

## HONOR SELF - LIVE YOUR VALUES / RESPECT OTHERS'

If we're thinking less of someone, or hold resentment or contempt for that person in our heart, it leaps out of us in our tone, our glance, our demeanor, our attitude.

We may see how our behavior impacts our interactions with others but do we see how it impacts us? How does it change us? When we disrespect ourselves, how much good can we really generate towards others?

- The thoughts we have, become the attitude we demonstrate to the world.
- Your thoughts, actions, and emotions are all part of "one loop" of intelligence.
- It really isn't possible to separate out the physical, emotional, and rational components of "self."

Few, if any of us, live our entire life strictly adhering to the beliefs that are dear to us. Our frailty and failing are part of the human condition. We're all always in relationship with other people and our environment. Appreciating our many interwoven relationships is crucial to maintaining a compassionate experience of "self" and "other" and to see what is possible in the world.