

Peace Pilgrim writes (“**Peace Pilgrim: Her Life and Work in Her own Words**”) that *“there’s only one person you can change and that’s yourself.”* She goes on: *“After you have changed yourself, you might be able to inspire others to look for change.”*

The psychologist Erica Reischer, writes (in a 15th September 2014 piece titled “**Change Yourself First**”) about adopting a dog with her husband.

“We soon realized we needed help managing a variety of challenging puppy behaviors, so we signed up for a dog-training class, eager to train our dog and change her problematic habits.

To our surprise, the dog-training class was less about training our dog and more about training us....we learned that to change our dog’s behavior, we had to change our behavior first. And that is a lesson we can apply to our relationships with people, too.”

Erica ends with a lesson for parents (and for each of us): *“....to change your kids [or anyone], you have to start by changing yourself.”*

During his second visit to meet Ramakrishna Paramahansa, M argued (“**The Gospel of Sri Ramakrishna**”) that people who worship clay images as God should be told that *“the clay image is not God.”* Ramakrishna Paramahansa responded with a deep Teaching: *“That’s....one hobby of you Calcutta people — giving lectures and bringing others to the light! Nobody ever stops to consider how to get the light himself. Who are you to teach others?....Suppose there is an error in worshipping the clay image; doesn’t God know that through it He alone is being invoked? He will be pleased with that very worship. Why should you get a headache over it? You had better try for knowledge and devotion yourself.”*



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In “**Time Must Have a Stop**”, published in 1944, we listen to Aldous Huxley teach through one of the characters, Carlo, that *“there’s only one corner of the universe you can be certain of improving, and that’s your own self.”* Aldous goes on:

So you have to begin there, not outside, not on other people. That comes afterwards, when you’ve worked on your own corner. You’ve got to be good before you can do good — or at any rate do good without doing harm at the same time. Helping with one hand and hurting with the other — that’s what the ordinary reformer does....The wise man begins by transforming himself, so that he can help other people without running the risk of being corrupted in the process.

“Who are you to teach others?”

Peace ☐

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