



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?



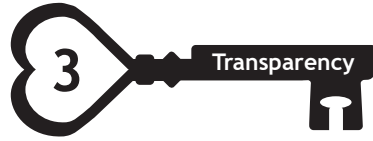
ACCOUNTABILITY

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.



A MANUAL FOR HOLY RELATIONSHIP - EXERCISE
The Seven Key Principles of Authentic Relating

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.

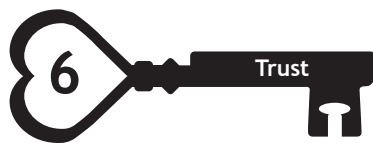
a. *“Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself? And herein lies the folly of defense; it gives illusions full reality, and then attempts to handle them as real. It adds illusions to illusions, thus making correction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