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Impair Healthy Healing In People Over The Age Of 30!

Humility, Humor, and Humanity

By Stephanie West Allen

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"Angels fly because they can take themselves lightly."
G. K. Chesterton

TALES OF TWO PAINTERS

The early years of the great painter Paul Cezanne were difficult and his career was, from the very start, troubled with frequent rejection and failure. His family considered him peculiar and were unsupportive of his art.

After much family turmoil in his younger years, his father gave him a small allowance and he left for Paris where he worked alone and ignored.

Another painter Camille Pissarro became his mentor both lending him moral support, and influencing his palette. Cezanne, in a relatively short time period, switched from dark tones to bright colors.

Cezanne produced beautiful works as an unknown painter for many, many years. His commitment to, and passion for, his art was strong and unwavering and he did not strive for fame or even lesser recognition.

One day, a French art dealer happened to see the masterpieces of Cezanne. He was so impressed that he collected several of the paintings and arranged an exhibition in his gallery. Visitors to the dealer's gallery were stunned as they saw

for the first time the works of the unknown master.

The story goes that Cezanne arrived at the gallery and was also stunned. He had never before seen his work featured and admired this way. He walked around looking at his paintings, leaning on his son for support. Slowly he turned his head and looked at his son in surprise and awe. Cezanne then said, "They have put them in frames!"

And the second painter story: Picasso was being interviewed by an inexperienced critic. The critic asked why Picasso did not paint things to look as they actually do.

"I am not sure what you mean," Picasso replied.

The critic took a photo of his wife out of his wallet and showed it to Picasso saying, "Like this. This is how she really looks."

Picasso looked at the photo and said, "She's quite small. And rather flat."

HUMMING ALONG

Two of the excellent "hum" words are illustrated by these stories — humility and humor. Humility and humor are interconnected. One sure way to see their relationship is the I Can Laugh Now phenomenon.

Have you ever had something happen to you that seemed awful at the time but now, as you look back at it, you say, "I can laugh now . . ." The time between the supposed awful event and the I Can Laugh Now is much shorter for a person with a good sense of humor than for those living in the Drama Zone.

People with a sense of humor can watch themselves and laugh at their own trials and tribulations. They have humility. Because they can laugh, they have hope for themselves, others and our often crazy world.

The deadly serious people in the Drama Zone, the ones who almost never say, "I can laugh now . . .", often have no hope and thus may not honor the glorious strength of humanity — the human spirit. Humility, humor, humanity

-- wonderful, hmm?

And Today . . .

Today make yourself an I CAN LAUGH NOW notebook. Write down all the stories of your times of trial and tribulation about which this day you say, "I can laugh now . . ." Add to it as the days go by. Laugh as you write. Remember how good laughter is for you and laugh some more.

Shorten the time between trying events and "I can laugh now . . ." so your book of stories can grow faster. When you shorten the time, your sense of humor will grow, too.

Tell your stories to others, lots of others, and you can bet they will laugh with you. Some of the best humor comes from I Can Laugh Now stories. Your I CAN LAUGH NOW notebook

will be a gift to yourself and to other people in your life. Can you hear the giggles now?

And can you feel your angel wings sprouting as you take yourself lightly?

Stephanie West Allen, JD, is the author of 24 7 This! The Merry Method To Accelerate Success. Excerpts at <http://www.allen-nichols.com/success.cfm> She coaches people in using the two Merry Maxims, WYTUG (What You Think Upon Grows) and LULU (Loosen Up, Lighten Up), to achieve health, wealth, creativity, and harmonized relationships. Contact her at <mailto:Stephanie@allen-nichols.com>

The Power of Humility

By Judi Singleton

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Until I understood humility knew it you know only what you have experienced I thought it connotated humiliation and embarrassment. However, I have been working with some Wayne Dyer material and I have now learned another definition of humility. I now know humility. The best description I can give you is transending the ego and detaching

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from self. If one truly has humility one is not at risk of

embarrassment or humiliation.

When I first tried to be humble I said, "you mean I have to stop having

things my way?" "I have to stop trying to be right even if I am right?"

that is going to be tough. That is going to mean I am going to have to

keep my abilities and accomplishment in perspective. I am going to have

to be modest. I think I already had some of these traits as I have for

a long time now valued diversity in people and their opinions. I valued

all things both human and non-human. I was really ready to take a

honest self examination of self and when I was wrong promptly admit it.

I think true humility takes credit for assets and well as attributes we

would just as soon not have.

The heart of humility is a heart that esteems others greater than

itself. It serves others, it submits, and it desires

Humility is the first virtue in spiritual life. It is the vanguard that

protects virtues and talents. Every virtue that is not accompanied by

humility is likely to be snatched away by the vain glory, and

destroyed by conceit, boastfulness and self-admiration.

Humility takes courage. The courage to take action and assert an

authentic identity and take action, to do things that might fail. To

assert oneself in the presence of fear, Without courage we yield to

fear, avoid risk and are unfulfilled.

Humility is the flip side of courage it is the ability to step back

and let go of an identity and say this isn't working. It takes humility

to say I am not making it in this business. However, it has been a

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truly good learning experience.

Some people look at humility as a weakness. The opposite is true one who is truly humble has power. Humility helps us to accept our limitations and our humanity. It makes room for the Higher Power in our lives. If one is on a spiritual path it is essential. It allows us to admit when we are wrong, to apologize. Arrogance and Pride are fuel for the Ego. Humility is a potent antidote and spiritual ally.

Humility gives us the power of spirit where ego leaves no room for the Higher Power.

About the author: Judi Singleton is the publisher of Jassmine's JOURNAL , a daily ezine. For only \$60. a year you can subscribe to Jassmine's Journal and target your advertising to eight lists. Come by today and subscribe <http://www.motherearthpublishing.com>



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