

Guidelines for Growth ~ Application Exercise



Mushiba: Waith teaches both the Abstract and the Concrete when presenting concepts. His discussion of the *Guidelines for Growth* follows this format and thus, here is an Application Exercise for The Guidelines:

Waith: *“We give you an Application Exercise. It is not quite, at first glance, what it would appear to be:*

Have a blank piece of paper, Write on the paper. It is the middle of the day and you are in the midst of doing something. Suddenly, you realize, ‘I need to write this down.’ What might it be that you are writing down? ”

Response: Inspiration?

Waith: *“And what might an inspiration be for you?”*

Response: The most recent one from personal experience was that instead of judging my brother for what he’s doing, I realized that I needed to have compassion.

Waith: *“That is a good example. You would write, ‘I have just responded to my brother out of judgement rather than compassion.’*

“Date it with the time of day. Do this briefly ~ no need to have a great deal of writing. You may do this several times a day. “Do this for thirty days.

“Why are we having you do this?”

Response: So we can figure out which component of the Guidelines we focus on the most.

Waith: *“Yes. Every day have at least one entry. You will then have a minimum of thirty entries. Some people could have thirty times one hundred and that is all right ~ it does not matter how many you have beyond thirty. It matters that you have at least one entry per day.*

“At the end of thirty days, begin to look for patterns. Do not try to figure out patterns during the thirty days. Do not allow yourself to be influenced by the past for the future. This is important ~ do not try to analyze during the thirty days.

“During these thirty days do not try to analyze what the particular pattern is for it will take time for a pattern to emerge. Simply write whatever it is that you feel compelled to write down.

*“This exercise is meant to bring you into a focus within Self of what appears to be a pattern. Then look at the components of the **Guidelines for Growth** ~ what does this pattern seem to be focusing on ~ is it one, two, five, eight of The Guidelines? Then, the **Search for Self** can truly take on a focus ~ a plan of action.*

“You may find that you need an additional thirty days to refine your patterns ~ to perhaps finetune issues being presented. This application exercise is not written in stone, where we would say, ‘This is only thirty days ~ it begins and it ends.’ This can, indeed become a pattern ~ a way in which you are able to track your own flow of energy.”

Waith has given us a way of tracking our behavior to find patterns of lesson learning. When I first tried this Application Exercise, I tracked for 30 days. Since then, every six months I revisit my patterns. Instead of 30 days, I usually track for 10 days. I say, “usually,” because I have established a baseline of

twenty years of pattern analysis. However, there have been a few times when I have tracked for 30 days because I could see there had been changes and needed to evaluate more closely. This means that I can determine my own flow of lesson learning and have the tools to guide me.