



When you feel righteous, or if the people around you seem to be, practice “Mutuality.”

A lot of people do not practice being Mutual with themselves, let alone with another person, another group, animals and plants, or inanimate objects. Our attachments and preconceptions produce feelings both appealing and distasteful that have the potential to control what you do and how you are. When you are truly mutual, you know how to be with reality instead of your own ideas about reality.

How to practice Mutuality:

Generous Listening

Faith

Patience

Explanation of the Practices:

Generous Listening – When you listen without prioritizing your own opinion, you start to see clearly.

Faith – Don’t be afraid of losing your thoughts or sense of what matters in the future.

Patience – Every moment of patience you have for yourself and others will produce peace and magic.

Mutuality Mantra:

“What is True for Them?”