

## POINTS TO REMEMBER

Change is not always easy. Yet **change is essential** – and it is important that I not only accept it, but welcome it.

The time two to three centuries ago is known as the **Age of Enlightenment**. This was a time of great focus on reasoning and scientific discovery which led to inventions that improved the lives of millions. Thereafter, the 20<sup>th</sup> century has been called the **Age of Technology** that led to the internet, the cell phone and countless other discoveries. But, with all this, **there has been little or no progress in people getting along**.

As a result, at least one philosopher has predicted that the 21<sup>st</sup> century will be the **Age of Compassion** when people learn to be. For this to happen, each of us needs to **set the intent of a life of Love**, so we live in harmony with the world around us.

To be specific, **a life of Love means people demonstrating, individually and collectively, certain practices** including:

Kindness   Compassion   Courtesy and Respect   Generosity  
Humility   Serenity, Emotional Stability and Patience  
Unselfishness   Light-hearted, Joyful, Fun-loving Friendliness

**The foregoing describes how we are when we are living in harmony with others. But, just as important is how we get to that way of living. And this requires three vital practices:**

- 1<sup>st</sup> Forgiveness** – which is release of ourselves and others
- 2<sup>nd</sup> Setting aside ego** – because ego depends on a belief that we are separate. The Truth is we are not separate but rather interdependent, very much in need of one another.
- 3<sup>rd</sup> Living acceptance, non-resistance, non-defensiveness.**  
Using Jesus as our role model, becoming free from our self.