



*Taking Care
of Ourselves Yet
Not Being Selfish*

Mount Damavand, Iran

Index

Introduction

Exercise 1: Selfishness

Exercise 2: Appropriate Balance

Exercise 3: Statistics

Exercise 4: Gratitude and Appropriate Giving

Summary

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Introduction

Selfishness: lacking consideration for others, concerned chiefly with one's own personal profit or pleasure, failure to think of another

Narcissism: excessive interest in oneself, involving a sense of entitlement, lack of empathy and consideration for another

Selfishness is at the root of most injustices, and this selfishness leads to narcissism, which is at the root of most atrocities.

By and large, our world is filled with ego driven madness, that encourages self-involvement and self-indulgence. In truth, there is enough of everything, food, water and money, whereby no person should be suffering and dying from lack of food, water, a place to live or medical care. Our problem is that money is not distributed equally and sharing is not in fashion. Statistics state that 1% of the population have the same amount of money as 99% of the remaining population. This in itself, is bred through greed and avarice.

Yet amongst humans, we also have those who give too much of themselves. And equally giving too much of oneself, does not promote happiness, health or lack of suffering. So how do we reach a balance? How do we take good care of ourselves, and still maintain an awareness of those less fortunate, and those who are devastated from true lack?

The answer is learning to live a balanced life, and balance, which most people do not understand is based on sacredness, not sacrifice. Sacredness is developed through a consciousness of ourselves and others. First and foremost, we must always be aware of what is healthy for our own soul, spirit and body. Then we can go beyond, and extend ourselves to our family, friends, community and globe. Embracing it all leads to a healthy and harmonious life for ourselves, which ultimately is instrumental in helping the world at large.

Exercise 1

Selfishness

Selfishness is caused by a potpourri of emotions. To overcome these negative feelings, we must first know that we do indeed have them.

What are your triggers that cause you to be selfish? Mark the line yes or no. If yes, why do you have this feeling and how will you overcome it? Look to how you can transmute the feeling to the positive.

_____ **Feeling Fearful** – *opposite feeling courageous*

_____ **Feeling Shame** – *opposite feeling honorable*

_____ **Feeling Helpless** – *opposite feeling empowered*

_____ **Feeling Pessimistic** – *opposite feeling optimistic*

_____ **Feeling Loneliness** – *opposite feeling loved and loving*

_____ **Feeling Angry** – *opposite feeling peaceful and accepting*

_____ **Feeling Jealous or Envious** – *opposite feeling fulfilled and whole*

_____ **Feeling Victimized** – *feeling victorious*

Exercise 2

Appropriate Balance

There is such an enormous amount of imbalance in the present day world. If each and every one of us becomes aware of this fact and acts appropriately, we will indeed have an enormous impact on the problems no matter how small our contribution. Thus we become the change we want to see happen.

Study the questions and make a plan of action to become a better world player for injustice and imbalance.

Do you give away too much of yourself? If yes, why and how will you change that?

Are you clear about what you appropriately need in order to feel a sense of safety? if not, why and how will you change that?

Do you not give enough? If yes, why and how will you change that?

What do you have too much of, and will you give more away? Example: shoes, food, sheets, money, clothes, furniture.

Are you aware of what is happening in the world and people around you? If not, why and how will you change that?

Exercise 3

Statistics

In truth, we are all one family sharing the home we call earth. In fact, what happens to one of us affects the whole of us; and what affects the whole of us affects each one of us personally. The more aware we are of what is occurring, the safer we become. Denial and ignorance are our planet's biggest enemies. Therefore, it is safe to say, that knowledge is crucial to our health, well-being, and welfare.

The following statistics are just some of the injustices that are presently happening.

Homelessness Problem

1. Two percent of all the world population are considered homeless.
2. In the United States 582,470 people have no shelter. 71.7 percent of the homeless are in California, compared to 4.4 in New York. Eugene, Oregon has the highest ratio of homelessness. 18% of the people with no shelter are children under the age of 18.
3. Nigeria has the largest population of homelessness. Yet one of the richest people in the world resides in Nigeria.
4. Ukraine has the highest ratio of homelessness.

United Kingdom is second.

United States is third.

China has 300 million homeless out of a population of 1.4 billion

Japan has no homelessness

Sweden put an end to their homelessness problem by supplying food and shelter. They also created job opportunities.

Water Problem

1. In Africa every 15 seconds a child dies from lack of water or water borne disease.
2. Globally, over 1.42 billion people, including 450 million children live in areas that do not have a sufficient water supply to keep them alive.
3. Countries with the biggest water problems are: Ethiopia, Kenya, Somalia
4. Countries with the biggest water problems that do not have the money to purchase water are: Western Sahara, Djibouti, Yemen, Jordan

Orphan Problem

1. There are 153 million children in the world that are orphaned.
2. In 2004, close to 23,000 children were adopted, whereas in 2019, only 2,900 were adopted.
3. Asia holds the largest number of orphaned children, at 71 million, with India having 31 million.
4. South Korea has the highest rate of adopted children.

Were you aware of these statistics and how do you feel about them?

Are you aware that you can make a difference, even in the smallest of ways? If so how? If not, why?

Are you aware that if everyone would share their good fortune more, we can save all these souls from starvation, thirst and abandonment? If not, why?

Exercise 4

Gratitude and Appropriate Giving

When we look at the statistics, it is obvious that for those of us who do not fall into any of the above categories, we are indeed the luckiest people in the world. However, when we face these facts, we must not get trapped into feeling guilty. Guilt, more often than not, leads to bad decision making and improper sharing, whether that be too little or too much.

It has been proven that the healthiest people, start and finish every day with a gratitude prayer or list. When we feel grateful, we feel more empowered and when we feel more empowered, we tend to feel more generous.

The Never Ending Story

Never give more than we can afford to lose.

Never not give.

Never get so self-absorbed that we forget about those less fortunate.

Never lose our empathy and compassion.

Never be afraid to receive.

Never overlook our greedy and ego driven impulses.

Never undermine our intelligence and intuition.

Never let our insensitivity run our show.

Never put up with our ignorance.

Never discount our own personal need for safety and security.

Never say never.

Which above statements do you need to work on and how? What will you do to balance your life between giving and receiving?

Summary

There are 3,311 individuals in the world that represent almost 15 trillion dollars. The United States has 975 billionaires and New York has the wealthiest class structure, with 59 billionaires. Singapore has the highest number of billionaires per capita, with 26 billionaires and Russia is second to New York with 68 billionaires.

In truth, if all these billionaires would focus on the horrible statistics mentioned above, we would have a very different world. Children would not be dying from hunger or thirst and there would be no such thing as homelessness and abandonment.

However, that is not the case and the future does not appear much better. Therefore, it is significantly clear that change is up to the masses. When one of us reaches out with just a dollar or two, or a pair of shoes, or food, or shelter, we change the existing selfish, self-indulgent, narcissistic structure.

There is nothing spiritual or sacred about sacrifice. We are not meant to sacrifice ourselves, but we are meant to be of service, somehow or in some way. If each and every one of us would focus on our abilities to give, the whole world would turn on its axis. Though money holds the power for change, masses of people hold the hope for a much more significant transformation.

When groups of people come together, each giving in a little way, the wave of generosity becomes much more significant, than when a billionaire gives a large amount. That is not to suggest that if every billionaire would gather in order to stop the atrocities and suffering, the change could happen in a faster way, but not necessarily in a better way.

We are all powerful and we are all born with gifts. Our destiny and fate are tied to this power, and this power can change the horrific destiny and fate for another. All that matters is movement, as stagnation is drowning and suffocates any kind of hope.

Care comes from being careful and not careless. Being careful comes from caring for ourselves first, and then seeking another we can care for. Care to be the difference that makes the difference. It really is all so very simple.

Sharing is the one solution that can solve most problems.

When we give

So that another can live.

We become the change

That goes beyond range.

It does not have to be much

A small token of things and such.

We all have problems, no matter our wealth

But to stay strong and keep our health.

Balance the art of giving and receiving

Staying true and always believing.

That we are needed for every solution

Of all the imbalanced pollution.

So stand strong, bold and tall,

And give handsomely or small

So that selfishness disappears

Without leaving us in arrears!

Remember to stay in great gratitude

As it is the most empowering attitude.