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More and Less

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More and Less

When we say “more or less,” we wish to remain somewhat vague, as when talking about the right amount of potatoes we would need for a dinner. But we still intend to arrive at a definite quantity. We cannot have more potatoes and at the same time less than whatever measure someone might have in mind.

Spiritual quantities are measured differently than physical, so that it is not only possible, but typical to have both more and less in the same experience. If, for example, we desire to help others more than we have done in the past, our first thoughts are liable to be of spending additional time, making increased exertions, and adding further conscious focus on some of the needs around us. We would think this way because we live in the world of senses, and tend to measure our generosity by such standards. But because we live at the same time in a spiritual environment, and possess spiritual senses, we might find it possible to give of ourselves to others in ways that bring about more quality of life for them and that are also less stressful for us than if we added further “good works” to our already full schedules.

We can accomplish more, and make more positive contributions to our work, and to our relationships – including with God – when we follow our desires not only or always through additional efforts, but often by acting in accord with particular inspirations as they arise within us. While we might recognize the need to attend, for example, to the plight of homeless persons, we might also consider carefully the movements within us that might suggest that we will be of greater assistance by listening and learning from them as well as offering some assistance.

We will find that more and less become mutually supporting companions within us when we think and act with an honest and authentic balance of both our freedom of choice and our participation in the world as God’s creation, not ours. We are clear enough that we must do our part or nothing happens, but besides the general spiritual principles we have developed, we also need specific and present information that comes to us from our internal senses as inspiration, and that resonates with our hearts, not only our minds.

When we make decisions that include, allow for, or are open to inspiration, we act as whole human persons, body, mind, and spirit. Though we are responsible for our decisions, we do not cause nor can we know ahead of time all the subsequent consequences of our choices, either for others, or for ourselves. But if we reflect on our previous experiences we are likely to

recall instances of when we acted with reference not only to our own limited understanding of what might have appeared to be more helpful in a given situation, but also to the thoughts, however new and perhaps surprising, that suggested a different option that would be yet more effective. And in such a decision-making process, more effectiveness and less struggling are often found together.

We are most efficient in the use of our gifts and energy when we are open to the possibility of both more and less in our decision-making.