

Conscious Being

Exercise Nine: The Opinion Trap

There are certain paradigms of thinking that exist within our collective consciousness. They powerfully shape our inner world. Many of us never take the time to examine these frameworks of thinking more closely. My invitation to you is to acknowledge that you have access to an inner source of knowing, which is beyond any learned concepts. This intuitive knowing is not arrived at through thinking or learning, but rather by tuning into the intelligence of the heart and soul. The paradigm shift that human consciousness is currently undergoing is very much about shifting from mind-based knowing to heart-based, intuitive being.

Releasing Statement

I let go of the need to be right.

Affirming Statement

I choose to embrace the truth that heaven on earth is available.

Simple Meditation Practice

This module's meditation is a silent walking meditation, like the nature walk you did in a previous chapter. The difference is that this meditation practice involves walking in silence for 30 minutes, and you are going to do it in the midst of other people. So you might choose to walk down city streets, or walk through your local shopping mall. The intention is to notice what is different when you are around people, but remain silent. The invitation is to simply notice your surroundings. What do you notice?

1. Recognizing Illusion Exercise: Reflect upon the questions below, write them out, then share with a partner or in a group. Think of a time when you had an impression of someone that turned out to be not true.

- Where did you get that idea, and what did that create?

- When you realized what was actually true, how did that change how you perceived the person?

- In what ways can you see how your initial impression might have been an illusion?

2. Riding the Wave Process: Close your eyes and breathe. Do a scan of your body and notice any areas where there might be discomfort - just be present with the discomfort - do not try to change it in any way. Notice any resistance and let it be there too.

- What happens when you do that?

- Now try this with an emotional pain or discomfort. What do you notice?

- What happens when you do that?

3. Fears Activity: Make a list of all your fears.

Now answer these questions:

- From where did these fears originate?

- What would it take for you to release them?

With each of these fears, complete this exercise:

I am afraid of _____

What really scares me is I'm afraid I can't cope with _____

- What are some ways you can actually cope with the fears?

- What might change if you released the fears?

- Which possibilities can you implement immediately?

Now, write the fears list on a blank sheet of paper then tear it up, saying out loud some version of the following statement: "I now release all of these fears and recognize them as illusions I once believed to be true."

Keep the "possibilities" list in a prominent place where you can see it for the next week. Spend time reflecting on how you feel when you read the list. Simply notice.

4. No Opinions Challenge: Make a commitment to not state opinions for the next 30 days. It might be helpful to ask a friend to join you in this challenge and check in with each other every day to share your experiences. The invitation is to notice if this is difficult for you. If it is, you may ask yourself why not sharing opinions is difficult. Get feedback from your friend regarding his/her experience with this process. Reflect on the following questions with your “no opinions” partner.

- How do you feel after a day of not giving opinions?

- In what ways do you feel closer or farther away from people in your life?

- In what ways do you feel closer or farther away from people in the world?
