

Guidelines for Growth ~ Ending Thoughts



Mushiba: Recently, I have focused on the components of Waith's *Guidelines for Growth*. I gave Waith's *Application Exercise* that he instructed be done for thirty days. At the end of thirty days, he met again with the students to discuss their results. As he listened to their individual responses and provided feedback, he then gave *Ending Thoughts*:

Waith: *“This is a simple concept ~ to take control of your concrete life by writing down what you identify as patterns and then looking at those patterns and placing them into some type of order for Self.*

“Recognize the people who are draining your energy. You may not realize that people and events are draining your energy, for it has become a habit.

“We recommend that you do this exercise for as long as you need to and not to hide from some of the things that you do not want to record. Write it down ~ if it takes you three-hundred-sixty-five days, then write it down every day. Do not be afraid to face Self. This is the issue ~ facing Self.

“It is the fear of looking at Self that keeps people from looking at Self. Once you begin to do that, you will see that it is a freeing experience. You will have one less fear and will be able to build your confidence when you face your fears.

“Fear is the strongest and most powerful of emotions. It is the one definitive emotion that the dark grabs onto. Face Self ~do not be afraid. There is nothing bad about facing Self ~not to face Self simply keeps you spinning in place.

“Thirty earth plane days to use as a way of Recognizing and Acknowledging issues is a relatively short time frame when you consider the history that you bring into it.”

Waith first introduced the lesson learning concept, **Recognize, Acknowledge, Act (RAA), in his ***Guidelines for Growth***. RAA threads its way through all of Waith’s guidance.**