

## Touchstones Theme: Humility

To have humility is to experience reality, not in relation to ourselves, but in its sacred independence. It is to see, judge, and act from the point of rest in ourselves. Then, how much disappears, and all that remains falls into place. In the point of rest at the center of our being, we encounter a world where all things are at rest in the same way. Then a tree becomes a mystery, a cloud a revelation, each man [or woman] a cosmos of whose riches we can only catch glimpses.

*Dag Hammarskjöld*



One recipe for a humble pie captures the complexity of humility itself. It calls for 2 cans Understanding, 2 cups Love, 2 cups Compassion, 3 cups Humility, 1 cup Forgiveness, 1/2 cup Peace, 1/2 cup Acceptance, 1/4 cup Success, 1/4 cup Failure, 2 tbsp Temptation, 1 tsp Remorse, 1 tsp Guilt, and 1 part Humor; freshly sliced as a garnish. These ingredients suggest that the purpose of eating humble pie is not to punish, but to restore right relationship; not to chastise, but to challenge; not to criticize, but to care.

*adapted from Valerie Sagheddu*

Please join us in exploring the theme of Humility