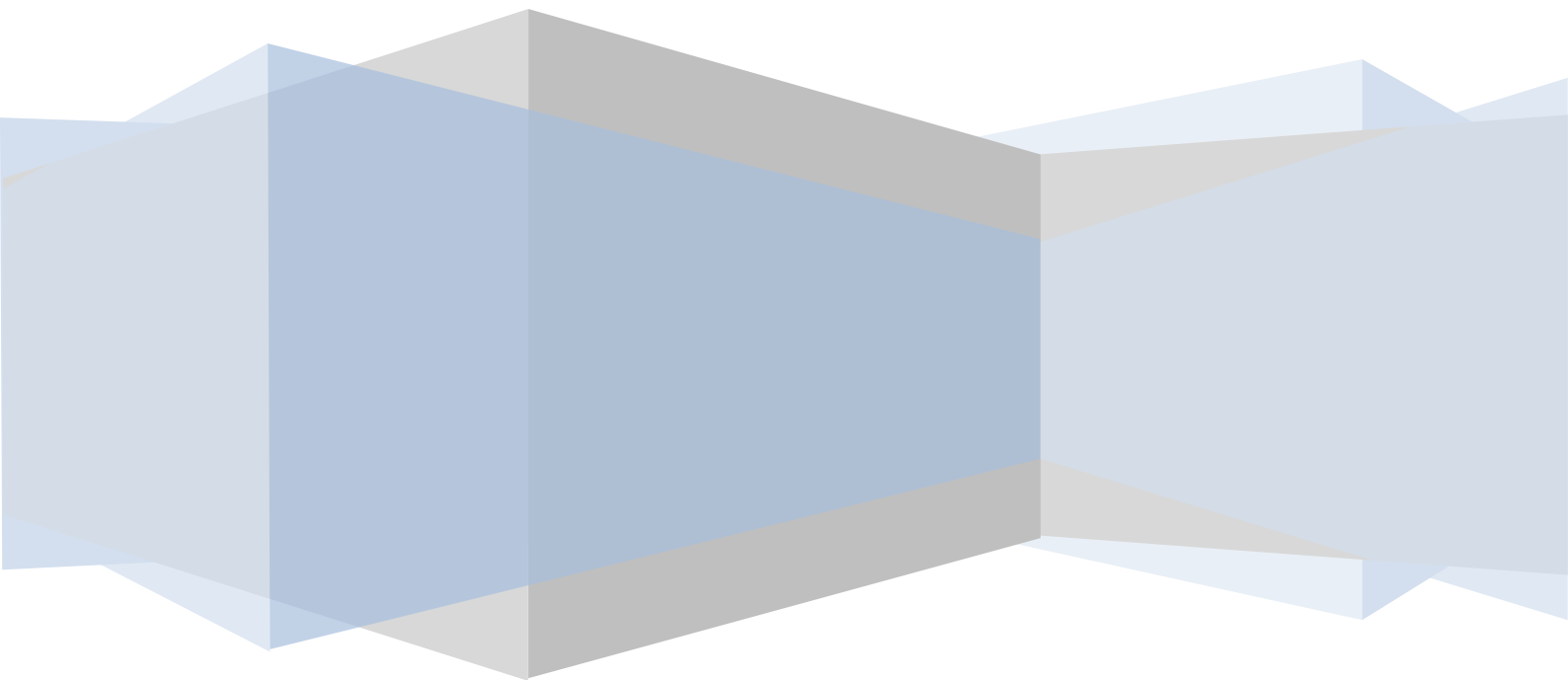


The Inner Coach

Attaining Humility

Keith Collins



Humility is the quality of attaining outstanding balance in my personal attributes.

When I attain a balanced state of being that is attributable to my Self, I express humility.

Humility is an expression of the congruency of my emotional energy.

When I express my pride, I express only the male gender of my energy.

When I express my modesty, I express only the female gender of my energy.

Attaining humility requires the female aspects of my emotional energy to be in alignment with the male aspects of my emotional energy.

When the yin & yang of my energy vibration are in alignment, I attain humility.

Humility means earthly ability.

It is the ability of my Self to live in physical existence as my Soul.

It is therefore, the ability of the Soul to live on Earth as its Self.

When my ego Self has no ego sense of Self, only the essence of my Soul, I attain humility.

Being Modest means not standing out.

Modesty hides my true expression.

It prevents me from appearing better than other people.

It is driven by a need to be liked and a need to be included by others.

Appearing to be the same or on the same level as other people is how we attempt to be like other people and liked by other people.

It is believed that modesty is a good quality because other people like our modesty.

Modesty is the quality of a follower.

Leaders are required to stand out and be proud, whereas followers are not.

Modesty is best way that is appropriate for me to fit in with other people.

It allows me to be proud of not being proud.

It means that I can be outstandingly unapparent & ineffectual in a modest way.

I can disappear into the background without being noticed.

Being Proud means standing out.

I stand out when I achieve.

I am proud of my achievements.

The more outstanding my achievement, the prouder I become.

My pride is relative to my successful achievement.

I am proud of my success and I am proud of my succession.

I am proud of those who succeed me.

Parents take pride in the achievement and success of their children.

Children do not make their parents proud.

Pride is driven by the need to succeed, the need to achieve and the need to be acknowledged for it.

Being proud of our children's achievement is our false sense of acknowledging how well we have raised our children, how accomplished we have made them and how well they succeed us.

It is only my ego that is proud of what my ego believes that it has accomplished.

Being proud is not an outstanding achievement from my Soul's perspective.

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