

## **Good Manners Exist - As Above, So Below**

*"When you are dead, seek for your resting place not in the earth, but in the hearts of men." Rumi*

*"Lives of great men and women all remind us we can make our lives sublime, And, departing, leave behind us footprints on the sands of time."*

*Henry Wadsworth Longfellow*

The days are growing shorter, the leaves more beautiful and the global character of man more insolent and rude. More people in the world worship a God-figure than not so, it always comes as a great surprise to me that we walk through the beauty of this life without care for the green footprint we may leave behind. Green is associated with the Earth, the heart chakra, wisdom, as well as envy, jealousy and intemperate behavior. I conjecture that a small change in our outward manners could clean up a great deal of the negative clutter that is quickly accumulating upon the Earth. Simply by remembering your good manners, many of the hurts and painful exchanges between peoples could be avoided. Let's hark back to lessons from our childhood to see if life could change as we know it if we could just remember to utilize them!

I recently taught a class where students came from many varied cultures and backgrounds. The looks on students' faces as they listened impatiently to one gentleman speak in halting English while making an important point about the lecture was priceless. It was easier to grow impatient with his efforts than stop and calmly open up their hearts to his sharing of information. I often run into disparate points of view as my lecture series is not just of this plane of existence. Because of the spiritual nature of what I pursue, it is always a wonder when classes open up and there is a genuine sharing of knowledge without contempt or intolerance. Watching national television in the last few weeks has convinced me over and over again of how God's great laws work in our lives. The more rudeness, hatefulness and divisive tactics used by all of us increases negative karma, substantially. I watch as our nation defies its personal responsibility as light-bearers and continues to heap on the icky, dark ooze that is escaping from our shadow selves every day. Talk about keeping watch over your green footprint!

But, back to the subject at hand...Good manners should be the first piece of cloth we place around ourselves every day. Civility has been the core of every rule of society since the beginning of time. We use inside voices when appropriate, we think of others before ourselves since we share the same space on Earth, there are rules of right-of-way, etc. As those shared spaces get more and more populated, it is important to shut down zealous thoughts and actions that are over the top and serve no one, such as road rage on the beltway or screaming at our political figures because you did not manage your life very well. Upon leaving a particularly active class one night where good feelings were filling the air, I walked out of the building only to see one of the students drive away at a harmfully high speed, not caring about the danger she presented. It was such a careless, irresponsible behavior that I had a difficult time wrapping my thoughts around her response to life in the classroom and out. At the core of ourselves there is a foundation, a co-creatorship with The Source that dictates who we are every minute of the day. Like all living things, it must be fed and nurtured, continually. Maybe it is time that deportment comes back into our classrooms and places of worship?

The Fall of the year is like the fall of man or of the angels in that we are brought back to the reflection of who we are and reminded what areas of life need some repair work or mending. Slow your hearts down so you can recognize the God in each person you meet on the road of life. Slow your minds down in order that you recognize the

worth of others' knowledge and actions. Slow your bodies down for you do damage to your tender hearts and minds with your destructive thoughts and activities. All of this is within your governance and will allow us to release more of the destructive tendencies that are being set aflame around the globe. We understand spiritual love in the classroom or at church, but, often cannot apply it to real life. Now is the time to apply our wisdom, to in fact, live, As Above, also below.

As we approach where the darkness of the year meets the waning light, it would behoove all of us to check out how we are controlling the demons we created. Remember, The Source created Halloween for the expressed purpose of diminishing those aspects of self that harm us and others. Halloween is a great time to get the hell scared out of you and wouldn't that be a good thing for the Earth at this time? Happy cleansing, releasing and acting like a lady or gentleman....

**All the best to you in this time of change. May all your dreams turn into butterflies of transformation,**

Dr. Gwen G. MacGregor  
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