

Protecting your virtues through humility

Here are just a few benefits that come from the virtue of humility:

- Humility, like its friend surrender, brings you to a place of greater inner freedom. You're not trying to impress others, but rather aspire to fulfill a greater destiny and be of service to all. With humility, you don't need to rack up huge credit-card debts to buy fancy furnishings and clothes to show off to your friends, but can make decisions from spiritual wisdom, intelligence, and self-knowledge.
- With humility, if you discover you've been doing something wrong, you are better able to see your error and take steps to correct it without being distracted by the ego's defense systems of making excuses and blaming others. For example, if you have failed to fulfill a promised commitment due to being swayed by a more pleasant opportunity, humility keeps you from trying to cover up your action by lying or blaming others. Instead, you can take note of the harmful effects of your selfish actions, take responsibility for your choices, humbly apologize to whoever was harmed by your transgression, and commit to yourself that you'll be more careful about giving and keeping your word in the future.
- Humility also keeps you from being overcome by guilt or shame due to any mistakes you've made in the past. Everyone at some point in their lives inevitably falls short of their greater aspirations. Maybe you took something you shouldn't have taken or said something you shouldn't have said. During such times, humility allows you to confront your erroneous ways without falling into the kinds of extreme self-condemnation, guilt, shame, or low self-esteem that can weaken your resolve and bring about even more failings. With humility, your love and self-respect for yourself stays strong as you focus on doing what is best in each moment.
- With humility, you know that you are an individual expression of spirit and can let that spirit express through you as a flow of creative inspiration. Your focus shifts from the usual concerns people have about what others think of them and moves into an egoless flow of action that opens the door to spiritual guidance and grace.

Spiritual Wisdom

Humble words

Here some great spiritual sages describe the importance of humility:

- “Those who aspire to greatness must humble themselves.”
— Lao-tzu
- “It was pride that changed angels to devils; it is humility that makes men angels.”
— St. Augustine
- “The tree laden with fruit always bends low.”
— Ramakrishna