

A Golden Rule

Relationship Meditation

We can deepen our understanding of the universal principle expressed in the Golden Rule by becoming more intentional in applying it to our daily lives

Try this simple exercise at the end of the day, while relaxing in your favorite chair or quiet place. If you wish, have a piece of paper and a pen handy for writing notes.

1. Take a couple of minutes to clear your mind through prayer or meditation.
2. When you are ready, think of each of the people you were in contact with today. You may want to jot down their names to make it easier.
3. Create an image of each person in your thoughts. What did they look like? Were they smiling, frowning, excited, upset?. Try not to think too much about where you saw them. The exercise is intended to focus on people rather than places.
4. Does one person stand out more in your thoughts than others? If so, concentrate on that person for the balance of the meditation. If no single person stands out, choose one person at random as your focus.
5. Think of two highlights of your time with that person. It might be a comment that the person made, a gesture, a look, something that you sensed in their manner. There might be more than two things that come to mind of course. Decide on two that you feel were most significant.
6. Now think about how you reacted to those two highlights. Was your reaction in keeping with the intent of the Golden Rule?

If not, reflect on why. What was the obstacle to a Golden Rule response? How might you overcome that obstacle in a similar situation in future? Don't beat yourself up over it. You have not failed. We're all human and we will not always follow the Golden Rule. Remember, the goal of the exercise is simply to help us become more intentional in our efforts to apply it.

If your reaction was in accord with the principle of the Golden Rule, affirming of the "other", celebrate. Reward yourself in any way that you find meaningful. Knowing that we can be in relationship with each other in this way is a powerful tool to motivate ourselves to live out this foundational statement of relationship.

7. Conclude the exercise through meditation, prayer or reflection.

Repeat often.