

AMA:NITHVAM

Meaning: *Absence of self-glorification, Humility, Dispassion.*

True Humility is one of the essential qualifications of a Godly or a transcendently situated person. Several other transcendental qualifications follow humility. By coming in contact with such humble beings, a lowly conditioned being is transformed into the Divine Consciousness. As made very clear by Lord *Krishna* in the *Bhagavad Gi:tha*, true humility is essential for linking with God, the Pure Self within. Without humility there can be no Self-Realization.

The Spiritual quality of humility belongs to a Godly person endowed with Divine Nature. Such a person is humble, modest, and kind: for he never performs any act that is abominable. Accordingly, humility abides in the heart of those fortunate ones who have divinized their inner-self: the mind, intelligence, consciousness, and ego. Hence, the importance of this Divine virtue of "humility" is underscored in our Holy Scriptures for one can test and judge oneself by this virtue to determine how far his own spiritual-unfoldment has progressed. In the sublime and ordinary sense of the word, humility fosters all those Divine virtues, which the human spirit and soul long for. Humility comes from the word **humus**, which means earth. Humble people are down to earth. They are honest in evaluating their strengths and weakness.

In simple and practical terms – humility is simply realism. A truly humble person is a perfectly realistic person. Consequently, a person of humility will have an accurate self-concept. Due to his intuitive understanding he can have the right relation to God and His Creation. Therefore, it is God's will for us to acquire humility. It is a state of being as well as the process of abiding and reconciling one's life to God's Will, as it is made known through our Holy Scriptures and our Spiritual Masters.

When a person is ascending along the path of evolution, he has humility because he sees the heights to which he aspires and seeks to reach. Humility is the first condition for connecting with God. The one who is humble can accomplish difficult tasks with only a little energy. Only through pure unconditional Love, can we begin to comprehend humility. Through humility, man realizes that there are many peaks to scale along the Spiritual path.

As a Spiritual Soul rises above the body consciousness, the physical ego is gone. But the astral ego and the causal ego are still present. Complete humility arises only when one rises above the three planes and not earlier than that. Genuine humility however is truthfulness, which enables us to acknowledge both our talents and failings. The humble recognize and rejoice in their particular gift. They see them, develop them, share them and give credit to God for bestowing these talents on them. Material life or body-



consciousness makes us very eager to receive honor, flattery and recognition from others. The person who is truly humble is never anxious to have the satisfaction of being honored, flattered or recognized by others. Since this person is in Perfect Knowledge (*A:thma Jn:ani*) and Intuitive Understanding and knows that he is not this body. To such a person, honor, dishonor, fame or anything else pertaining to this body is irrelevant and useless.

Thus, true humility is in living with the Divine Nature with Love and Devotion, becoming God-immersed, becoming contented, attaining intuitive understanding, being free from arrogant pride and egocentric living, enjoying Inner Peace and Joy, abiding in Truth and performing pious deeds. Also true humility is living liberated, satisfied and fulfilled, kind and merciful, modest, full of inner beauty, free from sinful mistakes, untouched by sorrows and pains of the material life and detached.

We can aspire to develop this quality by contentment. All desires and related fears bind us to the material plane. They draw us to the objects of the senses, the senses overwhelm the mind, the sense-blind mind enslaves the soul, thus, the mind goes on creating sinful actions entangling the *Ji:va* or beings in the web of repeated birth and death. As the foundation for Spiritual Progress, humility disposes the devotee to abide by the Divine Nature; to be receptive to inspiration, revelation and wisdom. Selfless service (*Nishka:ma Se:va*) and humility are the elements for the right relation with God.

According to our Scriptures, humility is a formidable weapon. This



weapon can be used to cut the roots of arrogant pride and false ego. It can be used to free ourselves from ostentatious living, being assuming, arrogant, scornful, stubborn and self-justifying behavior. Thus, humility brings an end to arrogant egotistical behavior. In addition to Self-realization, humility is also essential for all human relationships; ex: good parenting, happy marriage, friendships etc. Humility enables us to recognize and account for the needs of the Parents, children, spouse, and others. When we do that our needs are more likely to be met than if we demand them without any feelings for others. Thus, humility puts us in right relation to God and His Creation. A truly humble man is aware and sensible about the limited extent of his knowledge, and the great extent of his ignorance, and of the minuscule extent of his understanding as compared with the understanding of God.

In closing, HUMILITY is greatness bending, but not yielding to the storm. It is power, preserving its strength. It is Faith ready for the test. It is patience, willing to wait. It is the soul listening for God's message and word. It is wisdom parting with ambition. It is love, which is anxious to serve. It is the bud of gentleness, unfolding the fragrant flower. It is obligation, realizing its responsibility. It is loyalty and steadfastness, unmoved by threats of injustice and wrong.

“ Laughter, humility and knowledge when combine, produce wisdom. “

Jai Srimannarayana !