

Making a Difference

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Self-sacrifice is a fundamental condition of the Christian life. It is about yielding up self, or pride, jealousy and selfishness, so that the presence of the Lord Jesus Christ may become the source of any behavior.

The self is not an entity that has to be cast out, but a condition of mind that has to be transformed. The empirical evidence of a transformed heart and mind is the dispositions that turn into behaviors.

The renunciation of the self is not the elimination of an intelligent human being, but the annihilation of every weak, rival and selfish desire. The self, when it is not properly cultivated by formal training, education and exercise, is the emphasis on perishable things and temporary pleasures as distinguished from the wise practices of virtue, righteousness and correctness.

Sometimes, self is the lusting, dynamics of the heart and if a human being truly wants to grow and develop, these fragile attributes must be yielded up before abiding calm and endless peace, even in the middle of a any kind of storm.

This psychological challenge is not about giving up all things, but learning that it is the lust for things that must be sacrificed. The point is that whatever a person sacrifices (wealth, position, friends, fame, home, wife, children and life), will not make a profound difference if the self is not renounced. By giving up the objects of self-indulgence, no peace will emerge, but torment can follow. It is self-indulgence or the compulsive desire for the object that must be managed and abandoned; then peace enters the heart and the mind.

Sacrifice is difficult so long as there is any vestige of selfishness in the heart. It requires a lot of discipline and work to overcome this condition. While there remains in the heart a compulsive desire for unworthy objects or pleasures that have been sacrificed, there will be periods of strong

temptations. However, when these destructive desires have been put away forever from the mind and the new patterns of behavior are really robust, and then a new kind of individual psychology has emerged. Again, this demands prayer, study, practice and discipline for achieving a more perfect wisdom and a more perfect peace...

Philosophers and psychologists have instructed that the same logic applies to hatred, envy, jealousy, anger and revenge, among others. For example, hatred is a weak self and envy, jealousy, deception and anger are malice behaviors. Self healing is mind-heart fasting for spirit feasting. This process is complex and hard in its early stages, but to the extent that it is maintain, a divine peace and confidence descends upon the individual. This peace and confidence remains longer and the rays of heaven begin to be shed abroad in the heart and remain forever...

The healing by way of illumination leads to growth, development and peace. In the more perfect life of divine love, there is no room for destruction, and for harming anybody. Where there is perfection of insight, illumination and a new life in heaven, there is perfect peace and solid characters.

Character is about learning to live from the inside to the outside. It is about acknowledging that what I nourish will determine the scope of my achievement and success. Thus, character is not permanent, but to the contrary it is one of the most changeable things in human nature. There is always this dialectic in human beings between wanting to change character by a conscious act of will and having to cope with the pressures of circumstances. It is precisely because this tension exists that we have to strengthen and energize our internal life... why not say it... our spiritual life.

There is a kind of mysterious interlocking among healthy character, sustained success, maturity and spiritual scope. To the extent that we really understand this progression, we realized that dispositions are not fixed, except in so far as one fixes them by continuing to do the same thing over and over, and by persistence in the stubborn that "I cannot help it, and that is the way I am". Immediately a human being gets rid of this mental programming, he/she will find out that he/she can help it.

Education polishes intelligence and will, and in the process, these instruments will mold dispositions, orientations and behaviors to any extent and with considerable rapidity if one is in earnest.

The clock of life should not stop at any particular moment, especially at a moment of success... If we cease doing destructive or negative things, the dispositions and behaviors are changed and character is altered. Success is about internalizing and progressively learning to do all of that for which we have high potential. To cease from old habits and actions is difficult, but with each added effort, the difficulty decreases and new patterns emerge, and bad habits are substituted by good ones. Yes, you can teach an old dog new trick! There will never be a bad dead man, someone will always cry for him!

Life has its tastes and it always comes with challenges, problems and opportunities. We all have our shares. If we work with purpose, tenacity, consistency, contribution, discipline, self-sacrifice and a conqueror mentality, character is ennobled and the mind is lifted into joy.

Slaveries of any kind are the causes of human unhappiness.

For this coming year, let us all as a society, as families and as human beings break away from any kind of destructiveness and slavery. We can pray, deliver and be free.

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