2.7.11 Humility and Gratitude: The Keys to Spiritual Growth

Humility, gratitude, and generosity are significant qualities of the original mind.

They open us to God and create the conditions necessary to receive God's grace.

The original mind does not need the characteristics of the ego. Behaviors such as comparing oneself with others do not exist here.

The heart simply desires to give love and to devote itself to living for the sake of others. It is grateful for everything it receives and is deeply aware that all of life is a gift.

All goodness comes from God

Emanuel Swedenborg reports on his conversations with angels - where he understands "angels" to mean spiritual beings, which also include human souls.

They are very amazed by the people on Earth - especially that they are proud of themselves and attribute their good qualities and achievements to themselves.

For the angels, it is self-evident that all goodness comes from God, including their own good qualities and abilities. Therefore, they wish to thank and praise God for every good thing that happens and for every achievement.

Therefore, they wish to thank and praise God for every good thing that happens and for every achievement.

This attitude reflects the nature of the original mind very well.

Humility is divine protection that does not allow us to see our successes.

John of the Ladder (John Climacus)

Humility brings greater happiness

The original mind exists within each of us - it is our innermost nature and heart. On the mystical path, we return to this state of being.

It makes us happy and free.

In this attitude, the door of our heart opens to receive God's grace and love.

The gate of love is humility, which leads in all those who approach.

John of the Ladder (John Climacus)

Humility is considered very important by both Buddhist and Christian monks, nuns, and mystics. In Orthodox Christianity, pride is regarded as one of the main problems of humanity.

In Christianity, pride is considered one of the serious sins.

Pride is often regarded as the "root cause" of human failure because it distances a person from humility and love for God, damaging their relationship with God and with others.

Pride is often understood as the "first sin" as it is supposed to be the cause of the fall of the Devil (Satan) and the fall of Adam and Eve in the Garden of Eden. Pride places one's own self above God and others, which is considered a central issue of the human condition in the Christian faith.

Across all Christian traditions, humility is seen as a central virtue, while pride is a major obstacle to spiritual growth, with repentance being the essential path to cleansing and turning back to God.

ChatGPT

My personal experience with humility

I personally experience humility as deeply liberating.

To me, it feels as though, with humility, one can move through the world with ease.

But once humility is lost, we begin to clash and get stuck everywhere.

When I start to become proud, haughty, or arrogant, my heart quickly closes off - and God's grace can no longer reach me.

When opinion no longer boasts of natural advantages, it is a sign of emerging health.

[John of the Ladder (John Climacus)](#)

Humility and gratitude are like indicators of whether we are in a good spiritual state.

If you have many spiritual experiences during your prayer, then you will be awakened.

If you proceed with such a heart, God will surely help you even before you think of it. You should feel His heart in everything you say and teach.

His heart must come before your word, not after.

Therefore, you must always be humble. Therefore, you must go backward without a word. If you do that, then you will feel the heart of God before you. Why is that so?

His heart will pull you forward at all times. As long as you are in such a position, you can teach a crowd, no matter how many people stand before you.

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