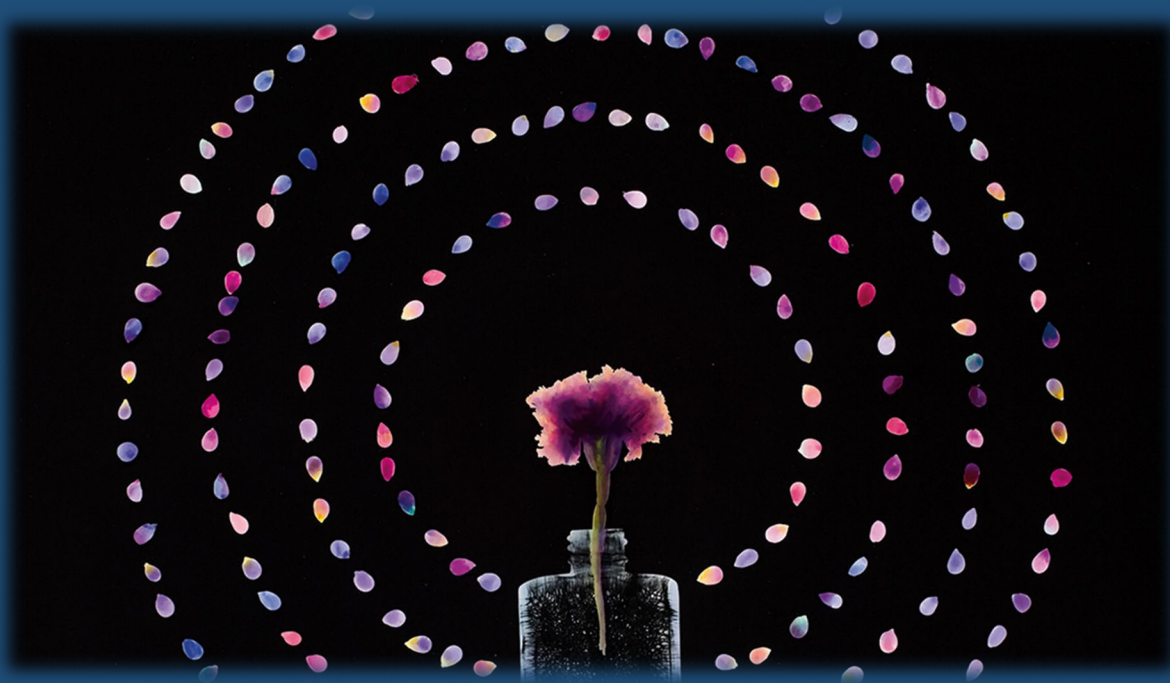


# The Practice of First Honoring One's Parents





# Honor

- To regard or treat someone with admiration and respect
- To give special recognition to
- To live up to or fulfill the terms of (a commitment)
- To accept as payment



## Parents...

*Provide the means of life*

*Provide sustenance*

*Protect*

*Model*

*Guide*



## THE OPPOSITES

1<sup>st</sup> Force ↔ 2<sup>nd</sup> Force

*Don't think I came to bring peace to the earth! I came to bring trouble, not peace. I came to turn sons against fathers, daughters against mothers ... Your worst enemies will be in your own family.*

Matt 10:34-36



# THE OPPOSITES

1<sup>st</sup> Force ↔ 2<sup>nd</sup> Force



3<sup>rd</sup> Force (the Work)



*Metanoia*

# Ways to Transform Negative Emotions



Externally consider

Inquiry with difficult memories

Time Body work

Consider how they loved us into being

What part of our goodness came from them?