

FINDING PARTS OF YOUR PERSONALITY YOU ARE NOT AWARE OF

IN YOURSELF:

How can you find the parts of your personality (frightened or loving) that are so familiar to you that they are invisible to you?

- ▶ Set your intention to find them
- ▶ Scan (for painful or pleasing sensations)
- ▶ Pay attention to your thoughts (for critical or appreciative thoughts)
- ▶ Consult your intuition
 - Be open to answers, including answers through spiritual partners and others
- ▶ Ask a spiritual partner for help
- ▶ Release attachment to any ways that you think you should get your answers.

SUPPORTING OTHERS:

If you think you see frightened or loving parts of another's personality, what do you do to support them?

- ▶ Set your intention to support him or her
- ▶ Check to see if you have a frightened or loving part of your personality active
- ▶ Consult your intuition
 - Be open to answers, including answers through spiritual partners and others
- ▶ Ask another spiritual partner for counsel
- ▶ If you decide to speak, ask the person if she or he is open to support/hearing what you (think you) see
- ▶ Detach from the outcome