

“Teach this triple
truth to all:

A generous heart,
kind speech,
and a life of service
and compassion...

These are the things
which renew humanity.”

Buddha



Most of us will hear these words and immediately start striving for these specific kinds of actions. Our Mystic is indeed guiding us to do just that. However, a truly generous heart, kind speech, dedicated service, and the deepest compassion emerge from a mystical understanding of **who we are in our depths**. And with this understanding comes the wisdom of how to navigate the dualistic experience of being **both** human **and** divine.

When we attempt to achieve these goals by avoiding, ignoring, denying, or being against greed, mean thoughts, angry feelings, and selfish actions, we have once again set up what we like against what we dislike. This causes our suffering to dramatically increase and our sense of self-esteem and worth to plummet. Why? In a dualistic universe, experiencing generosity, kindness, service to others and compassion *without their opposites* is not a reachable goal. This misunderstanding creates interference with our ability to access our Mystical Eyes and the open heart from which these desired actions naturally flow.

You can verify for yourself that our journey here on earth is through a dualistic universe where polar pairs meet us at every turn. Being a Marketplace Mystic means you have begun to **understand** and **perceive** the deep partnership that exists between these seemingly opposed polar pairs – generosity vs. greed – being kind vs. being mean – being of service to others vs. being of service to yourself – compassion vs. anger. Without understanding this deep partnership, you will most likely fall into the trap of setting up one pole of each polarity as better than the other pole.

Mystical generosity is not the generosity that is the opposite of greed. It is an overflow from a different state of Being that arises when you are beyond the conceptual mind – when you are perceiving life with your mystical eyes rather than the eyes of your conditioning. Mystical kindness, service, and compassion also live beyond the conceptual mind and are not driven by any thought or goal. They are simply reflections of that state of your Being when you step outside your mind and inside the mystery of your existence itself.

I invite you to explore for yourself the validity of the notion that polar pairs permeate our world – inner and outer. Once this becomes obvious, the ability to perceive the hidden harmony between the two is just a breath away.

Until next month when another Reflection will arrive, may you enjoy the wonders of sharing your heart, your kindness, and your compassion with all – including yourself.

Ragini