

Module Seven: Video Number 3:

Acknowledging Our Humanness

Ok. Welcome back. We're moving right along with the worksheet here. Hopefully, you're doing yours right along with us. So, did you get in touch with the feelings connected to your story? Was the Feelings Check List helpful? Good.

So, we're now moving on to Step #5 on the worksheet — a very important one that challenges the person to really examine how they've been judging the person and the situation in a way that reinforces their sense of having been victimized. Let's read it out loud.

Item #5. My discomfort was my signal that I was withholding love from myself and (X) by judging, holding expectations, wanting (X) to change and seeing (X) as less than perfect. (List the judgments, expectations, and behaviors that indicate you were wanting (X) to change.)

I think you'll agree that this looks to be one of the most difficult parts of the worksheet. This is because it challenges our belief that we have the right to say how another person should be and expect them to be. It also points out that when we judge a person and make them wrong, we withhold love from them which then puts us out of alignment with Spirit. Spiritual law says everyone is perfect and that we are all one. And that's not an easy thing to explain.

But let's have a crack at it. Look again at the handout we gave you on the two worlds and how we might be looking at what happened through different lenses in our binoculars. Clearly, as humans, we act in certain ways that seem bad and in some cases punishable by human law.

Looked at through the spiritual lens, however, it looks different. From that perspective, there are good reasons why a person acts in the way that we find objectionable from a human standpoint. However, we don't have any idea what those reasons are since we don't know the mind of Spirit. What we do assume, however, is that whatever a person is doing is all part of their plan, and ours too, so from a spiritual viewpoint, who are we to say they are wrong. Their perfection lies in their imperfection.

So, when we act and hold beliefs that reflect our own humanity we should not judge them as being wrong. We just need to love ourselves for having them and do our best to accept people the way they are, even if they are to be punished for what they have done.

Even when we make them right, we are withholding love, because we make our love conditional upon their *rightness* continuing. Any attempt to change someone involves the withdrawal of love because wanting them to change implies that they are wrong or need to change in some way. Furthermore, we may even do harm in encouraging them to change, for though we may act with the best intentions, we may interfere with their spiritual lesson, their mission, and advancement.

Now, this is more subtle than we realize. For instance, if we send unsolicited healing energy to someone because they're sick, we are in effect making a judgment that they're not OK as they are and should not be sick. Now, who are we to make that decision? Being sick may be the very experience they need to have for their spiritual growth. Naturally, though, if they request a healing, then it becomes a different matter entirely, and you do all you can in response to their request. Nevertheless, you still see them as perfect.

So, have your client make a note in this box of all the ways in which they want the person that they are forgiving to be different or in what respects they want them to change.

What subtle judgments do they make about the person which indicate their inability to accept them just the way they are? What behavior do they exhibit that shows them to be in judgment of them? You may be quite surprised to find that your well-intentioned desire for them to be different *'for their own benefit,'* was really just a judgment on your part.

If the truth be known, it is precisely your judgment that creates his or her resistance to changing. Once you let go of the judgment, he or she will probably change. Pretty ironic, isn't it?

COACHING TIP: When they have listed all the things they don't like in this other person, ask them to make "I" statements out of them, and see what effects this has on them. Just allow them to speak them out, and then you say, "Are you possibly seeing in them what you find unacceptable in yourself?" But, don't push it. Let them think about it. It will crop up in a different way later in the worksheet.

OK, this is the end of Module 7. In Module # 8 we'll look at the items on the worksheet that are the equivalent of the stage #5, Collapsing the Story.