



...answer the  
highest  
calling of  
your heart  
and stand up  
for what you  
truly believe.

John Lewis  
(1940 - 2020)  
U.S. Representative

Throughout our lifetimes, we encounter many beliefs and respond to a variety of demands on our time and energy. We devote ourselves to our families and friends, contribute through our work, and promise to attend to our own needs for self-compassion and self-acceptance. There's a lot to do.

Ultimately, we are called to honor and serve our deepest commitments.

Our truest beliefs support us living as our best selves. Our most cherished commitments can be the primary compass in our moral life. They help us make what we ultimately discover to be right decisions; they guide us along the paths on which we find ourselves to be. They aid us in making needed leaps of trust when we must take action in the midst of uncertainty.

Our truest beliefs may require letting go. To stay faithful to our principles can mean we encounter loss and grief. We may need to relinquish our attachment to ease, our wish for simple answers, our desire for those things that come close to our calling, but that are not fully our calling. Sometimes we notice our faith when we fail to live it. Eventually we usually find that we left something behind when our ethical rubber hit the road.

Our truest beliefs often bring satisfaction. Our ideals mature over time as they also provide reliable fulfillment. While we experience the calling of our heart uniquely and personally, it usually has a universal quality to it. We are more deeply connected to that which is greater than ourselves when we are living out our purpose.

Acting on our call, we can find enduring meaning.

*What is one thing I truly believe? How will I live that call today?*