

## Prioritizing Responsibility

As adults, we all must learn to consciously and lovingly care for ourselves before we can truly know how to care for others in a sustainable, healthy and balanced way. Our own wellbeing and that of our family depends on this. The table below will give you insight into how to prioritize your responsibilities.

Priority of Responsibility
<p><b>1 Yourself:</b> This is not being selfish, this is being responsible. In order for love to be genuine, it must be something we give, not take. The more we learn how to responsibly care for our own humanness and thus fill ourselves up from the inside, the more Love we will have to give. This is the power of consciousness. If, through self-neglect, we allow ourselves to keep running on empty, we end up needing to take from others to compensate for our emptiness. This is emotional dependency. Love is an eternal spring that flows directly into the heart of every human being. Understanding this fact and utilizing it is one of the great secrets of achieving a happy and successful life. You can give yourself the gift of love any time you like. It is your own loving relationship with yourself.</p>
<p><b>2 Your Partner:</b> When your own heart is kept full due to responsible self-care, particularly on the level of emotional need, you then have something to offer the relationship. It could be said that you cannot actually give another human being Love, because human beings are never outside the true Universal Love of their own spirit. We experience being without Love because our delicate childhood consciousness became cut off from the Love that we are, due to learned confusion. To phrase it differently, our Love for our partner holds them in a space of Loving acceptance that makes it easier for them to awaken to the Love in themselves. In other words, we offer each other the loving sanctuary that we have created for ourselves.</p>
<p><b>3 Your Children:</b> Your relationship can then create an environment for your children that is loving and wise. Ongoing support, guidance and discipline comes from the heart and is sensitive and aware of each child's unique needs. Children are not expected to meet their parents' neediness. In this loving and wise environment, children then develop a conscious, aware connection to who they truly are and confidently live their lives from their authentic self. When the teenage years come, there is not the usual turbulence that marks that developmental stage of growth. Inappropriate peer-pressure can be easily resisted, and there is less generation gap between parent and child. Mutual Love, respect and intimacy between parent and adolescent remains, even as the adolescent is exploring his or her own individuality.</p>
<p><b>4 Work, Pastimes, Extended Family and Friends etc:</b> Everything else in your life is there to support you in taking care of your essential needs and responsibilities.</p>