet mind, even in the face of inequity, injury, opposition and contradiction, preserving the awareness that we are refined by fire

**The fifth practice of humility** is not to conceal our faults, but to be ruthlessly honest with ourselves and about ourselves.

**The sixth practice of humility** is to be content with the work we are given to do and with the circumstances of our lives however unfair or demeaning, always remembering that it is our mind that confers value on our experiences.

**The seventh practice of humility** is not only to declare ourselves to be humble, but to believe in our hearts that we are of no consequence. For alone we are of no moment — in the vast reaches and endless memory of the universe our most profound idea is the merest fantasy; our greatest triumphs and our meanest actions are as lasting as a footprint in sand.

**The eighth practice of humility** is that we take no action except that which is in accordance with the path established for us, by word and by example, by those whom we know to be true guides, both past and present, always questioning our own ideas and wills.

**The ninth practice of humility** is that we refrain from judgment. It is not for us to live the lives of others, or to understand the infinite forces at work at every instant in another's life. We must restrain not only our criticism but also our advice, offering it only when requested, and then only with sincere misgiving.

**The tenth practice of humility** is to have sincere empathy. We can never believe ourselves superior to one another, nor take pleasure in each other's shortcomings and misfortunes.

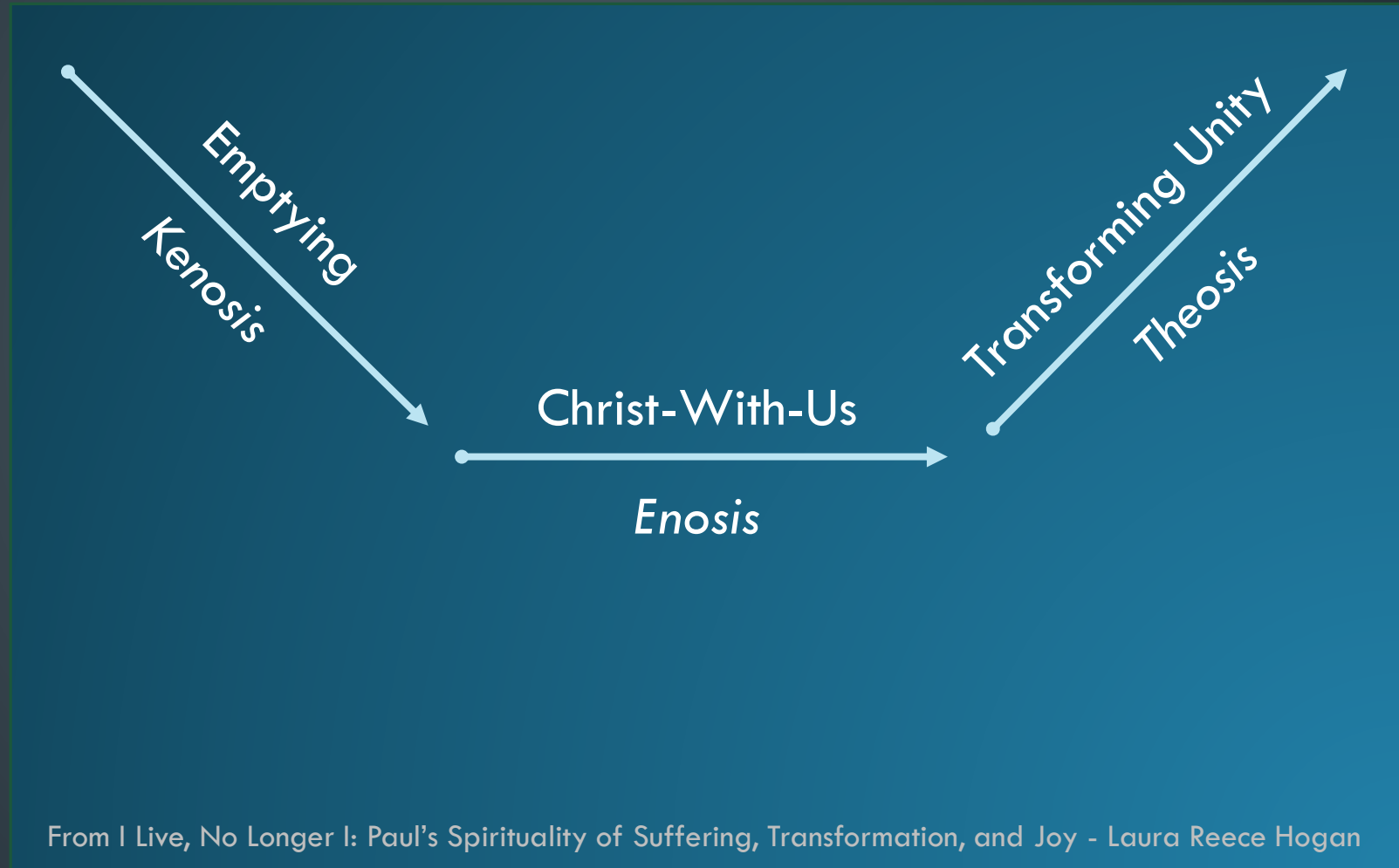
**The eleventh practice of humility** is to speak gently and briefly. Participation in community requires that we speak, and also that we listen. In speech we must be candid, in listening we must be accessible.

**The twelfth practice of humility** is to maintain not only humble thoughts, but also a humble demeanor, whether at work, on the road, at the market, in speaking or at rest.

# A LOOK BACK...

Purgation  
Illumination  
Union

Pseudo-Dionysius (5<sup>th</sup> c.)



From I Live, No Longer I: Paul's Spirituality of Suffering, Transformation, and Joy - Laura Reece Hogan

# AN UPDATED MODEL...

