

# Seat of the Soul Institute

## SPIRITUAL PARTNERSHIP GUIDELINES

**Practice using these Guidelines everywhere – at home, with family, at work. And remember to enjoy yourself!**

- **COMMITMENT – MAKING MY SPIRITUAL GROWTH (CREATING AUTHENTIC POWER) 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.
  - **Notice my emotions** (by feeling the physical sensations in my energy centers).
  - **Notice my thoughts** (such as planning my reply, judging, analyzing, comparing, day-dreaming, etc.)
  - **Notice my intention** (such as blaming, judging, needing to be right, wanting admiration, escaping into thoughts (intellectualizing), trying to convince, etc.)
  
- **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 her personality; sharing about myself what I am frightened to say and know that 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.)
  
- **COMMUNICATION AND ACTION –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 find (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, Compassion.

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