

INTERNALISING, CULTIVATING AND LIVING THE GOLDEN RULE

Dear Fellow Hoo - Hoo,

In November and December we as Hoo - Hoo members must be aware of the first Principal of our Golden Rule-----**To Be Fraternal.**

As the principal suggests, we need to exercise brotherly love with one another as we interact.

The Snark would say in a Concatenation Ceremony: **Be Fraternal.** "In Hoo - Hoo much is made of friendliness and fellowship. It is our belief that when people know one another well and understand each other, misunderstandings seldom occur."

You know, the best way of getting along with people is to try to understand them from their point of view first before making any comments. I try to live by the Principal of "**Seek first to understand and then to be understood**". I can recall the times when I have not had a successful outcome with another person; it was because I violated this principal. The times where there was high synergy, it was because I honoured the principal.

It also pays to always begin in a friendly manner when interacting with another person especially if the matter at hand is a jugular issue. But of course if you try to do this under a spirit of insincerity you will offend the other person. If it does not come from the heart you are better off not making the approach to the other person in the first place.

It is wise to appreciate and understand that every time we make an approach to another person our heart is in one of two states-----our heart is either "**At peace**" or "**At war**" with the other person and do you know something? -----**You will always know the state your heart is in.** So it would stand to reason that if your heart is "**at war**" with a person you wish to communicate to, that you stop and wait until your heart is "**at peace**".

None of us would want to interact with our brother in a hostile manner nor do we wish to be approached in a hostile manner.

During November and December let us all be mindful of being "**Fraternal**". Let us all be kind and friendly to each other in all of our affairs.

Health Happiness and Long Life.
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