

The Work of Maturity

....”to be a mature human being, you have to do a lot more than you thought. This is because there is a lot more to a human being than you originally believed. The process of maturation takes a lot of work, a lot of effort, a lot of dedication, and a lot of patience.”

“If you are interested in becoming a truly mature human being, you must conduct yourself according to the highest values you know, all the time. It is part of being a mature human being to put in the effort of conducting yourself thusly. If you believe that the integration of your realization should just happen by itself, or that it should be easy, you are not understanding what life is all about and you are behaving like an infant. To become a gracious, generous, respectful, kind and clear human being, you have to work at it. It is not going to just happen. God is not going to do it for you. You have to put effort into it, minute by minute; otherwise you will not transform.

Of course, no one is saying you have to do this; no one has to do the Work. It is your choice. If you want to do it, this is what is required. You might say, ‘It’s too difficult. I’m angry about it and I don’t like it. So it’s difficult. If you want to become mature as a human being, you must see your anger, your hurt, and your frustration and tolerate it and in spite of it live like a mature human being. If you say it is too difficult, so I am going to hide or run away and forget about the whole thing,” you are behaving like a little child who wants her mommy when things get difficult. If you want to grow up, you have to act in a grown-up way.”

“Indestructible Innocence,” A.H. Almaas – pp 45; 49-50

Maturity and Truth

“In our Work, we emphasize working to understand ourselves and the nature of reality. ...many of our problems result from ignorance about who we are.

When there is sincerity about understanding the truth, there is beauty and appreciation in the process. This appreciation results in true dignity and integrity by being aware of the personality without going along with it. There is a beauty to the human being who experiences his or her suffering without indulging, and getting lost in it. Truth sometimes leads to the elimination of suffering, but it can also lead to pain. Whichever results, if the student allows the perspective of love and appreciation for reality, for truth – whether it brings joy or pain – a feeling of deep intimacy within will result. You could be intimate with yourself, which is satisfying and fulfilling, regardless of whether the outcome of the problem results in pain or pleasure. Either pain or pleasure, grumbling that you didn’t get what you wanted, or being elated that you got your way, could distract you from the deeper significance of working on yourself. This is the deeper satisfaction of inner intimacy. This attitude of truth frees us from our

usual childish desires, needs, and wants. When you appreciate the truth and yourself in the process, you exercise this intimacy with yourself, a capacity and fulfillment you may not have known was possible. This fulfillment is so much more to the point than being seen, feeling important, feeling better than others, having power, riches – all the things that we usually seek. The more you feel this intimacy, the more you see that these desires are vacuous. Even if you reached all these goals and desires, they would never compare to the riches of the heart, this intimacy with yourself.

This perspective of love and truth also brings humility, ...because humility is part of this intimacy, and it is very human and satisfying. Getting your way, being right, or getting something you want, are part of life, but these things are not central to our deeper interests because they don't take you closer to the truth, nor to yourself.

It is up to each of us to decide what governs our lives. We can allow our lives to be governed by the pursuit of pleasure, avoiding and trying to get rid of difficulties, or we can allow ourselves to be focused on loving and understanding truth. If we are going to wait for the pain to disappear before we come to appreciate truth or to love reality, that will rarely happen.”

“Indestructible Innocence,” A.H. Almaas – pp. 58-59.