

# Guidelines for Growth ~ Respect Others, Love Others



**Mushiba:** Respect Others, Love Others. Waith emphasizes that Self's journey relies on our interaction with Others. And, while the *Guidelines for Growth* begin with Self, we are shown that we then must Respect and Love Others. However, a member of the class asked a question that brought in a new perspective of how to apply The Guidelines for the growth of Self:

**Waith:** *"You cannot Respect Others and Love Others to any greater degree than you Respect Self and Love Self and, you cannot give to others to any greater degree than what you have within Self. Does this mean that you must work only on Respecting Self and Loving Self before you can Respect Others, Love Others and any of the other parts of The Guidelines?"*

**Response:** When I first saw The Guidelines, I couldn't look at the two top items, let alone believe in them. So, I jumped in the middle to *Be of Service to Self and Others* to work on and then I could get up the rungs of the ladder and feel more Respect of Self when I was Being of Service to Self and Others.

**Waith:** *“You had already developed a degree of Respect And Love Of Self that enabled you to go into a further along the line component of The Guidelines. This became a feedback mechanism and you began to Respect And Love Self more because of what you had done regarding Service To Others.*

*“Many interpret The Guidelines as meaning that you cannot work on anything else except Respect Self since that is the most important component. Often people will become stuck within their own growth because they think they must achieve a certain point of Respecting Self ~and before they can do anything else, they have to achieve whatever it is that they determine, is the level that they will Respect Self, before they can begin to Respect Others.*

*“However, it can be Self defeating if you think that you must achieve a certain level of Respect of Self in order to have succeeded. Self often imposes upon itself unreasonable expectations by saying, ‘I must achieve this before I can really show that I have grown.’ Well, that is nonsense!”*

In this excerpt, the question to Waith represents a core behavior of Self’s application of The Guidelines. What we have learned in past lives about Loving And Respecting Self And Others determines where we *pick up* in our growth and emphasizes that these are Guidelines and not Rules. The process of growth is determined by Self (and our interaction with Others).