

# Understanding and Accepting



**Mushiba:** Our Search for Self is a slow process, achieved through experiences as a result of many, many lifetimes. As we *gradually* understand Self, we *gradually* come to accept Others ~ the operative word here is *gradually*. During his class, *Gaining Self Awareness ~ A Beginning*, Waith counseled:

**Waith:** *"Learn to understand Self and you will learn to accept Others ~ and, it will happen very naturally."*

Many people are waiting for *the moment* when they suddenly understand Self. Rather, reflect at the end of each day, asking Self questions, some of which might include: "What experiences have I had today? ~ With whom did I interact? ~ "What behaviors did I exhibit? ~ "What did I like? ~ What would I change?"

Take this evaluation of Self with you into the sleep state and return in the morning with a clean slate. I do this each day and have found that my *Understanding and Accepting* of my world has changed ~ *gradually*.