



"You live your life, and I'll live mine." A wonderful statement as long as you respect the way the other person is living his life and vice versa. If there is no respect the statement is futile. Respect doesn't mean you have to agree with what they are presenting, it means you have to

understand that they are human, they are important, they are essentially love, and they are on their own journey. For those reasons, they deserve not to be judged, they deserve to receive the same value placed upon them as you place upon yourself. They deserve, for those simple reasons, having their voice heard, and having their feelings respected regardless if their feelings match up with your own. Showing respect means you truly understand that everyone's opinion matters to them; that their voice is important.

In order to find happiness in your own life, you must try your hardest to practice respect. For others and for yourself. We're all here just doing our best. We do it in different ways and by different means. Not one of us is more important than another. When we are capable of understanding where another person is coming from, it is easier to respect them. In order to do this, we must all follow one of the most basic and ancient teachings, and that is the Golden Rule. Just do unto others *as if you were the others*.

—Enriched Heart by Sheila Burke (release date Summer 2016)

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