

PERCEPTIONS EXPLORATION

wholeness takes practice

Qualities

Hard-Working
 Responsible
 Honest
 Fair
 Helpful
 Giving
 Caring
 Sensitive
 Successful
 Industrious
 Efficient
 Effective
 Unique
 Idealist
 Creative
 Romantic
 Analytical
 Wise
 Perceptive
 Knowledgeable
 Private
 Observer
 Faithful
 Loyal
 Devoted
 Trustworthy
 Optimistic
 Light-Hearted
 Adventurous
 Capable
 Powerful
 Justice-Seeking
 Peacemaker
 Steady
 Content



Exploring Perceptions of Self

What quality is used most by those who know me best?

With which quality do I most identify?

Which quality do I perceive I am being called to embody?

RESISTANCE AWARENESS

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Vices and Resistance

Anger and the Need to be Perfect

Holding resentments

Angry about flaws (self and others)

Pride and the Need to be Needed

Unaware of needs of self

Focuses on helping others

Unaware of one's limits

Ambition

Deceit and the Need to Succeed

Denies one's inner truth

Deceiving oneself and others about who one is

Living out of image

Envy and the Need to be Special

Want what others appear to have.

Longing

Lack of gratitude

Greed and the Need to Perceive

Seeking knowledge to fill void.

Gathering more than one's share.

Fear and the Need for Security

Holding on to fear

Hyper-vigilance

Gluttony and the Need to Avoid Pain

Consume without thinking

Purchase without looking at one's needs.

Excess and the Need to be Against

Obsesses over things

Possessiveness

Sloth and the Need to Avoid

Procrastination

Laziness about essentials, especially the inner life

Neglect of Self



Exploring Resistance

What disconnects me the most from who I am at a core level?

What disconnects me the most from connecting with others at a deeper level?

What word or phrase represents my most common block?

ALIGNMENT INTENTION

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Virtues and Alignment

Serenity

At ease with self
I am perfect in my essence

Humility

Accept limits of one's capacity
Compassionate
Caring
Generous

Truthfulness

Acceptance of one's inner truth
Being who one truly is without using
deceit to maintain appearance

Balance and Equanimity

At one with the world
appropriately responds to circumstances
of the moment
In harmony with the environment

Nonattachment

Connected with true nature and
participates and reflects on experience.
Resists urge to view from the sidelines.

Courage

Trusts Sacred Mystery / God
Trusts Self
Trusts Others

Sobriety

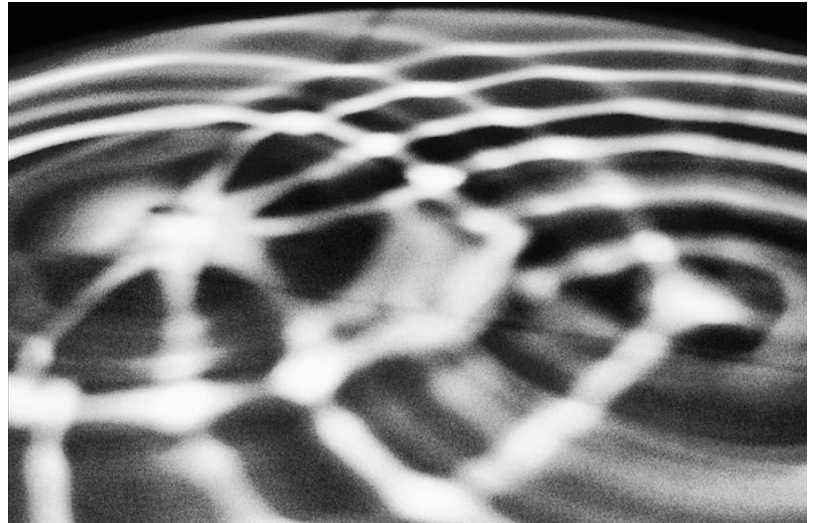
Healthy proportion balance of energy
Living and experiencing happiness in the
present moment

Compassion and Simplicity

Responds in the moment without
judgment or expectations

Action

Experience one's essence
Self-perfection and service
I do not need to seek love outside myself
or give up on having it.



Exploring Alignment

What connects me the most to who I am at a core level?

What connects me the most to others at a deeper level?

What one word represents what brings me closer to my truest nature and to others?

LITANY OF PEACE

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When I insist that my way is the only right way;

It is then I break peace,

Help me make peace.

When I believe that only I can save the world;

It is then I break peace,

Help me make peace.

When I think that only I can run things best;

It is then I break peace,

Help me make peace.

When I cling to feeling sad, alone, misunderstood;

It is then I break peace,

Help me make peace.

When I store up all I know and all I need, and withdraw inside my cave, to watch;

It is then I break peace,

Help me make peace.

When I so rely on outer authority that I lose my inner authority;

It is then I break peace,

Help me make peace.

When I refuse to acknowledge the pain in me and around me;

It is then I break peace,

Help me make peace.

When I compete for power and control;

It is then I break peace,

Help me make peace.

When I am too numb to experience my very life; either too asleep, or, too busy with the unessential;

It is then I break peace,

Help me make peace.