



### 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**  
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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.