

Seat of the Soul Institute

SPIRITUAL PARTNERSHIP GUIDELINES

Practice using these Guidelines everywhere – at home, with family, with friends, with adversaries, at work, and at play.

- **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.
 - **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 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.)

- **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, Compassion.

And remember to enjoy yourself!

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