

VERONICA

SEPTEMBER 23, 1994

SELF-DISCIPLINE

Volcano, Hawaii - #15

Loving students and interested friends,

It is my fondest desire to help you in your journey of spiritual growth, and it is my hope that I may motivate you into thought and action.

Self-examination is a dedication to truth that can be difficult but will validate your efforts in self-improvement. You must not overlook the importance of self-discipline as a primary means of generating more love into your lives. Discipline requires time and if you perceive yourselves as valuable, your time will be valuable; and if your time is valuable, you will want to use it favorably, carefully, happily and productively.

When you love something, it has meaning and value to you; and you take care of it with attention and affection. Self-discipline is self-caring love converted into action--a postponement of gratification to achieve your own best interests. It is a beautiful and evolved form of free will; for without the discipline of genuine love, freedom would be non-loving and destructive.

We often attribute non-disciplined behavior to forces beyond ourselves as if we have little or no responsibility in its occurrence. Self-governance is a manifestation of love that has its genesis in divine grace and is one of the most valuable gifts we can give the Father and ourselves. It reveals our dedication to Him and the degree to which we desire to do His will. It is through self-discipline that we truly learn to yield to the Fathers' volition and begin to discern the higher path that verifies and infuses eternal meaning into our lives.