



## *Honouring the Self*

*By Olgaa Fienco*

It is important to honour the Self above all else. The relationship you form with the Self is the basis for all relationships. If you honour the Self you honour all relationships. This then also places a need to honour the body. For your vehicle is an important part of who you are.

When I talk about honouring, it is intended as respect. This was given me in a meditation. It was told to me that if we develop a relationship with ourselves first, we can then develop relationships with others.

Working from the inside out, not the outside in. I was told that by developing the relationship with Self (higher self, God, or whichever rings true for you), becoming attuned to Self, this will bring a greater love and peace within. In turn all things will become much easier to handle. This will open up the doors for abundance in every area of life.

I was shown that most people are striving to be loved by others because they believe that forming relationships on the outside will make them happy. However, this leads to an implosion within. For if the relationship we nurture primarily is with another, we deny and negate the relationship with Self.

It may sound selfish and quite self centred. But the truth is that it is the opposite. This does not mean to hold oneself “higher” than another. But rather as you would with a lover, develop and nurture the Self first. This is the most absolute truth. Although I don’t believe in absolutes, I now understand this, for it is the creation of stability in all aspects: spiritual, emotional, physical and intellectual with oneself that translates as the basis or the principal for relating to others.

When people say “be true to yourself”, this now makes sense to me. If I am continually gauging how I am in reference to another in relationship, I am missing the point of the relationship. For it is not the development of the relationship with another that will make me happy, it is the relationship with the “Self” that will encourage, develop and nurture a relationship with another.

Love and Blessings  
Olgaa