

# Growth



**Mushiba:** We often judge Self negatively for what appears to be regression on our path rather than to view it positively and as a sign of growth.

Waith emphasizes that any behavior is progress ~ ultimately ~ even if it seems otherwise at the moment. During his class on the *Guidelines for Growth*, Waith said:

**Waith:** *"Whatever you do, whatever movement, is growth and success ~ even if you move back in your understandings. Moving back in your awarenesses means that you simply reflect, and you grow as a result of reflecting ~ you have grown as a result of moving back."*

Any behavior in which we engage is appropriate at that point on our path ~ and, part of our growth and success comes from the way in which we evaluate our behavior and its implications on Self and Others.

Each night, at bedtime, I reflect on my day's behaviors ~ what I view as both positive and negative. Sometimes I cringe! Other times, I smile. However, my evaluation ends with a renewed commitment to my earth plane journey.