

## **An Introspective Look into The Practice of Personal Ethics**

There are differences of opinions in the world about what is right and wrong on almost any issue. With Esoteric Healing, the use of ethics is important not only when working with the energetics of another person but in creating our part in right human relationships with others and with ourselves as well. This is the reason we created a series of short articles focusing on points of ethics that truly need to be acknowledged and discussed.

We have looked at many of the Ethics Codes of the NAEH which have pertained to our clients and how we work with them as a professional. For this last article I would like to comment on the ethics surrounding how we live our daily lives and *our* part in right human relationships.

When we look in the mirror and see ourselves, we start to become aware of our own biases and prejudices. We each have them to certain degrees depending on our culture, what we were taught growing up and what we were exposed to as adults. As the times we are now living in is full of confusion, fear and anger, it would behoove us to take a step back, see through the eyes of the soul and remember we are all one humanity.

It is easy to be swept into the emotional impact happening all over the world and lose ourselves. The pandemic. Lockdown. Loss of jobs and income. The Black Lives Matters movement and protests. Staying centered and grounded is more important right now than ever. We can be grateful for what we have. This gives us the opportunity and the means to help others who have lost much keep their sanity and dignity as well as helping us keep ours!

So, what does your heart tell you? What does your mind say? We have learned there is a need for blending the heart and mind. Balanced, they give us wisdom – the unifying quality that permeates our being so we can step out of the world of fear and into the world of Heart and Mind. In this place, we find our clarity, strength and that driving force which will lead us forward. We have the ability and knowledge to create our joy and peace – even the little things will help us as we move through the upheaval and come out on the other side.

So, as we move from Pisces into Aquarius – we can affect this shift in what we do now through awareness of our own personal ethics being led by our Soul. This is a time of coming together, moving into the “Age of Brother(Sister)hood,” supporting each other in our group work as well as the Esoteric Healing work. Remember, all is in Divine Order.

### **Be the change you want to see.**

Alice Bailey writes in “From Bethlehem to Calvary,” page 279, quoting Dr. Schweitzer: “Civilization originates when men become inspired by a strong and clear determination to attain progress, and consecrate themselves, as a result of this determination, to the service of

life and of the world. It is only in ethics that we can find the driving force for such action, transcending as it does, the limits of our own existence.”