

Facing Self



Mushiba: The most difficult action we each take, I believe, is Facing Self ~ with honesty and surrender to all the dimensions of Self and The Universal Consciousness.

In his *Guidelines for Growth*, Waith said:

Waith: *"You each can have control of Self at the concrete by developing a discipline of Self that forces you to come face to face with things that go on in your everyday life. You will be able to implement a way to deal with those issues that you have recognized and acknowledged and that you want to work on ~ and not just in a haphazard manner."*

Waith has counseled keeping a daily log of those things that go on in our everyday life. Indeed, in the *Guidelines for Growth*, that I mention above, he outlines a simple 30-day process. After 30 days, we can begin to see patterns emerge that show us our issues. We, then, can recognize the different packages in which the same issue comes wrapped. It is in that recognition and acknowledgment that we can take action to have control of Self *at the concrete* ~ and thus, Face Self.

I have completed many task-specific daily logs of varying time lengths that have helped me understand the various challenges I have taken on for this life. I recommend this particular log activity presented by Waith ~ you may be surprised at the result!