



Exercise: All My Problems Have Been Solved

1. Begin with a particular problem or challenge you may be facing. It may even be an issue from the past, such as childhood abuse, etc. And then unearth the “real issue” underlying it. There is a good chance that you will discover the connection between the real issue and the particular problem as you’ve been seeing it. Also, notice how the ego defines the superficial problem and then attempts to problem-solve it, making sure you never discover its one underlying cause.
 - 1) **What appearance has the problem taken?** Is it relationship conflict, illness, pain, depression, self-doubt, financial lack, aging, weight gain/loss, concern for the future, concern for the wellbeing of another.?
 - 2) **Are you willing to recognize that this problem is nothing but a smokescreen made to conceal your only problem?** You believe you are separate from your Holy Self, God and your brothers. Your only problem is the lack of heartfelt desire to close the gap; to forgive totally.
 - 3) **What is the underlying issue that constitutes the gap (problem)?** What do you believe you need (value) more than closing the gap via forgiveness (accepting the Atonement)? This is your hidden desire to be separate, the denied cause of the problem. Until this has been identified and sincerely offered up in exchange for the miracle, the problem cannot be solved. Take yourself through these possible clues with radical self-honesty:
2. The need to be right, the need to believe you were victimized (abused, abandoned or betrayed), the need to believe you were a perpetrator (guilty), the need to hold grievances, the need to believe your anger is justified, the need to believe you are a victim of the body, pain, disease, weight gain/ loss or aging, the need to condemn the body and its appetites, the need to idolize the body and its appetites, the need to believe you are suffering from financial lack, the need to believe you’re alone, unseen or lonely, the need to believe you must defend yourself, the need to believe you are unworthy, the need to believe you must plan and control apart from Holy Spirit’s guidance, the need to believe that your concern or worry for another’s wellbeing is helpful, the need to believe that sacrifice and struggle are valuable or necessary, the need to believe that special relationship rules, roles and laws are necessary (parent, child, spouse, friend, etc.), the need to believe you must earn your worthiness, the need to believe you must judge others, etc.
 - 1) **Is there anyone present or from your past whom you have not forgiven completely (including yourself)? Why do you desire to keep these beliefs, grievances and fears over forgiveness and freedom from fear?** What is it that these beliefs give you? What is it that they protect you from?



- 2) **Are you willing to recognize that all your beliefs, fears, grievances, problems and concerns are there for *one* reason only and that is to act as a smokescreen, a shield of fear; to obscure your resistance to healing the single cause, resistance to genuinely close the gap? Do you genuinely want to see your brother/sister as sinless, as guiltless?** Healing (forgiveness) is achieved by first admitting that you were *mistaken*, that by choosing to believe your fears, grievances and problems, you valued the gap and being separate. And now you wish to close it by accepting the Atonement.
- 3) **Desire the miracle above all else!** Desire above all else to close the gap which this fear, grievance or problem was made to conceal. Your healing depends on recognizing this one problem and then accepting God's Will that it has been solved. One problem, one solution! Healing is done because your only problem has been solved.
3. If you believed with unwavering conviction that you are indeed God's innocent Child, then you could not suffer. There could never be any problems. Suffering and problems only appear when you abandon your Self to the wish to be separate from another, from Self and from God. They are merely symptoms of the choice to be separate.
4. To heal any problem all the Holy Spirit needs from you are:
 - 1) Your recognition that the only problem, regardless of its form, is your mistaken choice to believe you're separate from all-encompassing Love and healing.
 - 2) Your heartfelt consent to have Him "close the gap" in your heart and mind.
 - 3) Your sincere acceptance that He has already healed the problem in the instant you gave Him consent to heal it.



Exercise: What Do You Want *More* than the Peace of God?

1. Make two lists. These two lists will assist to bring your desires – both the positive and negative ones – up to the light so you can ask Holy Spirit to look upon them with you. In the light of true perception, you can ask Him to reveal what is valuable and what is not. This highly effective practice accelerates the healing process.
2. **List # 1 - Positives:** Find all the things you still believe you want here in the dream. Take your time and be radically honest and specific. These may include financial security, health or a better body, romance and sex, a home, a car, etc.
3. **List # 2 - Negatives:** Take a look at your very own “shield of fear.” Find all those beliefs, values, people, relationships, events, circumstances, things and experiences which cause you concern or stress. They may be in the past, occurring now, or fears of the future. These are areas of unforgiveness. This list may include unresolved factors in your own spiritual journey, or recurrent issues with a sense of unworthiness or unforgiveness. Please be radically honest and specific.
4. Remembering to ask Holy Spirit to look with you at the lists you have compiled, with radical self-honesty, take List # 1 and go through each of your desires, asking and answering the following questions:
 - 1) How would I really feel if this desire were accomplished or fulfilled?
 - 2) Is the fulfillment of this desire more valuable to me than the peace of God?
5. Secondly, with Spirit, review your issues in List # 2 and answer the following question:
 - 1) What does this concern or stress (unforgiveness) give me that is more valuable to me than the peace of God? What is the pay off for the ego?
6. Jesus leaves us with a meaningful question as we look upon our two lists: *“Is this what I would have, in place of Heaven and the peace of God?”*
 - a. *“This is the choice you make. Be not deceived that it is otherwise. No compromise is possible in this. You choose God’s peace, or you have asked for dreams. And dreams will come as you requested them. Yet will God’s peace come just as certainly, and to remain with you forever.” W-185.8:8,9:1-6*
7. **Final Step:** Which of these issues, in both List # 1 and List # 2, are you willing to offer to Holy Spirit for divine repurposing? Are there any beliefs, values or judgments which require forgiveness? The forgiveness process can be found in *The Seven Essential Principles of Quantum Forgiveness (Atonement)* on page 591.
8. Can we perhaps see how the ego is consumed by the delusional idea that these idols will either complete us, or destroy us? Everything we seek for here in the dream arises from some form of fear and lack. But in the peace of God there is no fear or lack. In this peace all is healed and complete.
9. We are not asked to give up that which we presently believe will give us what we want in the world. However, we are asked to give Holy Spirit our “attachment” to them. In other words, are we willing to allow Him to divinely reinterpret and repurpose these illusions? If we don’t do this, the ego will use them all, both positive and negative illusions, for self-sabotage and attack, because they represent fear-based substitutes for the peace of God as our one, shared and Holy Self.



Exercise: Exposing the Source of Anger

1. If all attack is essentially self-attack then acceleration of the healing process involves looking first at how we may have betrayed our self. Answer these questions with radical self-honesty:
 - 1) Where did I abandon myself, my inner knowing? How did I not show-up for myself?
 - 2) Where was I not completely honest, accountable and transparent?
 - 3) Was I trying to give something in order to *get* something in return? For example, approval, recognition, special favors, etc.
 - 4) Did I have an agenda?
 - 5) Did I want to be right *more* than I wanted to close the gap with another?
 - 6) Did I take something *personally*? Only the ego can do this. The Holy Self cannot.
 - 7) Was I offended? Remember that to *take offense* and to *give offense* are the same mistake.
2. If you'd like to learn more about triggers, in addition to reading the next section, you should find the following sections helpful:
 - 1) The Shocking Truth about Being Unfairly Treated.
 - 2) The forgiveness process can be found in this exercise: *The Seven Essential Principles of Quantum Forgiveness (Atonement)*.



Exercise: Ego Speaking vs. Holy Spirit Speaking

1. In which areas do you still desire to be unfairly treated so as you can preserve your “corrupted” innocence as a defense against Love and healing? Who and what do you have a hard time forgiving? Is it someone from your childhood? Is it the body (which is entirely neutral, innocent and incapable of any self-motivated attacks)? Only you will know your own scapegoats. If you really want to heal, here is a journaling exercise to help:
2. You will need a page or more divided vertically in half. The left side is titled, “Ego Speaking” and the right side is titled, “Spirit Speaking.” If you can’t divide a page in half simply use two separate pages.
3. Perhaps you can find a quiet place and relax while setting your intention to allow Spirit to reveal whatever you need to see. Without self-judgment, ask to see if there are any people present or past whom you find it difficult to forgive. Look carefully. Whom do you still believe you were victimized *by*? Be radically honest; to what degree do you still believe this really happened?
 - 1) First, allow the ego to speak. Let it purge as you ask, “Why does it need to justify its grievance?” And, second, “What does it fear to lose if you were to forgive and heal completely?”
 - 2) Now ask Spirit to help you see this differently remembering that the ego believes your “corrupted” innocence (protection from God’s punishment) depends on holding grievances, on you being a victim. Allow Spirit to write to you in its column.
 - 3) Now, repeat the same process with anything else that concerns you such as: relationship conflict, the body’s pain, disease, weight issues, financial concerns, etc. Are there any “aha” moments? Can you recognize any self-sabotage patterns arising that you may have previously attributed to outside causes?
 - 4) Are you ready to withdraw your projections of attack onto others, yourself, the body, the world and God? This is precisely what forgiveness is for...to forgive yourself for having been mistaken. Now you may see the precious value in forgiving what never really happened. Ideally, this exercise will completely reinterpret how we see the past. Instead of believing we were indeed victimized, we might begin to have gratitude for everyone who has offered such great forgiveness opportunities. For without them we could never undo our own cycle of unconscious self-attack.



Exercise: The Ego's Use of Compromise and Sacrifice

1. Are you willing to look with Holy Spirit at the areas where you compromise yourself in your relationships? Make sure to look *with Spirit* so there will be no self-judgment, just a quiet observation. If you feel judgment or self-blame then it will be the ego doing the looking.
2. Can you do your own radically honest self-inquiry on how you might compromise yourself in relationships? Often the ego is obsessed with a particular relationship "role," mistaking the role itself for Love. It then plays "god," taking on a superior and false sense of responsibility. Take parenting for instance. The "need to be needed" often fuels this particular error.
3. This insidious dynamic (false responsibility) is a destroyer of trust. Trust is invested in the ego and fear, while being withdrawn from God/Love and the one we profess to love. When we mirror to a child that we don't trust them they take this in and usually grow up with a profound sense of distrust in themselves which causes all kinds of suffering.
4. Let me share a radically honest account from a dear friend of mine (with her permission). I feel that many people, especially women, will identify with her revealing confession.
5. When she and I met she had no idea about Holy Relationship. All she ever knew were the destructive patterns of special love. Thankfully, she sees her old obsession with self-betrayal and has literally done an about face. Here is her account of her history with the ego's version of "special love."
6. "As I hurried about doing and bringing everything for everyone, the world told me how amazing I was. I was told how I was like Wonder Woman - how endlessly "giving" I was. This was the addictive "hit." This was the "high" that I lived for. I didn't really see others for who they were, and I didn't seek to join the Spirit in people. And the reason was because I was too busy looking for how I could get them to approve of me, to need me and approve of me.
7. Next, I got to store up all these "credits" against those I had done so much for, so that I could hold it against them when I began resenting them for not doing likewise for me. They didn't stand a chance. I had framed them the moment I set out to "help" them! They never asked for my assistance, I just *did*, and went overboard, already preparing the future attack in the form of, "Poor me, look at all I do for *you* and how I get nothing in return." It's very effective because by the world's standards I *was* being loving and generous. In truth it was full out attack."
8. Make a list of the people and areas in your life where you compromise yourself and have thought you were demonstrating Love. These may include listening to or engaging in activities against your true preferences, such as meaningless conversation, sleeping together, home duties, sex, shared finances, or maybe you sacrifice your authenticity with reluctance to speaking about your spiritual path, or with trying to "keep the peace," etc.



A MANUAL FOR HOLY RELATIONSHIP - EXERCISE
The Ego's Use of Compromise and Sacrifice

9. With radical self-honesty, *why* do you compromise or sacrifice? If the answer is that you compromise yourself because you fear hurting the one you love, then please go deeper.
10. Ask yourself then, what does the ego seek to get as a trade-off for your sacrifices? Recall that any kind of sacrifice always seeks a pay-off. What are yours in each of the areas?
11. And lastly, if you were to come clean and decide to withdraw your patterns of sacrifice, what do you fear you would lose? What or who may be threatened?
12. When we compromise our Self for other's egos we give in to "ego-stroking" which is not Love, but attack. What could you lose if you joined with Spirit to forgive yourself and decide to be more Self-honest? What could be threatened? If a relationship appears to be threatened by one or both aligning with their inner guidance, then it was not Love that joined them, but fear.
13. This is why applying the *Seven Keys* in relationships is imperative if we really desire to shift from specialness to Love as a Holy Relationship.



Exercise: The Divine Switch - Exposing Resistance to Love

1. In radical self-honesty and mindful presence please go through each of the questions below. Each of the following questions includes two further questions. One is to unearth the ego's fears, i.e. which of these does the false-self resist and why? And the other is to reveal the gifts of saying "yes" to Spirit. It's helpful to write each of your answers down so you can review them with Holy Spirit later.
 - 1) **Am I willing to suspend my judgment of others?**
 - a. Am I willing to Love – accept – others unconditionally, regardless of the temptation to judge and condemn them?
 - b. By saying "yes," what will the false-self stand to lose?
 - c. In saying "yes," what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
 - 2) **Am I willing to suspend *self*-judgment?**
 - a. Am I willing to Love – accept – myself unconditionally, regardless of the temptation to condemn myself?
 - b. By saying "yes," what will the false-self stand to lose?
 - c. In saying "yes," what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
 - 3) **Am I willing to be wrong about my judgment? Am I teachable?**
 - a. By saying "yes," what will the false-self stand to lose?
 - b. In saying "yes," what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
 - 4) **Am I willing to let go of the past?**
 - a. These are "stories" about me that I tell myself and others. The past includes how I see others based on a past story that the false-self projects. By saying "yes," what will the false-self stand to lose?
 - b. In saying "yes," what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
 - 5) **Am I willing to apply the *Seven Key Principles of Authentic Relating* consistently in all my communication with Self and others?**
 - a. By saying "yes," what will the false-self stand to lose?
 - b. In saying "yes," what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?



- 6) **Am I willing to forgive myself and accept the Atonement?**
 - a. By saying “yes,” what will the false-self stand to lose? In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 7) **Am I willing to drop my unworthiness to receive the Atonement?**
 - a. By saying “yes,” what will the false-self stand to lose? In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 8) **Am I willing to be completely healed, mind *and* body via the miracle, the Atonement?**
 - a. By saying “yes,” what will the false-self stand to lose?
 - b. In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 9) **Am I willing to recognize and give to Holy Spirit all the ways in which I use the body lovelessly, i.e. to separate myself from Holy Self?**
 - a. Examples: I’m condemning myself (and others) as a body, if I judge myself or others as bodies, special conditional relating, sacrifice, etc. By saying “yes,” what will the false-self stand to lose?
 - b. In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 10) **Am I willing to have all “specialness” in my relationships (partner, children, parents, friends, etc.) divinely corrected by Holy Spirit?**
 - a. By saying “yes,” what will the false-self stand to lose?
 - b. In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 11) **Am I willing to allow Spirit to help me undo my own mistaken belief in body-identification (sensual perception and body appetites)? And am I willing to allow Spirit to help me undo my belief in bodies and therefore, undo my attachment to using others as bodies?**
 - a. By saying “yes,” what will the false-self stand to lose?
 - b. In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?



- 12) **Am I willing to give Spirit my “need to be needed/desired” by others?**
- By saying “yes,” what will the false-self stand to lose?
 - In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 13) **Am I willing to allow my body, its appetites, pleasures and pains, to be healed completely via Atonement/miracle?**
- By saying “yes,” what will the false-self stand to lose?
 - In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
- 14) **Am I willing to see only innocence within myself and others?**
- By saying “yes,” what will the false-self stand to lose?
 - In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?
2. **Review ego fears:** Now, let’s look at the ego’s fears and review “its” reasons for resistance to saying “yes.” Write down your insights. What do you see? Take these insights into your sacred space and ask Spirit to help you.
3. **It’s the ego that resists.** But this is not you! Do not take it personally. Your salvation depends on making the choice to “show-up” and experience the divine exchange from ego to Holy Self. Watch the miracles flood in!
4. **Review the gifts from saying “yes:”** Once you’ve looked at your blocks to Love – your fears – and offered them to Spirit in exchange for the miracle, previous limitations are free to fall away. Now you may be more open to inner guidance. This is why that very last question was included in all 14 questions, *“In saying “yes,” what possible gifts will I open to receive from making the divine switch from ego (body) to Holy Self (Spirit)?”* Write down your insights. What do you see? Take these insights into your sacred space and ask Spirit to join you in truly receiving these gifts.



Exercise: Truly Shared Goals

1. The only goals that can be truly shared are those that you share with Holy Spirit. Yet before you can offer up your own independent goals to be healed by Holy Spirit, you'll need to recognize them first. What are they? And are you willing to give these to Him to be divinely repurposed?
2. For example:
 - 1) Do you believe you “need” this person (partner)? In which areas do you need them? For instance, sex, financial security, home, material possessions, physical support, emotional support, happiness, business interests, hobbies, entertainment, social activities, to avoid loneliness, to keep the family’s “form” together, to avoid social embarrassment, etc.
 - 2) Review the shared goals and interests you have with your partner. With radical self-honesty, which of these are genuinely shared – with Holy Spirit – and which are the ego’s self-seeking goals? In other words, which of these, if compromised by your partner, would lead you to change or withdraw your love? These are goals of separate self-interest. They are destined to destroy your relationship because they exclude the only one that could save it, the Holy Self you share with your partner.



Exercise: Take the Test

1. Take the following test to find out whether you want Love *or* specialness.
 - a. What do I truly desire?
 - b. What do I long for?
 - c. Do I want to be Loved?
 - d. Do I want to feel Loved?
2. It is impossible to feel Loved and receive Love without responding with a “yes” to the following question:
 - a. Do I want, above all else, to see others as innocent, as sinless, regardless of appearances to the contrary?
3. If your answer is “no” to this preceding question, then changeless Love is *not* what you want. Instead you seek special love, which is conflict and separation in disguise.
 - a. Do you want to know Love?
 - b. Or do you want to be special?
4. These two are diametrically opposed and can never be merged because they seek opposing goals. When innocence is all you want to perceive, then Love is all you will experience.
 - a. *“Dreams show you that you have the power to make a world as you would have it be, and that because you want it you see it. And while you see it you do not doubt that it is real. Yet here is a world, clearly within your mind, that seems to be outside. You do not respond to it as though you made it, nor do you realize that the emotions the dream produces must come from you. It is the figures in the dream and what they do that seem to make the dream. You do not realize that you are making them act out for you, for if you did the guilt would not be theirs, and the illusion of satisfaction would be gone.” ... “In your waking dreams, the special relationship has a special place. It is the means by which you try to make your sleeping dreams come true. From this, you do not waken. The special relationship is your determination to keep your hold on unreality, and to prevent yourself from waking. And while you see more value in sleeping than in waking, you will not let go of it.” T-18.II.5:1-6,16-20*



Exercise: What do I Value Most in Relationship?

1. Let's take a radically honest look at what we currently value *more* than changeless Love, more than our one, shared and Holy Self.
2. This questionnaire is designed to reveal where your hidden idols may dwell. Many of these are valued by the world as symbols of special love. Some of these may be areas or qualities that you deem as positive strengths, yet in truth, they are unrecognized "blocks" to Love and therefore, barriers to real union and Holy Relationship.
3. Take your time and go through each of these possible idols. An idol is anything we value or prioritize above God, and thus readily *defend*. Be radically honest as to how much you value or identify with each of these.
4. On a scale from 0-10, determine which of these has more or less value for you right now. This often changes as we transfer our trust from fear to Love. 0 represents no value for you, while 10 represents a strong value for you:
 - 1) being a provider
 - 2) being a rescuer
 - 3) being a problem-solver
 - 4) being a people-pleaser
 - 5) compromise myself to keep the (ego's) peace
 - 6) being a control freak
 - 7) being a clean freak
 - 8) being a forward planner
 - 9) being private, keeping private thoughts
 - 10) appearing strong, unwilling to be emotionally vulnerable and transparent
 - 11) being competitive
 - 12) being right
 - 13) being needed by others
 - 14) being meticulous
 - 15) being intelligent
 - 16) being creative
 - 17) being a drama queen
 - 18) being sick or in pain
 - 19) being a martyr
 - 20) being a worrier; anxious



A MANUAL FOR HOLY RELATIONSHIP - EXERCISE
What Do I Value Most in Relationship

- 21) taking on “false-responsibility” for loved ones
- 22) compartmentalizing my life
- 23) belief in innocent victims *and* guilty perpetrators
- 24) belief in the world, news, politics, etc.
- 25) belief that I am a victim of the body, another person, the past or the world
- 26) holding grievances from the past or present
- 27) find it difficult to forgive completely
- 28) attached to stories from the past
- 29) sentimental
- 30) belief in having been unfairly treated
- 31) belief that my romantic partner should provide sex
- 32) being addicted to any one of the ego’s many body appetites such as sex, pornography, food, TV, video games, drugs, shopping, judging, gossiping, drama, spending, fitness, body image, alcohol, etc.
- 33) belief that real love involves sacrifice, putting our own needs on hold, etc.
- 34) belief that love can change or end
- 35) belief in certain “rules” and “roles” in relationship that if broken, are grounds to withdraw or end love



Exercise: Are you Ready to Commit to Holy Relationship?

1. Again, mark each of these on a scale from 0 – 10. In this exercise, 0 represents no willingness and 10 represents abundant willingness:
 - 1) How **willing** am I to have all my idols divinely repurposed by Holy Spirit? This involves learning not to defend my idols by projecting blame.
 - 2) How **accountable** am I willing to be for everything that seemed to happen to me in the past, the present and in the future?
 - 3) How willing am I to be **emotionally vulnerable** and transparent with myself and others?
 - 4) How willing am I to be radically **self-honest**? Am I willing to align my thoughts, feelings, speech and actions in self-honesty? And am I willing to communicate with everyone through this level of honesty regardless of fear of rejection?
 - 5) When any of my idols are threatened (review my list above), how **defenseless** am I committed to be?
 - 6) Do I **trust** when any of the ego's idols appear to be threatened, that this is an opportunity and never a threat? Do I trust when I am triggered emotionally, that it's *always a gift in disguise*; to reveal yet another block to Love (idol), so I can offer it over to Holy Spirit in exchange for the miracle?
 - 7) Do I have **gratitude** for my forgiveness opportunities? Am I grateful to have my mistaken self-concept challenged so I can finally experience the profound innocence, security, and Love that I am?
 - 8) Am I eager to join in Holy Relationship to welcome the acceleration of undoing the false-self and its addiction to pain, loss and separation?
2. These exercises are not meant to increase guilt, but they are intended to increase self-honesty and mindfulness. There is to be no judgment in this honest self-inquiry. However, most of us do not know who we are, let alone what perfect and changeless Love is. As we undo what we are not – perfect, changeless Love is all that is left.
3. A Holy Relationship does not seek to improve the self we think we are. But it will, by its nature, erase everything we are *not*. Love remains as our one Holy Self. Only in this way can we ever know with conviction that Love can never *be* threatened.
4. Holy Spirit is the one who decides:
 - 1) Our “readiness” and timing for Holy Relationship, and
 - 2) The particular person or people we initiate a Holy Relationship with.



A MANUAL FOR HOLY RELATIONSHIP - EXERCISE
Are You Ready to Commit to Holy Relationship?

5. It cannot be forced. From my own experience, it is not kind to try to make an unwilling companion undo their mistaken self-concept. This accomplishment is a *natural* result of reversing the special relationship with Holy Spirit. In this case the only thing we can change is *our self*. If our partner is not interested, then it's up to us to begin with practicing forgiveness and the *Seven Keys*. We must show-up for our Self despite fears of rejection and conflict. We must learn to communicate authentically.
6. Sometimes, the people we are presently in special relationship with are not ready to:
 - 1) Agree to the Holy Spirit's purpose and goal for Holy Relationship because it threatens their self-concept together with its beliefs and values.
 - 2) Engage in forgiveness and practicing the *Seven Keys*, which are the necessary means by which we achieve the Holy Spirit's new purpose for relationship.
7. To conclude, it's important to realize that no matter how willing and ready we think we are for a Holy Relationship, it is entirely up to Holy Spirit to bring that person or people to us when He knows we are ready. It cannot be forced.



Exercise: The Seven Key Principles of Authentic Relating:

1. Please contemplate the **check points** that follow each Key to identify any resistance in implementing these Key Principles. If there is resistance, stay with that principle till the resistance falls away. We must neutralize the (ego) resistance before we can fully integrate the Seven Key Principles.



WILLINGNESS

2. The first attribute to acquire is the willingness to have every belief and value undone by Spirit. It is the willingness to be wrong about our beliefs and values, and our interpretation of the past along with all our stories. It's an eagerness to be shown all the unconscious blocks that obscure our awareness of Love's eternal and uninterrupted presence. This calls for the willingness to face up to and confess that, of the ego, we know nothing. Yet by the Spirit in us, the Truth can and will be revealed. It is also the willingness to see others as sinless, as guiltless, despite seeming evidence to the contrary. This is the willingness to forgive.
3. *The Willingness check points are:*
 - 1) Am I feeling any resistance to do this? If there is resistance, there is fear of God's Love. Resistance is a sign that we're not willing to trust God and therefore, to trust our Holy Self.
 - 2) Am I grateful for my willingness?



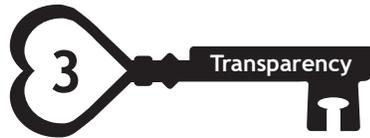
ACCOUNTABILITY

4. This is the recognition and acceptance that all our suffering is caused by just one culprit, no matter how many varied forms it might appear to take. The ego is our own unconscious self-hatred projected outward onto others, our body and the world, to manifest as attack (conflict, betrayal, abandonment, sickness and pain, scarcity and death, etc.).
5. We accept that others, the body, the past and the world are all causeless because their primary underlying cause lay within our own mind. It is here, in our mind, through the ego's distorted filter of perception, that the singular source of all suffering is found and healed. This is true accountability, where we do not judge or blame others, the body, or our self, for our own unconscious self-attack. Therefore, we must learn to forgive our self for unknowingly using others, the body, the past and the world for the purpose of attack and separation.



6. *The Accountability check points are:*

- 1) Am I feeling resistance to this? If so, which areas do I wish to keep separate from God/Love/healing?
- 2) Am I grateful to be 100 percent accountable for all my thoughts, feelings and actions, without self-blame?



EMOTIONAL VULNERABILITY / TRANSPARENCY

7. The greatest challenge for many of us is to acknowledge that we have unknowingly learned to relate with our self and others dishonestly. And we cannot heal this until we first see it. Then we will recognize that we have abandoned our Self in the pursuit of specialness. Learning to be authentic involves learning to be emotionally vulnerable and transparent. The ego sees this as weakness, the complete opposite of the Holy Spirit's interpretation, which is that emotional vulnerability is *strength* because it brings us closer to Him, others and our Holy Self. We're so conditioned to "special relating" that we have no idea *who we* really are. Initially, we are afraid to find out because we believe we may lose our special relationships if we do.
8. *The Emotional Vulnerability/Transparency check points are:*

- 1) Am I grateful for my emotional vulnerability and transparency?
- 2) To what degree am I happy to feel and express my emotions without blame, either alone or with those I know, as well as with those I don't know?
- 3) Am I okay to shed a tear in public?
- 4) Am I comfortable expressing peace in the midst of seeming turmoil?
- 5) Can I express empathy (not sympathy) and extend trust without concern for how others who feel upset might perceive it?
- 6) Can I accept my own emotions, seemingly positive or negative, and hold myself Lovingly without embarrassment, shame or self-criticism?



RADICAL SELF HONESTY

9. It is through radical self-honesty and self-inquiry that we peel back all our erroneous beliefs, conditioning, stories and values to reveal our true feelings. And it's by feeling



whatever we have repressed, without self-judgment, that we can finally recognize and relinquish our defenses to God's Love as our Holy Self. Honesty is one of the key characteristics of true awakening. Jesus shares its supreme importance with us:

a. *"Honesty does not apply only to what you say. The term actually means consistency. There is nothing you say that contradicts what you think or do; no thought opposes any other thought; no act belies your word; and no word lacks agreement with another. Such are the truly honest. At no level are they in conflict with themselves. Therefore it is impossible for them to be in conflict with anyone or anything." ... "Conflict is the inevitable result of self-deception, and self-deception is dishonesty." M-4.II.1:4-9,2:4*

10. So, the ego wants to keep the peace in its relationships. Keeping the peace looks good and safe to the ego but let's really look at this with radical self-honesty. Keeping the (ego's) peace necessitates Self-abandonment and Self-deceit. It has a cost that will be exacted.

11. *The Radical Self Honesty check points are:*

- 1) Am I feeling any resistance to this?
- 2) Am I more concerned with how others (egos) will receive my honesty (authenticity), rather than staying 100 percent authentically aligned in my Truth?
- 3) Am I being 100 percent radically self-honest with myself and everyone that I encounter?
- 4) Are my thoughts, feelings, speech and actions all in line with my truth? Or do I abandon my own truth to appease the ego of others?
- 5) Am I grateful for my radical self-honesty?



DEFENSELESSNESS

12. The persistent sense of threat that we experience arises from a deeply buried and nebulous sense of guilt. That guilt is the unconscious fear of God (Love) that arose when we mistakenly believed we separated from God and made duality. It is this guilt that spawns all fear and the many forms of suffering we seem to witness.

13. Our safety lies in our willingness to be defenseless. Defenselessness is not weakness but strength. It is the recognition of our innocent and Holy Self. It calls forth the Christ within and affirms our inherent invulnerability. When we defend we unknowingly reinforce attack. Whatever we fear or defend against, we will attract. In defense, we make an opposite to God's Love and we believe this opposite is a seemingly real opponent.



14. All forms of fear arise from our secret belief that we have sinned (separation), are guilty, and now we require defense. Therefore, we *expect* punishment (from God) for that illusory belief. And because we have free will and use the power of God to materialize our unconscious ego choices, we unknowingly manifest our fears.

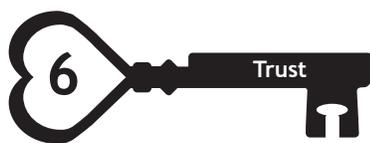
a. *“Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself? And herein lies the folly of defense; it gives illusions full reality, and then attempts to handle them as real. It adds illusions to illusions, thus making correction doubly difficult.”*
W-135:1:1-3

b. *“Defenses are the costliest of all the prices which the ego would exact.” ...*
“Defenselessness is strength. It testifies to recognition of the Christ in you.”
W-153.4:1,6:1-2

15. Expressing sincere defenselessness within interpersonal communication serves to lift the ego’s veil of fear long enough to catch a glimpse of our Self and others as we are now – innocent – in the Holy Instant. Otherwise, especially when we’re triggered, we will view them through our own superimposed past, as guilty. But how we judge another is always our own unconscious self-judgment. It will be either a blessing of innocence or a condemnation of guilt.

16. *The Defenselessness check points are:*

- 1) Am I feeling resistance to practicing defenselessness?
- 2) If there is no opposite of God/ my Holy Self, then why do I feel the compelling need to be right, or to defend myself from anyone or anything? Who or what am I defending myself from?
- 3) Am I grateful for my defenselessness?
- 4) Am I okay to drop all need to defend?



TRUST

17. If I am not perfectly at peace, then fear has entered my mind and therefore I must be trusting in the ego’s strength which is weakness. God’s Will for me is perfect peace. If I experience anything less than that, I am denying God’s Will.

a. *“The presence of fear is a sure sign that you are trusting in your own strength. The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His strength take the place of your weakness. The instant you are willing to do this there is indeed nothing to fear.”* W-48.3.



18. With Holy Spirit we learn to withdraw our trust in fear as guilt, blame and judgment. We allow Him to transfer our trust to Love as innocence, peace and true union. Our trust is strengthened as we apply quantum forgiveness to all our triggers. We learn to trust the eternal light within our one, shared and Holy Self by forgiving the ego's projections of separation.

19. *The Trust check points are:*

- 1) Am I feeling any resistance to surrender it all over to Holy Spirit?
- 2) Am I grateful to surrender everything over to Holy Spirit?
- 3) Do I trust that all my needs are met by God?
- 4) Do I trust that I can safely surrender every one of my compulsions to control (relationships, family, finances, the body, health, income, job, etc.) over to Holy Spirit?



GRATITUDE

20. As our defenses, our need to control, to struggle and to judge fall away, we find that they were there only to obstruct our natural state of *gratitude*. From here we see that behind every forgiveness opportunity there lay a miraculous healing. In fact, we welcome forgiveness opportunities because we know the quantum healing they bring, and for these we have abundant gratitude.

21. As we unlearn fear and open our self to Love through genuine willingness, accountability, emotional transparency, radical self-honesty, defenselessness and trust, we find that gratitude accompanies us wherever we go.

22. *The Gratitude check points are:*

- 1) Am I grateful to exchange *all* my past experiences, stories, values and beliefs for Holy Spirit's Thought System?
- 2) Am I grateful for this miraculous Default Thought System?
- 3) Can I gratefully invite it to completely take over every one of my decisions and reactions from now on?

23. For additional helpful information, please refer to: *The Divine Switch from Ego to Holy Self*.



The Seven Essential Principles of Quantum Forgiveness (Atonement)

- 1) **Apply true denial.** Recall there is only one Power, and it is God's Loving Will. Therefore, steadfastly deny anything not of God's Love the power to hurt you or anyone else.
- 2) **Place cause and effect in their proper sequence.** No matter the form of problem, all cause is in your mind and nowhere else. If you believe the cause is anywhere but in your mind, you will be unable to heal the cause or its seeming symptoms. Recall unconscious guilt is self-attack projected outward. There is no one to forgive except yourself, for unconsciously using others, the body, the past or the world to attack you.
- 3) **Make healing of your mistaken perception your priority over all else.** You must desire to have your perception of the illness or problem healed, more than you want a physical healing, a physical miracle.
- 4) **Look past appearances.** Look beyond what your physical senses tell you of reality. The ego sends these senses out to report back exactly what it wants us to see; they will always confirm "proof" of separation and suffering.
- 5) **Remember there is no hierarchy of illusions.** One illusion is never truer or bigger than another. They're all equally illusory. As we accept and practice this principle, we also learn and demonstrate there is no order of difficulty in miracles. One miracle is not harder or more impossible to achieve than any other. By accepting and demonstrating the illusory nature of illusions, and the maximal power of miracles, we undo everything the ego made to attack us.
- 6) **Accept the Atonement.** In accepting Atonement, we immediately join with and receive God's Will for healing. This unequivocally cancels out the ego's wish to be unfairly treated. This is the miracle! No matter where we see suffering, we must accept the Atonement, the miracle, for our self. If we perceive suffering in another, the past, the body or the world, healing must be accepted in our own mind first. This is the divine undoing of fear and guilt in our perception.
- 7) **Trust in God's Love and healing!** It is already done. Doubt and trust are mutually exclusive. If we doubt, we cannot accept healing.