

Meditating on Virtues and Values

Virtues and Values – *their meaning & distinction*

Virtues and Values are similar in meaning, yet can also be distinguished. A virtue is a quality of our self, or a way of being, which we regard as good, important, or of high value. There are different kinds of virtues: a kind of action, a self-expression, a way of being, or an attitude. Two examples of self-virtues would be honesty and love; each worth developing in oneself.

A value is what we believe has worth and importance, and is beneficial, both in our own life and in the world. Knowing our values helps us make better decisions. Life-values are how we envision the best that our life can be, or the best that our world can be. A life-value is a quality in life that we value, or what we'd like to have in our life, or what we envision as important in life. It's what we believe is good and worth seeking in life, such as happiness and love. So if we value happiness, harmony and love in our life, then these are a few of our life-values.

World-values are qualities we value for the world; qualities or principles that should to be manifested in the world and are worth working towards. Two good examples of world-values are peace and fairness. It's what we'd like to see in the world. So, life-values and world-values are nearly the same, because the qualities we value for our own life are probably the same values we have for the world in general; such as harmony and love.

In summary, a value is a quality, idea, or vision that is valued in life, in the world, or in oneself. A virtue is a value, but it's a self-value – something we value in our own self and in others. In addition, we are self-responsible for developing and expressing virtues; though we can also nurture virtues in children and in others. Finally, how we are, as an emanating being, has a meta-physical effect in the world around us; so there is an important relation between personal-virtues and the world-to-be.

How to meditate on a Virtue – and develop it

Virtues are the best of our human potentials.

They are our spiritual (or soul) qualities, at first latent within us, like seeds, then actualized (or developed) with understanding, nurturance and self-practice.

By meditating and reflecting upon a virtue, this self-quality can be understood better, developed, and brought forth into expression, to become an actualized quality of our being. An additional step in meditating on a virtue is to radiate-out or send-forth this quality into the world, in order to catalyze and nurture this quality in others.

Meditating on a virtue can be fairly simple and does not have to be a difficult task – just hold it in mind, understand it, and affirm your will to express it. But for the most effectiveness, read these suggestions before meditating and practice the steps. The meditation time can be just 5-15 minutes. Meditation requires focus, but also a relaxed and open-minded attitude.

Don't expect a complete understanding about a virtue in just one meditation. In each meditation practice, you might have just a few insights, and that's great. You might realize some things one day and other things the next day. Also, in one meditation period you might just do one or two parts of these suggestions, or just ask one or two of the questions, then in the next meditation session you might consider other questions. In other words, it's not necessary to do all of these suggestions in each and every meditation. There is no exact right way nor necessary way to meditate on a virtue. Have an attitude of no expectations, no pressure, no judgment. Every meditation period will bring its own unique success.

Steps to develop a virtue

1. Choose a virtue to meditate on and actualize.
2. Imagine yourself having this virtue or expressing it.
3. Understand what this virtue is and how it is expressed.
4. Affirm this virtue as a true quality or attitude in your self.
5. Express this virtue in your life anywhere and anytime.

Practice and express this virtue, in order to further develop it. In meditation think about how-to personally express this virtue or become it; think about ways to express or manifest this virtue in life. Visualize this. Feel in yourself an honest desire to have this virtue.

Virtue Meditation Steps

Imagine the virtue

- imagine having the virtue and expressing it
- experience or feel the virtue in oneself

Understand the virtue

- what is the meaning of this virtue?
- how is this virtue expressed?
- what are some qualities related to this virtue?
- how is this virtue good or important in life?

Become the virtue

- feel that you have this virtue
- visualise expressing this virtue
- affirm that you will manifest this virtue

Radiate the virtue

- be a radiance of this virtue
- visualise the virtue streaming into humanity

An example of this meditation – *kindness*

(though any virtue could be applied in these steps)

Imagine *kindness*

- imagine having kindness or expressing kindness
- imagine being kind
- experience or feel how it is to be kind

Understand *kindness*

- what is the meaning of kindness?
- how is kindness expressed?
- what are some qualities related to kindness?
- what is the goodness that comes for kindness?
- why is kindness important?

Become *kindness*

- feel that you have kindness and that you are kind
- visualise expressing kindness
- affirm that you will manifest kindness

Radiate *kindness*

- be a radiance of kindness
- visualise kindness streaming into humanity

Here is another example – *peacefulness*

Imagine *peacefulness*

- imagine having peacefulness or expressing peacefulness
- imagine being peaceful
- experience or feel how it is to be peaceful

Understand *peacefulness*

- what is the meaning of peacefulness?
- how is peacefulness expressed?
- what are some qualities related to peacefulness?
- what is the goodness that comes for peacefulness?
- why is peacefulness important?

Become *peacefulness*

- feel that you have peacefulness and that you are peaceful
- visualise expressing peacefulness
- affirm that you will manifest peacefulness

Radiate *peacefulness*

- be a radiance of peacefulness
- visualise peacefulness streaming into humanity

Meditate on a quality of being

(Meditate on being...)

Loving

Caring

Giving

Helpful

Generous

Understanding

Peaceful

Patient

Harmonious

Nurturing

Considerate

Appreciative

Determined

Dedicated

Each of these qualities can be developed and strengthened by spending some time to consider, reflect upon, and feel each quality as real and present in oneself.

Each one is worthy of some reflective time in quiet meditation.

But of course there are many more qualities one can meditate on and further develop in oneself; these are just some examples.

Virtues of the soul

virtues of will, heart and mind

Virtues of will

Will

Effort

Determination

Perseverance

Courage

Leadership

Responsibility

Commitment

Strength

Decisiveness

Initiative

Assertiveness

Purposefulness

Discipline

Skillfulness

Patience

Virtues of heart

Loving

Caring

Giving

Generous

Helpful

Sharing

Friendly

Peaceful

Harmonious

Healing

Purifying

Inspiring

Nurturing

Truthful

Honest

Grateful

Inclusive

Unifying

Understanding

Aspiring

Virtues of mind

Consciousness

Intelligence

Reasoning

Mindfulness

Vision

Discernment

Understanding

Questioning

Curiosity

Wonder

Interest

Reflection

Intuition

Insight

Imagination

Creative thinking

Future thinking

Practical thinking

Virtues of attitude

Appreciation

Playfulness

Flexibility

Balance

Cooperation

Enthusiasm

Excellence

Social virtues

Caring

Helpful

Considerate

Respectful

Friendly

Kind

Responsible

Trustworthy

Truthful

Adaptable

Inclusive

Collaborative



Meditating on a World Value

(a Value for the world)

World Values are what we value for the world, or what we believe are essentially important for the world. Values can also be understood as Ideals for the world to manifest.

As well, Values can be understood as Principles to guide our decisions and actions in relation to people, communities, nations, or the whole world.

Some examples of world values are goodwill, cooperation, harmony, human rights, justice, or even beauty.

A longer list might include: Peace, Safety, Nonviolence, Cooperation, Goodwill, Harmony, Human Rights, Fairness, Justice, Freedom, Democracy, Open Debate, Education, Skills, Opportunities, along with Food, Water and Shelter for all.

In relation to our planet and biosystem, important Values are Earth Stewardship, Eco-diversity, and Sustainable Resources.

Three kinds of meditations on World Values are:

- a) meditating to realise a World Value
- b) meditating to understand a World Value
- c) meditating to inspire and strengthen a World Value in the sphere of human thought

And of course, these can be combined.

Meditate with an aim of realising a World Value:

Let your mind be open to realising or having a vision of an important Value (or Ideal) for the world to express in social and political relations. Be receptive to what your heart or your intuition or your highest reasoning knows is right and best for the whole world. You enter into a state of receptivity to your highest and deepest Intuition of Great Values to live by and the highest Ideals for humanity.

To help foster this receptive Intuition, you could reflect upon the question,

*What is a Great Value (Principle or Ideal)
that would be Good for the whole world?

Another question might be,

*What is a Principle to help guide
social relations and governments?

When you have realised one of the great world values, ideals or principles, or when you have a certain value in mind, then you can proceed to the next stage of meditation which is to 'radiate' or 'send forth' this Value into the collective 'thought-field of humanity'.

You will be sending forth this Value-Ideal as a Thought or as an Idea, or it could also be sent out as a Vision or Image. Each person will discover their own way to share this Value throughout the world. One way is to 'think it' into the world. Another way is to 'visualise' or 'envision' it into the world. But know you are not trying to force this Ideal into people's minds; rather, you are sharing this great Ideal, Value or Vision with everyone else, while knowing in yourself how important and life-benefiting this is. In a sense, you are 'inspiring' the world with the greatness and beauty of this world-value, this ideal or this principle.

Also in meditation it is possible to realise practical and creative ideas for the world, or for solving a particular problem, and this can be fostered by a will to understand how to solve this particular problem along with an intentional receptivity to intuitively realise a beneficial idea or solution. Then, once you have a helpful idea in mind or a great idea for the world, you can send this idea out into the world with love and 'plant it' in the collective mind of humanity.

Thus, the two basic stages in this Values-meditation are:

- a) realising a World Value
- b) sending it out, or mentally sharing it with everyone in the world

This world service work involves the thinking and envisioning mind, creative thinking and creative visualisation for the Good of the World.

An optional middle stage can be added into this service meditation, which is to improve the clarity and understanding of this Value or Idea; because a clearer and better understanding of an idea will clarify and strengthen its potency in the world. Yet this will require an added degree of mental concentration and effort, so you might only work with this stage occasionally.

This stage could be called 'thoughtful reflection', wherein you are clarifying and improving your understanding of a Value, Ideal or Principle. In this stage you will be using your thinking mind, using reasoning but also intuition. This will be a time of reflecting on the 'meaning' and the 'positive benefits' of this Value, and also reflecting on your responsibility, or 'what can I do', to help this great Value manifest in the world.

The intention in this reflective stage to learn more about this Value and understand it better – its importance, its benefits, its beauty and its basis in love. This is a time for clarification and recognition, using reasoning and logic, but also using intuition and the creative imagination. Then, besides understanding more about this Value, you can also think about how to help manifest or express it, or think about your own responsibility in bringing this great Value into manifestation.

Five steps that may be helpful in this service work:

- ◆ clarify the 'meaning' of this Value
 - how can this be understood, described, expressed?
- ◆ recognise its importance (its value)
 - what is good about this Value and why is it important?
- ◆ visualise its manifestation or expression in the world
 - use your creative imagination to see it manifesting.
- ◆ creatively think about how you and others can manifest this
 - what can I do, or what group effort can help?
- ◆ send forth this Value, Ideal or great Thought into the world.
 - and empower it with Divine Truth and Rightness.

A Value can be especially empowered by visualising it happening and by affirming its importance. Visualise more and more people, including groups and nations, recognising and manifesting this Value. Also, affirm the importance of this Value in your own life and in the world, and affirm your own responsibility in manifesting this.

The manifestation of a Value can also be strengthened by its clarification and understanding.

To help in the process of clarifying and understanding a Value, here are some helpful thinking-questions in regards to the meaning, value, and responsibility of a Value.

Meaning

- How can this Value be described, explained, or visualised?
- How is this Value manifested?

Value

- Why is this Value important?
- What are some positive results of this Value?

Responsibility

- How can I help manifest this Value in the world?
- How can a group help manifest this Value?

In summary, meditating on important Values and Ideals is a way to help the world. Through conscious service-oriented meditation, and by using a combination of thinking and visualisation, we can clarify and strengthen great spiritual Values and Ideals in the thought-field of humanity.

Values transform and shape the world to be – to the extent that the Value becomes realized, affirmed and actualized. And as we reflect and meditate upon important Values, our understanding resonates into the minds and hearts of humanity, to transform the world into the best it can be.

Thus, we can help in the spiritual evolution of humanity by meditating on key Values, Ideals, Visions and Ideas. We can help bring about new awakenings, construct positive visions, and help solve world problems.

World Needs

Health & Happiness

Peace & Nonviolence

Fairness & Justice

Cooperation & Goodwill

Freedom of belief & expression

Freedom of choice & lifestyle

Education & Creativity

Equal Opportunities

Enjoyment & Beauty

Ecological Conservation

Sustainable Resources

Responsible Technologies

Each of these values are needed in the world,
and when we give some time to meditate on any of these,
then this important value is strengthened in the world.

But of course there are many more world values
that are important and needed in the world,
so think of other ones and write them down,
then apply the world-values meditation steps.

World Values

International Peace & Disarmament

International Dialogue & Diplomacy

Economic Collaboration & Generosity

Human Rights & Human Safety

Equal Rights & Civil Freedoms

Social Fairness & Inclusive Opportunities

Employment & Business Opportunities

Available Education & Healthcare

Protecting the Environment & Ecosystems

Protecting & Conserving Natural Resources

Sustainable Food & Water Resources

Protecting Wildlife & Biodiversity

Nature & Beauty Preserves

Restoring Climate Stability & Equilibrium

Responsible Industries and Technologies

National Values

Freedom

Diversity

Fairness

Opportunity

Self-responsibility

National Virtues

Goodwill

Friendship

Generosity

Creativity

Leadership

Transcendental Divinity

for contemplation

The One

The Absolute

The Whole

The Totality

The Eternal

The Infinite

The Essence

The Mystery

The Hidden

The Real

The Presence

The Knowing

The Inspiring

The Unfolding

Pervading Qualities

for contemplation

Life

Love

Consciousness

Creativity

Intelligence

Inspiration

Beauty

Qualities of Expression

for contemplation

Loving

Caring

Giving

Helpful

Inclusive

Intelligent

Creative

Cosmic Qualities

for contemplation

Light

Fire

Energy

Space

Matter