

BE RESPONSIBLE

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I believe that if we really lived being present, being authentic, and being inclusive, we would be responsible. It would be just an automatic outcome. "Be Responsible." Be responsible for what? I think one answer to that question would be having the courage to see. Therefore, this meditation will be an exercise focused on trying to see, think and reflect on what it means to be responsible.

So let's enter into mediation by becoming still. Becoming present. Are you responsible? When you look at your life, what do you see? Think about your day. How you are living it. Is it full? Full of what? What do you spend your time thinking about? When you look at your life, what do you see your free will causing you to do? Visualize looking in a mirror. See yourself. What do you think? What do you feel? Try to see what is really there. Do you see capacities? Seeing? Hearing? Thinking? Creating? Understanding? Loving? How much time do you spend looking and not really seeing? Do you see that you have been given one life to live? What are you doing with it?

See your relationships with people. Think about them. Is blame present? What good does blame do? Is reconciliation being responsible? Do you see what is going on in the world? Are you open to see needs? Are you open to let the needs touch your heart? Do you have a feeling of success in the doing of something that is good and needed? Do you have the courage to transcend fear, anxiety, anger, hate, apathy? Are you spending energy on something that is old, obsolete? Are you spending energy on building something for the future? Are you responsible?

Being responsible. Could the purpose for being human be to become responsible? Being responsible is to be open, to understand, and to respond. Response is to have a voice. What is your voice saying?

By Virginia Fitton