

Quest for the Holy Grail...

Journal to The Star You Are!

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The Quest:

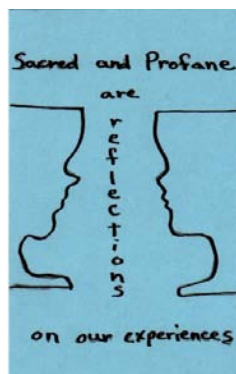
What is Sacred Within You Now

The number 1 always presents something new. With the Ace of Cups it is a new emotion based on an unmet need. Everyone has the same needs, but sometimes one of our needs becomes more immediately pressing. If a need hasn't been met, it raises to the surface of my consciousness as an issue. If I am keeping my life too busy and crowded to notice it, then the need remains unconscious but will still cause discomfort and lack of ease. This creates waves of emotional highs and lows that are seemingly unexplainable and very disruptive to my relationships. If this is happening, then it becomes very important to step back, take a deep breath, and give yourself some air space. Give yourself time to meditate. We can pray for peace, that is the act of asking our Higher Power to intercede in our lives...but equally important is the meditation time, in which we wait and listen for the response to that prayer. The need I most value in my life right now is Peace. I am willing to learn more about it now because it has become an issue in my life.

When I read the book, *"Nonviolent Communication"* by Marshall Rosenberg, it touched my heart and changed my understanding of peace. The book came into my life as an answer to prayer and through a series of synchronistic events that "added value weight" to its appearance. Now I have a new dream of community and connection. And a new tool to use for accomplishing the dream of peace.

I have applied the principles taught in that book to the Tarot Cups so that I can use my cards while I learn this compassionate, authentic way of communicating. I let the Cards help me learn these new skills. Now when a Cup comes up in a reading, it reminds me that I want to connect, not correct. It helps me remember this new way, this „peace talk“ that can help me get my need for peace met more fully.

Write in your journal, or draw pictures to represent, what is the feeling that over-flows in your heart right now. If it is a joyful feeling express your gratitude. If it is an uneasy or sad feeling express your heartfelt concern in a prayer. Sit with your writing or drawing and listen within for the small voice of Conscience to respond to you. Give yourself the gift of this time of Intention daily.

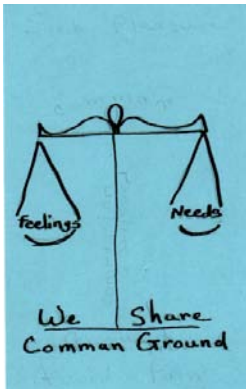


## Two of Cups Reflection

Twos give us a reflection of what the One is focusing on. The number 2 asks us to make choices about a thought, word, or deed based on our emotional needs. Now when I reflect on my life, I can see where there are some happenings that filled me with joy and some others that created stress or anger. I want to choose more peace and less stress. I want to pay attention to what is going on inside of me. I reflect on my feelings and try to understand what need is (or is not) being met in my relating to others. I also want to know what is going on inside of the others who matter to me. Now I want words and actions to reflect feelings and needs. I want communication to connect me to others and them to me. If I reflect on the feelings I have experienced, I can guess the feelings that someone else may be having. If my goal is to stay peacefully connected with others around me, it helps to understand what they are feeling and why. So I ask. And I reflect back what they have said so that we are both sure we are being understood. Head and heart are working together and reflecting heartfelt connections.

Twos are also a place of choice. When a two comes up in a reading I know that there are some decisions that will need to be made. With the Two of Cups the choice is to take the most caring response possible. It is love in action. So it often means that this is a time to really step back and try to understand what the other person is needing. It is also a time to be real clear with yourself about your own wants and needs. And then step forward with an offering of care and consideration for their needs. If the person is looking to you to meet those needs, and you can't or won't be doing that for them...then saying "No" with good heart may be called for. If "No" is met with anger then you know that the person wasn't requesting your help, they were demanding it. Loving equals don't place demands on one another, they offer and receive freely given support and love. Only freely given care and consideration will have the healing and supportive results that we all long for.

Write in your journal or draw your vision of heartfelt connection. Think back to the best memories you have of friends or family or even complete strangers giving you unconditional consideration and care. Memories such as those deserve to be memorialized, kept close, framed on the walls of your Sacred Space.



## Three of Cups

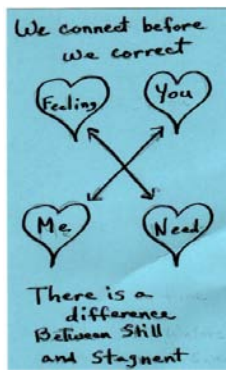
### Connection

I want to find peace again but not at the expense of myself or another. I ask then, "What is being created by you and I as we communicate?" Does this fill us all with joy? What words or actions do I want to use if Peace and connection are my goals? The number 3 relates to the results of us joining with others. It can be related to „The newly pregnant mama to be“. New things are being created from the connection of thee and me. Those connections and those creations should be fun. They can add a lot to our enjoyment of life. Let's put our heads and hearts together and find a way that fully honors and empowers all of us.

Three also relates to Sacred connections such as Mother, Maiden, Crone and Father, Son, and Holy Spirit. If we treat all our connections with that level of respect and deference that we willingly give to the Sacred, then and only then are we reflecting the expectations of godliness which we are capable of. Every major religion contains the Golden Rule within it. In our Quest for the Grail the Golden Rule is our guideline.

We all want to be included and to enjoy being together. Listen now with the intent to understand another's point of view, not with the intent to plan what to say next. Together we will uncover feelings and needs so that together we can meet them. We are not looking for blame or gain. Not jealous or lonely. We come together with full intent to honor our diversity and many points of view.

Choose three people to write about in your journal. Choose people who are close to you and who won't mind giving you feed back. Write a page about each person, guessing what their favorite color might be, their favorite food, politics, books, places to visit. Try to imagine what it is like to be that person and what they will say about your description when it is done. Find a time to share what you have written with them. It will make for great conversation and if you warned them that you were doing it, they may have written about you as well. If you prefer drawing to writing try doing portraits together. Bring snacks. Make it a party.



## Four of Cups Contemplation

The number 4 is related to the four corners of a foundation we can build on. It reminds us that stability requires that certain things are in place before we move on.

Sometimes that means waiting. Use your „down time“ wisely.

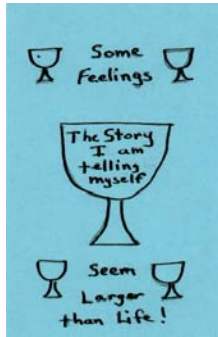
I want to choose my words and actions carefully and with a full understanding of what the feelings are that are behind the thoughts, words and deeds that I have perceived. If peace is the goal, what actions or words do I want to use? “What is being said or done adds to the peaceful life I love.” or “What is being said or done does not support the peaceful life I love.”

I express how I am and what would make life more wonderful for me. I confirm whether my message was received to my satisfaction. I focus attention on how others are and what would make life more wonderful for them. I confirm whether I have accurately received the message of others. Honesty and empathy are equal partners in my communication.

I give myself time to meditate or pray for understanding to be given me. I want to understand what’s going on for me and what’s going on for you. We are worth waiting for.

Have you thought about your words as the foundation of your relationships with others? Write in your journal what kind of words are the foundations of your relationship with each or the significant people in your life. What words have you learned to expect from your mother or father? What words can you count on from your spouse? What language do you use with your children? What can you add that will make it a firmer foundation for a long lasting relationship?

Make lists of things that are important to you. If your friends or family want to join in, have them write lists as well. Then compare the lists. Where are you similar? Where are you different? How do you differ in the priorities of the things on your lists that are the same? Lists are like picket fences. They help us stay within the boundaries of our own hopes and dreams so that we are less likely to be pulled into someone else’s drama or plan for a life that may not fit with our own expectations.



## Five of Cups Confrontation

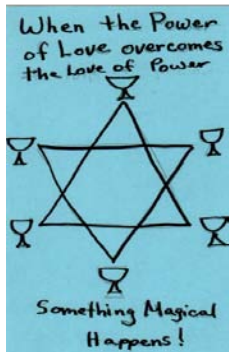
The number 5 is called „Motion Coming to the Rescue of Stability“. I think of it as the agile thumb that lets our hands be articulate in action. Our lives reflect that ability to want precision and accuracy. Sometimes that inherent capacity for accuracy leads to thinking critically of ourselves or others. That can be a good thing if we are paying attention with good heart, good intentions. It can be a not so good thing if we are motivated by a wish to control others or build ourselves up at their expense.

Sometimes we become lazy about noticing what others are experiencing or feeling. Sometimes they seem remote or we become distant and neither person takes the initiative to find out what is at the Heart of the matter. When stability becomes boring or unfulfilling some new emotion will come along to stir the pot. And sometimes the motion needed is to leave a situation or person because my heart is no longer invested in them. It is my duty to my Sacred Self to stay true to my heart. I have feelings that keep me in touch with the world I want to live in. They let me know when I have departed that world.

There is a story I am telling myself that causes those feelings. It may be a “He said, She said” story or the “You just don’t understand” story. The old „power-over“ story pushes us apart. The „power-over“ stories usually say at least one “Should” in them. The old stories say that someone wins and someone loses. They say that some have and others do without. They say that some are good and some are bad.

Why would any of us choose those stories? Try writing in your journal about a painful or disappointing event without ever using the word “should”. Practice making up excuses for people who behave in ways that cause you stress or anger. See if you can make up more excuses for them than they can for themselves! Give yourself a day off from thinking any unkind or critical thoughts about anyone. Can you make it through a whole day? Then try for two. Practice peace in your imagination and thoughts. It will become real in your daily interactions as well. Remember the continuum...Thought...Word...Deed. If you practice peaceful thoughts, those times when life is not peaceful will become the exception rather than the rule.



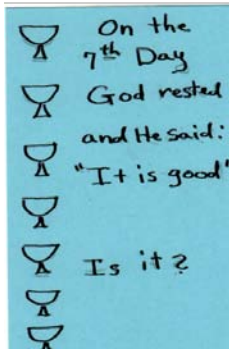


## Six of Cups Cooperation

The number 6 asks us to show our ability to care at a deeper and more personal level. It's easy to say how much you care. Now show it. Act on the urgings of your heart. What can be the new story? The story I would like to tell includes the needs of both people being met. I want a picture that unites us as equals. Give me a story of uniting without dissolving or disappearing or vanquishing or diminishing. If I truly believe in the goodness inherent in each and every one of us, it should be natural for me to be kind and courteous. I can keep promises and honor expectations. I will be loyal to those who are absent and make apologies if I haven't done my part. It will be easy for us all when that is the story we live by and believe in. Where trust is, there also is friendship. If friendship isn't easy to come by then we must rebuild the trust. Lack of trust has made it so difficult for ourselves and others. It's a chicken and egg thing. Someone has got to start somewhere....

Rebuilding Trust means telling the truth, but telling it with compassion. Trust means doing what you say you will do. It means apologizing if you didn't get it done. It includes being loyal to those who are not present so that no one worries about what is said in their absence. Trust building means being kind and considerate so consistently that everyone expects it from you all the time. Even if others are not. And it means keeping promises. Which means not making a promise if your heart isn't in it. If you aren't true to your heart, how can you expect someone else to be?

Spend some time with your journal writing about promises. Write about the ones that were kept, the ones you kept, and what it meant to have that happen. Write about the disappointing ones as well. The times someone disappointed you, or you disappointed them. Write about the promises you made that you wish you hadn't. Search your heart for what the message is that you could take from all those experiences.



## Seven of Cups Imagination

Each of us is unique and we feel our needs in different ways. Peace to me means quiet and solitude, to my grandson it means the freedom to listen to loud music without others complaining. To my husband it means extra time to work on a race car. We define Peace in different terms.

The number 7 reminds us that on the Seventh Day God rested. And He said "It is good." Is my life good? Are all my needs being met? Am I accepting a generic definition for all those needs or am I being honest and clear about my uniqueness? Are we on the same page with our definitions? My idea of honesty may not be the same as yours. What does Peace mean to you? What is missing in my life...What is missing in yours... Let's get together and ask each other the important questions. This is not the time for day dreaming, this is the time for defining your dream. *Our needs can be related to:*

**Peace:** Beauty, Ease, Equality, Harmony, Order

**Honesty:** Authenticity, Integrity, Presence

**Meaning:** Challenge, Competence, Effectiveness, Purpose

**Connection:** Acceptance, Affection, Consideration, Support

**Creativity:** Learning, Growth, Change, Stimulation, Contribution

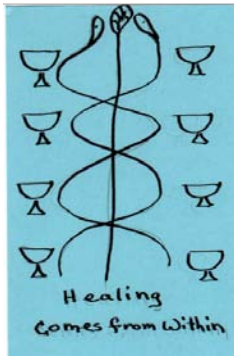
**Autonomy:** Choice, Freedom, Independence, Space, Spontaneity

**Physical well being:** Air, Food, Movement, Sleep, Shelter, Touch

Draw or write a clear expression of what the high-lighted words in the column mean to you. Pay attention to your body while you do this. Any tension or stress that you feel when questioning yourself about happiness and fulfillment, could be telling you of future or current dis-ease. Heed any warnings you notice as you write.

There are feelings I experience when something is missing...Afraid, annoyed, angry, unconnected, disquieted, pain, sickness, sadness, tension, not fully alive...They ask me to take action to make life more satisfying.



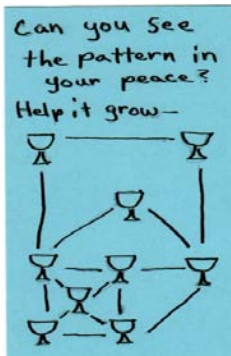


## Eight of Cups Adjustment

The number 8 reminds us: As above, So below. There is a divine plan to the universe. You also need a plan. You must know what you really want as an outcome before you can make a good plan. I need to look deeply within to see what is really going on with my heart. This may require time to get apart and just be with myself. Sometimes I'm just not sure about things. And sometimes even when everything seems abundant and there is no apparent problem...I just feel unconnected and dissatisfied. I must take the time to find my bearings. I must quest for what is fulfilling to me now. Satisfying my Heart's deep longing is the Sacred Quest for the Grail. What is calling to me? Am I being pulled out of my cocoon, out into the World? Or am I being pulled away from the crowd, into my private chamber to seek my source? Either way, I have been called, and I must go.

There are so many choices, so many varieties, so many places, people, things all tempting us from our true path. The only way we can be certain of the right decision for ourselves is to allow for alone time. This can be dang-near-unto-impossible whether you are a young parent or a busy executive. Our lives are crowded with the needs of others, and we don't want to let them down. However, when we hear of all the disease and pain that is blamed on stress it becomes a more realistic choice to take care of your Self as the highest of priorities. A weekend away could save you a week with the flu or worse. Pay attention to your feelings and don't let tensions build up.

Your journal can be a great place to sort through a crowd of choices that are making you feel uneasy. Put the problem in a circle. Draw a bunch of lines radiating out from the problem circle. Draw a circle at the end of each line. Now write a possible solution in each of the circles. Use your imagination; it doesn't have to be realistic. Trust that the solutions will come...and they will probably surprise you. You're in good hands. It is not all up to you to resolve. That's what Angels on the shoulder are here for!



## Nine of Cups Completion

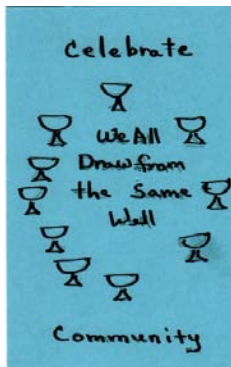
We all have the same basic needs. When they are being met we feel peaceful, joyful, energetic, friendly, generous, kind, self-satisfied, proud, capable, etc.

The number 9 relates to knowing when you have accomplished your goal; recognizing when something has begun, grown, been harvested and now been stored away for posterity. Now and then it is wonderful. Now and then we get to know that it is really worth the effort. With practice and perseverance those times become more frequent and eventually feeling great about life is what we have come to expect. Words and actions reflect feelings and needs. Observations, feelings, needs, and requests connect us to others. Head and heart work together. Communication is clear, it promotes cooperation, and it leads to commitment.

This is the time when I feel connected to life and proud of my associations. Smiles come easy and I can handle the set-backs when they come because I know that everyone is doing their best. I don't have to take mistakes personally. Life is rewarding, and I have plenty of good heartedness to share.

Sometimes we become so polluted by the constant media hype about what is going wrong in the world that we don't even notice all the good. Now is a good time to start a gratitude journal. Make a point of remembering all the kindness, friendly smiles of neighbors, helping hands, and compliments that have come your way. If you have a problem, and write about it in your journal...don't stop short! Write about the solutions to those problems too! It can be an easy gift of hope someday, when you are facing a problem and look through your journal to see how many times you have worried...and how many times it was for nothing!

Collect names of your heroes and quotes from the wisest people you know in your journal as well. Use the journal as your resource center, where you know you can find a pleasant memory, or the memory of a pleasant face.



## Ten of Cups Community

The basic nature of human beings is intelligent, capable, courageous, powerful, energetic, gentle, curious, loving, kind, honest, fun, sociable, cooperative, confident, self-assured, joyful, humorous, attractive, affectionate,.....need I go on?

The number 10 takes our individual experience out into the community so that it can be shared. Our cultures change in accordance to the individuals who make them, and the changes of the individual on a personal level give a new direction to our country. There is no longer slavery in our culture because more and more individuals came to understand that it was not ok. Women vote and work as equals because of the men who gained understanding of what was needed for our culture to be whole. The new story is that from the time of cave people we have been taking care of one another. Fight or flight instincts may have got us away from the saber toothed tiger, but share and care got us through the ages and into the now. The new story is that sharing and caring are the survival tools that set us on the evolving path to creative change. When we as developing humans, began to imagine what it must be like for another, that is when humanity began. It is Heartfelt connection that defines us as humans.

I know that I can trust the hearts of my friends and neighbors. My heritage is a family and community sharing and caring. I have a firm belief in the honesty, integrity, reliability, justice, competence and character of another person or group of people. Now that I have practiced and become comfortable with my ability to connect from the heart, I will step out into the community to help others to learn as well. I have something to share.

Practice writing letters to congress about issues that interest you as well. We vote for the world we live in with many of our actions, not just a trip to the polls. Every dollar you spend is a vote. Did the product come from labor that was fairly paid? Were animals used for testing the products? Were pesticides used or artificial fertilizers? If those are things that you care about, then the only way to change the situation is with your spending habits. "Now is the time for all good men to come to the aid of their country."

Use your journal to write or draw the world that you would like to live in. Draw/Plant a community garden with a large sheet of paper and a gathering of friends all drawing and coloring on it together. It's great fun to see who plants in rows, who draws flowers and vines that stray into everyone's space, who puts in fences and who doesn't.



## Page of Cups Observation

*Seek first to understand...then to be understood...* Pages are students of life. The Page of Cups is an observer of feelings that are surfacing. He counsels observation of our emotions, without judgment. It is too early to make a commitment or even a comment. We need more information. We need to understand. If what just happened in thought, word or deed, caused an emotional reaction; step back, separate yourself for a moment or two, and just observe....

It can be good times and good emotions you are observing as well. There are delightful occurrences that can really catch us by surprise. I remember giving a compliment to a woman in a store about her earrings. I really like earrings and have quite a collection. It upsets me no end if I lose one. But when I said, "Those are pretty, I really like your earrings." She said, "Well everyone should have at least one of something they like!" She took off one earring, put it in my bag and disappeared into the crowds! I was totally amazed! I still have that earring. I stick it into a candle in my Sacred Space to remind me always of the gift that woman gave me. Every time I see it, I smile again. The Page reminds us to keep the good, and throw out the not so good, memories. Seek Keepers.

There will be times in your life when a strong emotion will come out of nowhere and knock you for a loop. Maybe someone you love just said good bye. Maybe they did something that violates your values and you are so distraught you don't know what to say or do. Listen first. Check out what you heard, limit responses that advise, probe, interpret, or evaluate. Just pay attention to the observable facts. What really occurred? Don't try to understand *why* at this point, just *what*. Judge not. When I am having a hard time understanding what just occurred, and an even harder time not judging; I write it down in my journal. Just the facts, no commentary. Then I write it down again. And again. Eventually it gets a bit desensitized. When I can finally write what occurred without quite so much emotion, then and only then, I'll start exploring the feelings I am having about it. I look backwards in my memory to learn why I am reacting so strongly. I explore what I know of the other persons' life in the hopes of better understanding why he or she sees things differently than I do. I wonder what hopes or fears are part of these strong emotions.



## Knights of Cups Feelings

*Seek pleasure, avoid pain.* Pay attention to feelings that come up for you. Pay attention to the feelings you guess might be coming up for others. Investigate further, and follow the Hearts' lead. The Knight reminds us of our Holy Grail, our Quest— Feelings get us moving in the Right direction. He points us towards our own personal True North. If emotion happened around an occurrence listen to yourself and others with empathy. What is empathy? It is an attempt to understand what is going on inside. Empathy asks "What are you, or I feeling?" Sympathy says "I've felt that sometimes too" Empathy keeps the focus on here and now; it is walking in another's shoes. It is also paying attention to the stone in yours. Sympathy takes the focus to the past or the future. Empathy stays in the now. Stay with the other if they are the one in the most emotion at the moment. Stay with yourself if you are the one feeling the most emotion in the moment. Attend to the moment. And attend to one another. Emotions are meant for sharing.

Emotions are Energy in Motion. They are meant to get you going. If it hurts, leave. Follow your Bliss is very sound advice for the Knight of Cups. If it puts joy in your heart, stay with it. Your art cannot look the same as someone else's art if it comes from your heart. You want your life to reflect your own brand of love in action. The action must be taken with care and consideration however. You don't want to act in haste and repent in leisure! The knight of cups must move carefully or he'll spill the contents of the cup all over!

We have such a limited vocabulary for all the many feelings we experience. Use your journal to collect lots of feeling words and expand your awareness of how important they are. Try writing a story about every new feeling word you come up with. "Once upon a time there was a *sad* little princess..." Once upon a time there was a *raging* race car driver..." Once upon a time there was a *worried* mother...a *harried* daughter...a *peaceful* child..." Notice that feeling words have been used to describe all sorts of weather, rivers, oceans, mountains, etc. Take yourself on a mind trip to places that reflect the emotion you are feeling right now.





## Queen of Cups values

*The Sacred Union is between Heart and Head.* There are reasons for the feelings we have. My reasons are not the same as yours are. The Queen is the reminder of our values. She tells us what we are willing to live for, what we want to nurture and support with our love. Feelings attach us to the experiences of our past and the hopes and fears we have for the future. What is the value that emotion is bringing to your attention? Am I needing more autonomy, understanding, compassion, integrity, growth, equality, connection, acceptance....? What are you needing more of in our relationship to each other?

Remember that we all have this huge hidden reservoir of experiences that we have built our identity, values, expectations, and attitudes on. Those experiences are a very real part of who we are as individuals but they don't show and others don't know about them. Don't deny your needs or the needs of others. Connecting in peace means valuing each individual, just as they are. It means recognizing the intrinsic value of humanity as a whole, and all humans as individuals. We are all the product of centuries of community tending to each other. Relying on one another is why we didn't become extinct like the dinosaurs did.

Use your journal to create a collage of pictures, dreams, goals and memories that inspire you. Collect pictures from magazines that show homes you would choose, or cars you wish you had. Think about the styles you like best. Design your garden or your room to reflect who you are as an individual. How is it different now than it would be if you were a teenager, or if you were older than you ever thought you would live to be. Does your taste in things change with age? What experiences, hopes or fears cause those changes? Explore the things that stay the same through the years as well. Have you moved often but always chosen the same style of home? Have you explored any number of religions but never changed careers? Are there places where you have a sense of conflict over some of your values? For instance, I do not believe in censorship but I don't want pornography in my world. And I highly value transparency and openness, but I don't admit to my spending habits if I can avoid it. I can talk about those topics in my journal without the embarrassment I feel when the topics are part of a conversation. I can clarify my values, attitudes, and beliefs by writing them out in my journal.





## King of Cups Requests

*Desire to give from the Heart, to care.* Kings hold Sacred Space. They put walls up to protect what is valuable to us. We must be willing to ask for what we need in our relationships. Our values are hidden deep within us, and we have to be willing to speak up and not let them be ignored. Our values are gleaned from the experiences of the past and our hopes for the future. Our requests, however, can only ask for what is immediately do-able and relevant to what is alive in the moment. What do you really want as an outcome? Do you want compliance? or do you want commitment....Do you want resentment? or do you want clarity....Do you want cooperation? or do you want resistance.... If you are asking for more than can be freely given the results will be disappointing. Sometimes the best you can ask for is a reflection back of what you just said. It is an important discussion when our values are at risk so it is important to speak with honesty and empathy. If the relationship is to last, and the value to hold, the conversation must be compassionate.

It is true that emotions are energy in motion; catch the moment and enjoy it. But you cannot corral it. If you try to keep an emotion then it becomes something else. It is no longer an emotion. Now it is then an obligation or a chore. And emotional obligations can become resentments or sometimes addictions. Being well versed in the array of emotions, feelings, needs, values and requests that are part of who you are gives you a much better chance of holding happiness...at least most of the time.

Ask from a place of mutual understanding and consideration. Protect the peace by being at peace. Every discussion that includes a request deserves good heartedness. Your journal is a great place to give the gifts you wish you could give. Use your Midas touch to wish-craft as much giving and philanthropy as you would if you could. Gilt the pages with silver and gold ink, decorate with tassels and scrolls and fancy lettering in red. Turn journal pages into Gift Certificates of your own imagining.

## Expressing How We Are and What We Would Like

Think of someone who does something that makes life less than wonderful for you and write here what the person does.

Imagine you are talking directly to the person and express how you feel when the person acts in the way described above using this form: *“When you do this (what was described above), I feel...”*

Imagine you are talking directly to the person and express your reasons for feeling as you do using this form: *“When you do what I described, I feel as I expressed because I need...”*

In relation to what the other person said or did, and considering your feelings and needs, imagine you are talking directly to the person and express a request using this form: *“When you....I feel....because I need.....I would like you to...”*

Marshall Rosenberg's book: *Nonviolent Communication* and its message was used as an example in this book with the personal permission of Dr Marshall Rosenberg. Tax exempt contributions to the Center for Nonviolent Communication are welcomed.

[www.orncc.net](http://www.orncc.net) [www.cnvc.org](http://www.cnvc.org) [www.freedom-project.org](http://www.freedom-project.org)

## **Appreciation Practice**

What filled my Cup with Joy today?

Who made my day more comfortable?

Who gave me a compliment?

Who did I give a compliment to?

Who did I help or make more comfortable?

What did I do that I am proud of today?

Today I **Give Thanks** for....

## The Golden Rule

**Baha’l Faith:** “He should not wish for others that which he does not fulfill” (Gleanings of Baha’u’llah)

**Buddhism:** “Hurt no others in ways that you yourself would find hurtful.” (Udana-Varga, 5, 18)

**Christianity:** “Treat others the way you want them to treat you.” (Matthew 7:12)

**Confucianism:** “Is there one maxim which ought to be acted upon throughout one’s life? Surely it is the maxim of loving-kindness: do not do to others what you would not have them do to you.” (Analects: Sayings of Confucius, 15,23)

**Hinduism:** “Whatever you consider injurious to yourself, never do to others. This is the essence of dharma.” (Mahabharata, Udyoga Parvan 39, 71)

**Islam:** “No one of you is a believer until he desires for his brothers and sisters that which he desires for himself.” (Hadith of Muhammad)

**Jainism:** “In happiness and suffering, in joy and grief, regard all creatures as you regard your own self.” (Mahavira)

**Judaism:** “What is hateful to you, do not do to your fellow men and women. That is the entire Law; all the rest is commentary.” (The Talmud, Shabbat 3id)

**Native American** “Great Spirit, grant that I may not criticize my neighbor until I have walked a mile in his moccasins.”

**Sikhism:** “Be not estranged from another for God dwells in every heart.” (Guru Granth Sahib)

**Taoism:** “Regard your neighbor’s gain as your own gain, and your neighbor’s loss as your own loss.” (Tai Shang Kan Ying P’ien)

**Wicca:** Do as ye will, ain’ it harm none. Love is the law. Love is the only law.

**Zoroastrianism:** “That nature alone is good, which refrains from doing to another whatever is not good for its own self.” (Daditan-I-Dinik, 94,5)

Maharají is my ego talking to my soul.  
Slowly I am identifying more and more with  
my soul.

He has always given me instructions like,

*"Ram Dass tell the truth."*

*"Ram Dass love everybody."*

*"Maharají can you love everybody?"*

*"You can love everybody.*

*A soul can love everybody, but an ego can't"*

So I've practiced becoming my soul.

RAM DASS

