

The KEY to Inner Peace -- EMBRACING Reality

- * **One of the single biggest keys to experiencing greater freedom, power, and fulfillment.**

- * **6 ways we unknowingly create added stress and suffering.**

- * **How to separate out "reality" from the "meaning", "story," "interpretation"**

we attach to it for greater sanity and ease in our lives.

- * **What is really means to accept all 3 levels of reality in our lives so we can enjoy greater success and everyday inner peace.**

REALITY

Definition: Reality is whatever is REALLY happening in the present moment, in actuality. **Create a PROFOUND relationship with reality.**

- * **Embracing Reality:** When we fight reality, we create stress. Resistance equals stress and suffering. When we embrace reality, we have the power to choose consciously, experience peace and shape our future -- instead of remaining victim to it. When we embrace reality -- we're connected to the voice of Spirit, and we can allow our lives to flow. This is where we access the NOW.

- * **Thoughts** - it is our stressful thoughts that resist reality, and create stress and suffering. When we investigate our thoughts, they lose their hypnotic power, allowing us to return to peace and more consciously adopt empowering thoughts.

- * **Feelings** - we also "resist" or make our feelings wrong. Feelings are another important part of reality.

In FULLY embracing reality we can experience:

- * Emotional freedom -- meaning free of any of the negative emotions.

- * Power to make more Conscious Choices

- * Enlightenment

- * Unconditional love for ALL parts of ourselves

- * Tremendous peace

- * Greater authenticity

- * Deeper connections with others

- * Greater creativity and flow in life

EMBRACING REALITY:

Three levels of Reality:

- * The World - 'accepting the world "as it is" means accepting both what is perceived as "good" and that which is perceived as "bad" -- war, crime, How can it be useful to argue with them? Or think "this shouldn't be happening"
- * People -- Accepting other people "as they are" means accepting ALL the characteristics and actions of ALL people. (fantasy of who we want them to be) Denying the reality of human nature is stressful.
- * YOU - Embracing reality also mean accepting and loving ALL of who YOU are.

What is your current relationship with reality? (GROUP DISCUSSION)

- * pretty good
- * fine...except when running late and in traffic
- * fine...except when depleted, angry or hungry
- * seeking to identify reality -- as it shifts and changes
- * searching for reality
- * sometimes focus more on what's NOT working in reality -- than what is in alignment

6 Ways to "Be With" Reality that Are NOT Empowering: (refer to Lesson #8 for more details)

1. ADDing to Reality -- $A+B=C$ (meaning is the B) - "making stuff up" -- INVITE TO PULL out of sheet of paper -- line - one side FACT the other side STORY/MEANING/INTERPRETATION
2. Distorting Reality -- exaggerating or minimizing - absolutes (any, all, every, none, never)
3. Denying Reality (no, I'm not...)
4. Perfecting Reality -- adding a "should" or "supposed to" (learn to detach) - "For peace of mind, we need to resign as general manager of the universe"
5. Arguing with Reality -- when you think something "shouldn't have happened" or "wasn't suppose to happen" (All stress is a result of mentally arguing with reality.)
6. Forecasting Reality -- attaching to a "future reality," predicting

Which level of reality do you RESIST the most?

- * Distorting- making a work project harder than it is.
- * Perfecting - trying to get everything perfect
- * Forecasting - getting attached to goals and plans

KEY:

NOT about condoning, being PASSIVE or letting someone "off the hook"

Affecting the Field of Consciousness:

Not every thought you have will happen in reality. However, every thought and action affects the field of consciousness to some degree.

Three Factors: Universe, Ego, Choice.

Ego: works like the brakes or accelerator of a car.

Ego can slow down natural momentum - -FEAR

Ego can also attempt to speed things faster by attempting to control.

DANCING WITH REALITY

- * Dynamic and changing
- * Awareness
- * Inspiration
- * Conscious Choice
- * Following the simple directions
- * Keeping an "I don't know" mind.
- * Less attachment

HOMEWORK:

1. Review Lesson #8 from *Power of Inner Choice*
2. Pick one of the "6 Dis-empowering Ways" you may interact with reality.
Pay attention to this over the coming week.
3. Enjoy Dancing with Reality throughout the week.