

Be encouraged...

Now is the time to get serious about living your ideals. Once you have determined the spiritual principles you wish to exemplify, abide by these rules as if they were laws, as if it were indeed sinful to compromise them.

Don't mind if others don't share your convictions. How long can you afford to put off who you really want to be? Your nobler self cannot wait any longer.

Put your principles into practice – now. Stop the excuses and the procrastination. **This is your life!** You aren't a child anymore. The sooner you set yourself to your spiritual program, the happier you will be. **The longer you wait, the more you will be vulnerable to mediocrity and feel filled with shame and regret, because you know you are capable of better.**

From this instant on, vow to stop disappointing yourself. Separate yourself from the mob. **Decide to be extraordinary and do what you need to do – now.**

-Epictitus

There is darkness in the world, but it is merely an absence of light. All the darkness in the world cannot dispel even the smallest candle flame. *-Aung San Suu Kyi*

May I treat everyone today with respect, whether I agree with them or not, whether I like them or not. I want to end the day free of regrets about how I speak to others.

-Sharon Salzberg

Now regarding the question of how to put ethics into practice in everyday life, it may be helpful to consider the process of having three aspects of levels - each progressively more advanced and dependent for its success upon the former.

An ethic of restraint: deliberately refraining from doing actual or potential harm to others

An ethic of virtue: actively cultivating and enhancing our positive behavior and inner values

An ethic of altruism: dedicating our lives, genuinely and selflessly, to the welfare of others

-The Dalai Lama

We wonder why we are feeling so tired and drained and why we often do not feel good about ourselves. This is the work of the mind. *-The Practice, p. 57*