

Humility to the Rescue



Jimmy Carter -AP Photo, Ralph Barrera

We are becoming a culture of self, just look on your Facebook feed!

Besides the inflated attention our media gives to actors and sports figures, look at how social media is dominated with the glorification of self. Everything is about being seen. I wonder what it says about people that spend so much time and energy glorifying self. I believe we crave contribution and connection, similar to my post on [tough love](#), with addiction being related lack of social connections.

Researchers [discovered](#), between 1960 and 2008, that individualistic words increasingly overshadowed communal ones. During the same time, our empathy, happiness and well-being have decreased.

Paradoxically, it seems that our culture of me is not in our own best interest! Beyond the psychological challenges of being self-centered, maybe simple humility can show us the way back to connecting and caring about our communities.

The archetype of today's hero is a go-getter, with a nice-guys-finish-last mindset. Our systems are designed to privilege power, where respect is calibrated by our titles and bank balances. – Nipun Mehta

[Humility might be the secret power](#) to restore some balance and empathy to our culture. It would be nice to put the “we” back in our lives. I admire people who live to serve others, often with little or no need to be recognized. They truly enjoy serving. Of course, extreme examples of this would be Mother Teresa, the Dalai Lama and former-President Jimmy Carter. We don't have very many models of humility in America, so I admire Jimmy Carter for his character, the graceful way he is facing his [cancer diagnosis](#), and his life long dedication to service in public office, The Carter Center, Habitat for Humanity and much more. Political office was originally designed as public service, but has grown into self-interest for too many politicians.

The question is no longer if we can afford our humility, but rather can we really afford our own arrogance? – Nipun Mehta

I think this reflects in how we treat nature too, but that's another post. Read Nipun's article for insightful reflections on [humility's radical power](#) to re-connect us with community, inner power and empathy. When we serve something larger than ourselves, we find connections with life, love and compassion, knowing that everyone has something to contribute.

Blessings, Brad