

Br. Rafael - "The Importance of Willpower" - Encinitas Temple

A constantly progressing dynamic will is the savior of man. Willpower is a quality of the soul; we already have it; we just need to... express it. We don't have to acquire it; we possess it inside... it's matter of exercising it.

Master discussed the 4 Degrees of Willpower as: 1) Wish - a helpless desire of the mind. 2) Desire - a stronger wish followed by fitful efforts to manifest it. 3) Intention or Determination - we make an effort for a while then we give up when we don't see results. 4) Volition - a series of acts revolving around a desire until one achieves one's goal. Use the 4 steps when you introspect. Am I doing what it takes to succeed?

According to the Law of Success: To create dynamic willpower, determine to do some of the things in life you didn't think you could. Devote your entire willpower to getting one thing done at a time. Be humble; start with little things, then aim for more. Have patience; don't become emotional. Being emotional is a waste of energy. A cool application of energy and patience is needed. Be cool, calm, and determined. Never consider any experiment as a failure. Have tremendous determination and focus on your goal.

When you meditate, use a simple form of willpower. Don't become upset - you'll miss your target. Bring the mind back through the use of our Guru's meditation techniques. Power alone is not enough; Direct energy with intelligence and sensibility. Act wisely.

There's a blue print for us in the ether and we need to tune in with what God's will is for us, our blue print. Pray and reflect to know what your blue print is. Guide thou my will and action. With some introspection, we can see if we're following God's will. Have we grown? Have we changed? Do we feel peaceful? Learn to appreciate the element of mystery in life. Thy will be done. Consider your motivations. Are you doing what is best for you and your spiritual progress?

Happiness and willingness can heal. If we lose our will we lose our life. The way to start living is to clean up your kitchen and your room, literally and figuratively. Willpower is a quality of the soul. We need to believe we have patience; it's a matter of using it.