

Peace of Heart

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The path to personal growth and development is that of achieving higher levels of wisdom, peace and strength. As human beings become more capable to confront doubt and uncertainty, their knowledge foundation and psychological surety is proportionally augmented. Real wisdom is calm, silent and beautiful, but achieving it is difficult and complex because the self is frequently blind, rash, jealous, and destructive. Wisdom is often rejected by people because it is always confrontational in the form of wounding reproof, and demands a higher sophistication from people capable of receiving confrontation, debating, challenging and ultimately being reproved.

Wisdom is about having good judgment and being sagacious, prudent and discrete. It is the ability of someone to judge and to make right decisions involving persons, organizations and situations based on a broad range of knowledge, experience and understanding. It is the capacity of a educated person to discern the most suitable course of action in practical manners. Strength is the quality of a person who has the power and the vigor to get things done by intellectual and relationship force and effectiveness. Peace is the attribute of a strong character that is free from conflict, violence or disturbance. It is freedom from disagreements and quarrels and the enjoyment of harmony and concord while relating to different people. Peaceful people have an undisturbed state of mind regardless of the circumstances. They show calmness, quietness, and tranquility in their behaviors.

If the aim of a well educated human being is to acquire, sustain and apply wisdom in all of his or her undertakings, the self with all of its pride, arrogance and superficialities must be shocked to the extreme. Because of this reality (real knowledge is always shocking) wisdom is the enemy of the unpolished self, causing sometimes rebellion and discomfort. Therefore, if anybody is in the business of raising knowledge and applying wisdom, giving self-peace a chance is an obligation and a necessity.

The wise human being is not a slave of his or her passions and personal cravings, but instead is capable of overcoming strict pleasure, personal advantage or any other inclination that may cause harm to others. Here is where peace comes into play. In order to manage emotions, passions and cravings, human beings need peace of mind.

This is the only way to cope with the energy of negative impulse and refining the capacity to think and reflect deeply before acting and behaving. Engaging into profound thinking and reflecting will lead wise people into considering what is right to be done, and doing just that the first time and hopefully all the time... Being thoughtful, and behaving with quality, requires strength and discipline... These two conditions, strength and discipline, though at first seemingly difficult and complex, are by far superior to conflict, battle and pain!

The way to personal growth and development requires heavy reading, studying, traveling, researching, learning, and sharing with others. Knowledge grows and progresses by interaction... This is the journey of the philosophers.... However, this life-style demands practices, practices and more practices. A human being needs to purify himself or herself and govern and exercise responsibility regarding his or her eliciting behaviors.

Wisdom, peace, and strength are the ingredients of self-control and self-management. The presence of these elements in any human being will lead to right behaviors; their absence will signify folly, erroneous behaviors. Profound reading, study and learning will be in vain if a person does not see his or her errors and exhibits the tendency to re-cycle them.

Wisdom, peace, and strength say to the vain or superficial person:

“Do not exaggerate in praising yourself”; To the proud one,
“Humble yourself”; To the gossiper,
“Govern your tongue and your heart”; To the angry,
“Subdue your anger”; To the resentful,
“Forgive your opponent and don’t be a victimizer or a victim”;
To the self-indulgent,
“Be prudent and temperate”; To the impure,
“Purge your mind of lust”; To all people;
“Beware of small faults, do your own duty, and never intermeddle with the duty of another”. Behaving with wisdom, peace, and strength is a very simple and very complex venture.

The English philosopher Herbert Spencer (1820-1903) said that the true goal of education is character formation, and the true behaviors that correspond to such formidable condition are wisdom, strength, and peace.

Leadership character is all about developing adequate attitudes and choosing behaviors (words, expressions, deeds and actions), and then managing and coping with the consequences of those behaviors.

Finally, it is important to recognize that human beings cannot get through a single day without having an impact on others and on the world around them. What we do makes a difference, and we have to decide if we want to make a difference that shows our wisdom, strength and peace of heart.

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