



FILIPINO COMMUNITY IN BRISTOL

FLAT 7, THE GLEBE, GLEBE ROAD, BRISTOL, ENGLAND, BS5 8LU
TEL. / FAX NO. 0117-9414672

HUMILITY

KEEPS EXPECTATIONS LOW AND SPIRITS HIGH

Do you know humility is a very good tenet on which to base your life, if you don't expect too much out of life, you're always delighted by whatever comes your way? If you're humble you're usually respectful towards others, which predispose them to like you better than if you put on airs.

The opposite is much less satisfying. If you have great expectations from life, you're doomed either to be constantly disappointed in yourself (why am I not doing better?) or be eaten up by envy of what others have achieved (why are they doing better?).

Humility is a key factor of many Asian cultures, and helps everyone hold on to their temper in overpopulated cities. It is also a founding principle in Christianity, which, given its worldwide spread, should be proof that it's a winner.

When Christianity first started to be practised in Rome, the existing religious tradition was one of hero worship. Even the many gods were heroes, albeit immortal; stories of squabbles and affairs were reminiscent of today's sports personalities. The Olympics, after all took its name from the gods, mountain home. And if you ever wanted to attract the gods, you had to become a hero (or, in case of women, be beautiful, which was a mixed blessing it inevitably resulted in pregnancy).

If you weren't fit or brave or beautiful, you didn't have much chance of an illustrious life.

In Christianity, of course, it doesn't matter a hoot who you are: that's its appeal. Among the converts and disciples were soldiers, rich men, poor men, heroes and dustmen: everyone had a chance at a better life later on.