

BE INCLUSIVE

[Posted at www.loveshift.com]

The words, "Be Inclusive." Think about "Be Inclusive." What comes to your mind? Include everybody, it's the right thing to do, the nice thing to do, don't be exclusive, it is mean, hurtful. So be inclusive. "Be Inclusive". Inclusive, what does that mean? Think about inclusive as a way of thinking, a way of being, an attitude of openness, receptive to see and hear what is there... taking in everything that is there, all encompassing, not excluding anything. Totally inclusive.

Why be inclusive? Why do this? It is essential for understanding, comprehension, gaining insight and knowledge and discovering meaning and significance. What about exclusive? One way to think about exclusive: what we might call non-thinking, closed, a mindset, attached to the way I am thinking, my own thoughts about beliefs and values and ideas. We have exclusive reactions to what we see and hear, and they are expressed in anger, a polarization, a dislike, prejudice. Exclusive reaction stops real thinking. Unable and often unwilling to see it with new eyes and hear with new ears. Closed. Are you having a reaction to my words? How are you hearing me? Are you having a reaction to my voice and how I am saying things? Are you open? Are you comprehending, understanding the underlying intention?

"Be Inclusive." Think about it. Two plus two equals four. Right? Right. Two plus two equals five. Wrong? Right. What is right and what is wrong in relationships already exists. We often spend time correcting things that are wrong, making things right. In another dimension, be open to what is right and what is wrong and let it teach you.

"Being Inclusive" is a way of thinking, a way of being, embracing life, and becoming wise, wise as the system that produced us. Becoming inclusive is the primary condition for emergent evolutionary thoughts. "Be Inclusive." Be open.

By Virginia Fitton