

## ***Being a good editor***

*It is the mark of an educated mind to be able to entertain a thought without accepting it.*

—Aristotle

One secret to benefiting from spiritual teachings is this: Be a good editor! Drink the nectar and leave the dishwater. Eat the peanuts and throw away the shells. Use the good film footage and cut out the shaky shots. Choose and digest what makes sense and rings true and leave the discards respectfully in a bin for possible future consideration.

You have to be a good editor when it comes to reading and hearing anything in life, but especially with spiritual teachings. Be open-minded, but not naïve. The greatest teachings often come along with other ideas that appear to be less than great. However, if you completely avoid these teachings because you disagree with certain elements, then you may miss out on some of the greatest guidance for your spiritual journey.

*Be careful about reading health books. You may die of a misprint.*

—Mark Twain