

Deacon Jodi Moscona's
Monthly Memo On:
Ethics, Spirituality and Success

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Those of us who try to blend and find the common denominator between ethics, spirituality and success often need someplace to turn for information. This newsletter is my attempt to give all of my friends another and maybe different way to look at their personal, spiritual and professional lives.

THE NEWS

The biggest news in my part of the country this week has been the revelation by U.S. Senator David Vitter (R. LA) that he in fact had some involvement with prostitutes in his past. My reason to discuss this is not to discuss the particulars of Mr. Vitter, but rather to expose the dimension of this story that comes from and is applicable to all of us. Mr. Vitter put himself and his personal interests ahead of all else. He put his own personal pleasure, whatever that was, ahead of the interest of his wife, his children, his constituents and in fact ahead of his own interests. I will never judge Mr. Vitter in any way, but I wish to find out how this could happen.

THE SPIRITUAL

Most people in America have and exist under the impression that the world around them is the first and foremost reality. However, science has confirmed that the mind emanates energy the same way that we exert energy. This is an incredible reality in that what we think about can and in most cases does become our reality. We in America let our minds wander and focus on JUNK! We have no problem watching programs that show men as failures when it is in fact proven that the male "father figure" is incredibly important in the development of our kids. We watch television programs that promote the body over the mind or the spirit. In the West, we have learned to focus on the physical instead of the mental or spiritual. Our physical pleasure is

more important than our mental development or spiritual development. The reality is that until we learn to control our mind, we will NEVER learn to control our body.

MENTAL DEVELOPMENT

We in America send our children to universities that have confused the mental with the physical. When we study "things" we fail to study us. What I mean is that we focus all of our energy in study and then forget to study ourselves. We are complex forms of matter that relate to the world in a way that empowers us and the world. We replace the development of our mental capacity with facts and figures when we should look to develop our minds as God intended or as we were created. What does this mean? Well, it means that we need to look at the development of our intellect in relation to our spirit and our body. Every great spiritual tradition, religious or metaphysical, tells us that we are created in the image of the Creator. The reality is that this dictates that the image of likeness exists in the spiritual world. If it exists in the spiritual world, then the spiritual is much more important than the physical, yet we spend most of our energy in the physical realm.

THE BUSINESS CONNECTION

Since Billy Arcement and I began to write our book, *The Journey—Powerful Strategies to Discover Your Personal, Professional and Spiritual Destiny*, many people have asked me how they can succeed in the "real" world. My experience tells me that when you get your spiritual life in order, all else follows. Let me give you a few examples. I have a friend who is a business executive that achieved millionaire status. He was cruising along when things turned. He began to lose everything. Then he started to meet with a spiritual advisor. He related to me that when he got his spiritual life in order that his success returned. In meeting with him, I told him that what he really did was to get his thoughts back in order.

God (Creator to some) made our mind in a way that empowers us to connect the spiritual with the physical. We relate to the spiritual in the quiet, still and interior part of our being. After we connect, we

translate that experience to our physical existence by the way we think. St. Ambrose, who died in 397, stated it this way, *"Do not then believe only what the eyes of your body tell you. What is not seen is here more truly seen, for what is seen belongs to time but what is not seen belongs to eternity. What is not comprehended by the eyes but is seen by the mind and the soul is seen in a truer and deeper sense."* And, St. Paul reaffirmed the same thoughts when he said, *"Do not fix your eyes on the things that are seen but on the things that are unseen, for the things that are seen are for a time, but the things that are unseen are eternal."* This is why when my millionaire friend got back control of his mind and spirit, his business success returned.

I was listening to a taped interview of a successful entrepreneur who is an associate of Steven Covey. He was giving a talk to employees of a large corporation and discussed the idea of gratitude. Many in the audience dismissed his idea that from gratitude comes the ability to focus clearly on goals and objectives and, it is focus that moves us toward success. When we are blinded by negative feelings of resentment, competition, fear of failure or any other negative emotion, it is difficult for us to focus. A lack of focus will lead to failure and failure really comes from our inability to be thankful for the good things in our life.

In Mr. Vitter's case, he now has control but it did not come until he put his mind and spirit into the equation. He got counseling. He asked forgiveness. He put his family and others first and humbled himself to admit his fault. He has moved beyond the problems of the past. However there may still be a debt to pay to the voters. Only time will tell if the voters will also forgive him.

The moral we can derive from all this is that we all should be conscious of how we satisfy our physical nature because it can be at the expense of our spiritual nature. When that occurs, we will be out of balance and negative consequences are certain to manifest.

CLOSING THOUGHTS

You might be wondering how all of this fits together and how it affects you and your business or your life. In doing research for our soon to be released book, Billy Arcement and I found that there is no way to escape the reality that success in all areas of our life begins with getting control of the spiritual and mental dimensions of our life. There are many resources to uncover ways to improve our lives in these areas. However the easiest and most direct is to consider your day's beginning and end as bookends and to address the way you begin your day and end your day first.

Glenn Bland in his famous book "Success: The Glenn Bland Method" calls the first 30 minutes of your day, the 30 golden minutes. He insists that we should use the first 30 minutes to sit and relax in quiet and to let our mind focus on the things we want in our life that day. And, if we also consider that many psychologists tell us that our mind works while we are sleeping on the last thoughts we put into it and, that is why it is so important to focus on something positive before going to sleep.

Start your day in quiet and end your day with positive thoughts, reflections or readings. Follow this advice and you will transform your life and get control of the mental and spiritual aspects of your life at the same time.

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