

Guidelines For Creating Authentic Power

Commitment – MAKING MY SPIRITUAL GROWTH MY HIGHEST PRIORITY

- ▶ **Focus on what I can learn about myself** all the time, especially from my reactions (such as anger, fear, jealousy, resentment, and impatience), instead of judging or blaming others or myself.
- ▶ **Pay attention to my emotions** by feeling the physical sensations in my energy centers (such as my chest, solar plexus, and throat areas).
- ▶ **Pay attention to my thoughts** (such as judging, analyzing, comparing, daydreaming, planning my reply, etc., or thoughts of gratitude, appreciation, contentment, openness to Life, etc.).
- ▶ **Pay attention to my intention** (such as blaming, judging, needing to be right, seeking admiration, escaping into thoughts (intellectualizing), trying to convince, etc., or cooperating, sharing, creating harmony, and revering Life).

Courage – STRETCHING MYSELF BEYOND THE LIMITED PERSPECTIVES OF THE FRIGHTENED PARTS OF MY PERSONALITY

- ▶ **Take responsibility** for my feelings, experiences, and actions (no blaming).
- ▶ **Practice integrity at all times** (often requires action, such as speaking when frightened parts of my personality don't want to speak and not speaking when they feel compelled to speak).
- ▶ **Say or do what is most difficult** (sharing what I notice, if appropriate, when someone speaks or acts from a frightened part of his or her personality; sharing about myself what I am frightened to say and know what I need to say).

Compassion – SEEING MYSELF AND OTHERS AS SOULS WHO SOMETIMES HAVE FRIGHTENED PARTS OF THEIR PERSONALITIES ACTIVE

- ▶ **Change my perspective** from fearful to loving (choose to see myself and others in a loving or appreciative way).
- ▶ **Release any distance** I feel from anyone.
- ▶ **Be present** while others are speaking (not preparing replies, judging, etc.).

Conscious Communications and Actions - STRIVING TO MAKE ALL MY INTERACTIONS CONSCIOUS AND LOVING

- ▶ **Consult my intuition.**
- ▶ **Choose my intention** before I speak or act.
- ▶ **Act from the healthiest part of my personality** that I can access (rather than caretaking, fixing, teaching, judging, blaming, gossiping, etc.).
- ▶ **Speak personally and specifically** rather than generally and abstractly (use "I" statements rather than "we" or "you" statements).
- ▶ **Release attachment to the outcome** (trust the Universe). If I find myself attached, begin again with Commitment, Courage, and Compassion.

And remember to enjoy yourself!