



A CATALYST FOR PROFOUND CHANGE

By WYNNE BOYLAN

What essence stirred beneath the surface of a man like Dr. Martin Luther King, Jr. that changed the perceptions of many and raised the consciousness of a nation? Who was this man who captivated thousands and brought humanity together at a time of such turmoil and separation? When we reflect upon the character of a spiritual leader like Martin Luther Kings, we see the qualities of an individual whose vision transcended humanity's dualistic nature. When he spoke, he captured the beauty of the soul and provided us with a glimpse into humanity's higher nature.

By operating from the heart, through love, compassion and empathy, the mind is restored to clarity and our life's purpose begins to unfold. How are we to arrive at this point in our development? What is it that separates a leader from a spiritual leader? A leader, through presence of power, can stir the people to action and bring about change in many ways but without the balance of spirit, the heart may be closed and one's actions may not be based on what is for the good of humanity as a whole. Instead, sacrificing the good of a few for the suffering of many.

Martin Luther King Jr. was a spiritual leader because he carried in his heart a vision of peace for the whole of humanity; all men, women and children, all races supporting each other through love and mutual respect. By cultivating the qualities of "human being" he was able to achieve a dynamic presence. Of the many qualities that define a spiritual leader, we can perceive seven core qualities that are interconnected and provide a foundation for spiritual development. These

qualities are as follows:

- 1) Stability 2) Creativity 3) Will 4) Love 5) Truth 6) Vision 7) Spirit.

A leader who has Stability is one whose feet are planted firmly on the ground. Like a tree with roots buried deep within the earth, they remain stable (rooted) in spite of any chaos and disorder that may surround them. Creativity forms the spark or flame that moves one to action and provides an outlet for creative focus. The will is the seat of internal power that allows one to have strength of character and place principles before self-gratification.

Love (Higher Love) is that which transcends physical love. It moves us into compassion and allows us to feel love for all of humanity, all of creation. It is what the Greeks identified as Agape, love at the highest source. This Love is the necessary ingredient to bring all the other qualities together.

Truth is a knowing and a speaking of what you believe as truth even though it may go against mainstream thought. It takes courage to speak one's truth regarding injustice and inhumane acts. Vision is required if one is to see beyond where humanity is in order to see what humanity has the capacity, through compassion and empathy, to become. Spirit provides the inner voice, the inspiring force that guides and directs our actions in accordance with humankind's divine plan. Spirit inspires us and provides us with a roadmap directing us to higher pathways of consciousness. Without that inner voice that lights the path, we become lost, wandering in the darkness.

Through cultivating these seven qualities, we become more balanced within. We have the creative spark to propel us



King addresses demonstrators at Brown's Chapel on March 9, 1965 after their return from the bridge at Selma, Alabama., at Kings right is Andrew Young

forward, the will to keep our ego in check and work for humankind's greater good, the heart to love with compassion and empathy, the voice to speak our truths, the clarity of vision to look beyond our current state and see what possibilities lie before us and the spirit to guide us as we pursue our dreams. Martin Luther King Jr. understood the importance of operating from the heart while maintaining a rational intellect. The balance of heart and mind brings logic and understanding to each situation. He expressed this eloquently when he wrote "One day we will learn that the heart can never be totally

right if the head is totally wrong." Only through the bringing together of head and heart/ intelligence and goodness/ shall man rise to a fulfillment of his true nature.

He understood the need for love and a compassionate nature to temper the will and draw the human being from ego centeredness to a state of interconnectedness as evidenced with his statement, "Tough mindedness without tender heartedness is cold and detached, leaving one's life in a perpetual winter devoid of the warmth of spring and the gentle heat of summer." And we see

King's commitment to a higher expression of humanity through his communication with Spirit and his connection with God in his words "love is understanding, redemptive goodwill for all men, so that you love everybody, because God loves them. You refuse to do anything that will defeat an individual, because you have agape in your soul."

Martin Luther King Jr. was a remarkable human being. He could see, with an inner vision, the transcendence of our species as he spoke regarding hate, "When you start hating anybody, it destroys the very center of your creative response to life

and the universe; so love everybody. Hate at any point is a cancer that gnaws away at the very vital center of your life and your existence. It is like eroding acid that eats away the best and the objective center of your life."

"We must discover the power of love, the redemptive power of love. And when we discover that, we will be able to make this world a new world."

These words are a call to action. We cannot read these words without knowing in our hearts that each us must make the necessary changes within ourselves in order to be a light unto others.



• *Pepsi is proud to be a part of the Commemoration, of the Blue-Print Created by Martin Luther King, Jr., for Social Justice for all Americans.* •

