

Conscious Being

Exercise Seven: The Power of Perspective

In moments of discomfort, we can remember that we have a choice in how we perceive what is happening. If we are able to access the stillness within, we can watch the movement of events without judgment or ideas about “rightness” or “wrongness.” From this place we are *one with* the movement; in fact, *we are* the movement itself. And as we allow ourselves to be the movement—while being the observer and the one who experiences it—we come to understand these different aspects of our being. We move in and out of these aspects many times during the day; in and out of the personal and the transcendent.

Releasing Statement

I surrender all attachment to my perspectives.

Affirming Statement

I allow myself to move into oneness.

Simple Meditation Practice

This module’s meditation is mantra meditation. Set a timer for 10 minutes (or you can adjust the time in whatever way feels right for you in this moment). Now find a quiet place to sit. During the allotted time, repeat this chapter’s affirming statement: “*I allow myself to move into oneness.*” You can repeat this out loud or silently for the allotted time. What do you notice as you repeat the phrase? What happens to your mind/thoughts? What do you experience during the meditation? Once the timer sounds, take some time to write about your experience.

1. Evidence and Conclusion Process: Read the two statements below and then answer the questions that follow. If you are doing this practice alone, we invite you to write out your answers and read them every morning for a week. If you're in a group, share your answers with a partner.

The world is a kind and loving place.

The world is a brutal and hostile place.

- Can you find evidence to support the first statement? Write about it.

- Can you find evidence to support the second statement? Write about it.

- Is one more correct than the other? Please elaborate.

- What if both are true? What would that create for you?

- What kind of world are you choosing to see today?

- What would happen if you were to move beyond good/bad or right/wrong?

- What perspective would you like to choose?

2. Discovering True Freedom Exercise: We define freedom as *“an inner freedom from duality, from ‘good’ and ‘bad’ and ‘right’ and ‘wrong.’ It’s freedom from the stories and perspectives that limit our choices. This freedom opens us to the power of authenticity, to the choice of peace and happiness, to awakened living.”* Now, answer these questions and (reread them if you’re alone or) share with someone (if you’re in a group):

- What does the word “freedom” mean to you?

- When have you experienced the type of freedom described in the quote?

- What allowed you to have that sense of freedom?

- How could you go about creating more freedom?

- What might happen if you did?

- How would your life change?

- How would your addiction change?

3. Embodying the New Paradigm Technique: *“This openness to Spirit in all things is the new paradigm. It’s a space beyond duality, a space of stillness in the essential self. This new paradigm is beyond any one perspective, beyond any single story, fully grounded in present moment awareness, in curiosity, awe, and wonder.”* Again, answer these questions and (re-read if you’re alone or) share with someone (if you’re in a group):

- What would it be like to embody this new paradigm?

- How would your sense of self change?

- How would your life change?
