

PAUSING TO REFLECT ON CONTEXT, WORLDVIEWS AND EXPERIENCES

Everything has a context and should be viewed from within that context. Suffering can result if we don't take time to try to understand what may influence the actions and reactions of others.

There are so many factors and conditions that influence our belief systems and individualize us.

We should approach life not as an on/off switch but more as a dimmer. Some days we connect to Spirit more easily than others. That, however, does not make us faulty. That is what makes us spiritual beings having a human experience.

We limit ourselves when we hold our beliefs in a well-defined, fastened box. We can all benefit by learning to be more tolerant of others, as well as of ourselves. We need to learn to expand our perspectives with the goal of true unity rather than the easiness of separation.

We hear people say things like, "How could they have said that?" or "Why did they do that?" without stopping to try to answer the same questions. What if we pause and attempt to understand the context and the other person's frame of reference? We seem more prone to jump to conclusions based on our own worldviews rather than taking time to understand. Yes, understanding can be difficult and can take many tries, but I believe it is our mission to never give up on finding compassion, empathy and gratitude.

We must stop, reflect and ask ourselves, as well as others, until we each have a better grasp of where the other is coming from. We have to remember that we are all born the same, but our definitions, labels and judgments evoke differences.

Pausing to ask and listen is how we build connection. It's how we nurture tolerance. It's how we become more compassionate for others and ourselves, breaking down barriers to fully living and loving. ☸

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