

♥ Snippets of Encouragement #328

Hello darlings

It is day 328 of Snippets of Encouragement, and I've got to be honest, when I was younger, I had a bit of a messiah complex. I always wanted to save others from themselves. Thank goodness I've shed that behaviour and gotten over myself.

Recently in conversations with friends, the topic of respecting other's life journey has come up frequently. Admittedly this can be darn hard, especially when you see the choices those closest to you make.

However, this began a process for me of thinking about respect, fear and outcomes. Frequently, we fear the consequences of other's actions based on our perspective; however, none of us can see around corners, not even the person involved.

Occasionally we have had a similar life experience and want to jump in with advice or wisdom, and it's unappreciated and unwanted. This causes conflict within ourselves and may even destroy our relationship.

At times we assume the role of a Black Hawk Helicopter, flying above the situation, lording over it, on the lookout for trouble, ready to strike or release all our power at a moments notice. We are the vigilant watchmen or mother hen when neither roles are ours to assume.

However, at the core of living at peace with the decisions others make on their life journey is respect.

Respect is defined as a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements. I think subconsciously this is the definition most of us uphold for respect.

Therefore, when we encounter a stupid assed decision or action in another, we immediately cannot respect them because their actions have placed their abilities, qualities, or achievements into question.

On a global level, we see this happening frequently. Countries have divided over political choices people have made; nations are at war over policies implemented by their governments; hatred is afloat because the custodians of the Amazon are systematically destroying it. Each party believes they have the moral high ground and cannot respect or accept their points of difference.

In our daily lives, we often cannot experience deep admiration for those closest to us because we confuse the choices they make for who they are.

Honestly, I've had a problem at times coming to terms with the fact that the act doesn't define the doer. People can perpetrate evil deeds and yet still have moments of brilliance and genius that is overshadowed by the choices they've made. This reminds me that each of us a flawed and all have acted in ways that



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are shameful and morally reprehensible, and yet not all of our sins will be hung out for the world to see.

A personal example of this dilemma is how I feel about Michael Jackson after watching the Leaving Neverland documentary earlier this year as I [shared with you on day 159](#). Since then I've found myself switching off the radio each time one of his songs play, and I've felt myself erring on the side of wanting his music banned, but then I consider what pain and trauma he must have experienced in his life and how that is often the catalyst for creative genius.

This is the paradox of life, which is often impossible to embrace.

Additionally, respect is defined as being the due regard for the feelings, wishes, or rights of others. Strange isn't that — one definition emphasises the extrinsic and the other the intrinsic. When we look at the individual without the context of circumstance and focus only on their feelings, wishes, or rights that creates a considerable moment for pause. Well, at least it does for me.

It reminds me that life didn't come with an instruction manual. The foundation of our learning is based on mimicry, and many spend a lifetime trying to break free of the conditioned mindset and behaviours they've adopted since childhood. Each of us is trying to do the best we can with what we know, and what we know doesn't mean we're accessing our consciousness or potential.

Occasionally, on this life journey, we bump into one another, and as we bump we should take care not to inflict harm on one another. It is often said that respect is earned and this is a lie. Respect is practised, first within ourselves for how we feel, what we desire and our divinity, and then it is shared with others.

You cannot give real respect to another until you're respecting yourself. You may have learnt how to kiss ass and give the impression you're respectful of others, but unless this inner relationship is whole, the outward will always be flawed.

Therefore, today, I want to encourage you to foster a loving and respectful relationship with yourself, and as you do, respect others life journey. You don't have to agree with others, and you most certainly don't have to rescue them. You're not responsible for changing them or approving of them. You're here to do



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you to the best of your ability, so respect yourself and live your truth and allow others the same privilege.

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