



### **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.