

## THE TEN NO NO'S AND THE GOLDEN DO DO GATE

1. Never ignore, avoid, or reject your Self or any other Self.
2. Never fear rejecting your own or any other Self-hatred.
3. Never stop anyone from rejecting your Self-hatred.
4. Never get between anyone and their Self-hatred.
5. Never underestimate the power of Self-hatred.
6. Never lie in any way about Self-hatred.
7. Never honor or serve anyone's Self-hatred.
8. Never love or be jealous of anyone's Self-hatred.
9. Never bring up Self-hatred in others if you can't stop it.
10. Never do to others what their Self-hatred is doing to them.

Always do to others what your Self is doing to you.

Stars shine bright on shatter light: And they never get knifed in the back by their Self-hatred's morbid lack from Hydrogen to Helium and back: Thee: The: The: The: That's right: They turn Self-hatred into Shining light: Folks.