

Practical Ways of Dealing With Conflict –

1) Anticipate conflict

2) Know Your Likely Reactions

3) Choose to Respond Differently

From PWL 203

Interpenetration of the Divine Light Spark into the Outer Regions – Mind Exercises

(Developed from Helper Session with Moira Shaw)

Gary Vollbracht

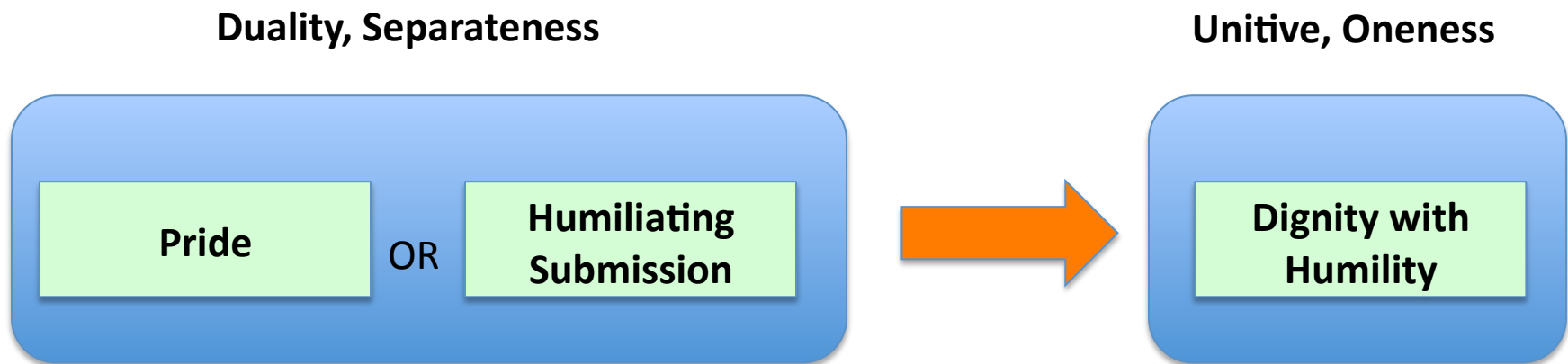
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Summary

- Take a conflict, a troublesome situation
- Consider old and new approaches by looking at
 - Pride
 - Self-Will
 - Fear

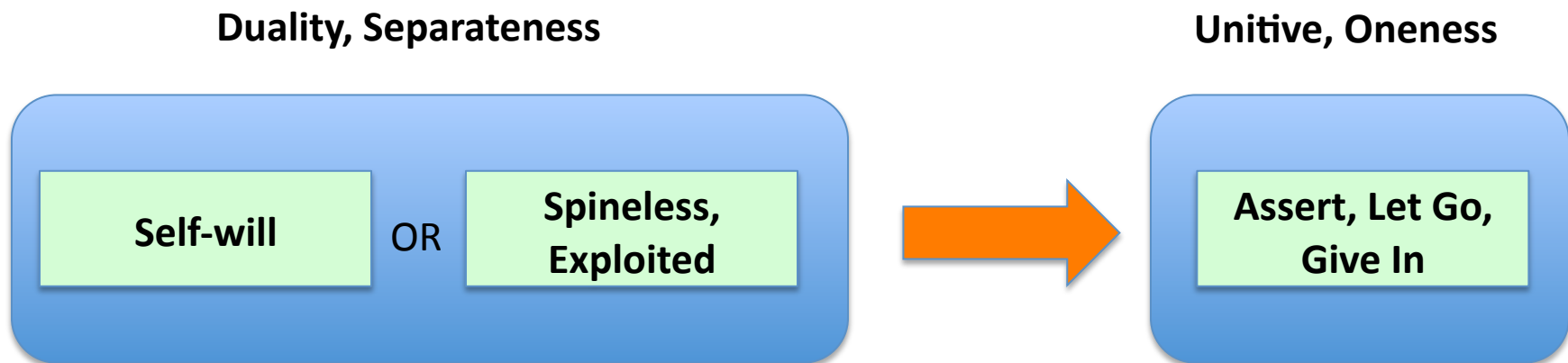
Pride or Humiliation to Dignity

¶43 ...See the same bothersome situation from the viewpoint of **pride**: **How are you acting from pride?** Then visualize the same situation, focusing on **how it would feel to give up pride**. If the only alternative seems to be humiliation, then start probing for other possibilities. **Ask for inner guidance to experience yourself without pride, yet without humiliation and with dignity**. You have to make a real inner volitional step to be able to see yourself in a **new way** that **reconciles dignity and humility and leaves out both pride and humiliating submission**. If you are ready for this possibility, even before you can experience it, the divine life will produce it from within. But you must make yourself receptive to it.



Self-Will or Spineless to Assertive

¶44 ...Then do the same with **selfwill**. Envisage yourself in a new state of reaction in which you are **neither self-willed nor spineless and exploited**; in which you **assert** yourself but **can let go and give in**. The proper balance will come from your core in specific ways for specific situations. But the mind has to be open and flexible enough to let in new possibilities. And you must cultivate your spiritual capacities so that you can entrust yourself to the inner guidance.



Fear to Trust and New Possibilities

¶45 ...Have the **courage to go through the anxiety** that comes up at first when you attempt to give up pride and selfwill. Then, last but not least, you come to the fear. The **fear** cannot possibly vanish before **pride** and **selfwill** are abandoned. For **fear is a product of both**, as you know at least in theory. Also see the **fear** in terms of *distrust of the universe*. You evidently **believe** that **only your selfwill and pride can protect you from danger**. This implies that the universe is untrustworthy and that all you have as a safeguard is this puny protection: your pride and selfwill. Question this premise and experiment with new alternatives. Open yourself for the divine reality to flood through you. Maybe now, maybe later, but come it must, and it will penetrate you with a state of consciousness in which there is no selfwill, pride, and fear, and where your conflicts, outside and inside, are transcended.

Duality, Separateness

Fear, No Trust in the Universe



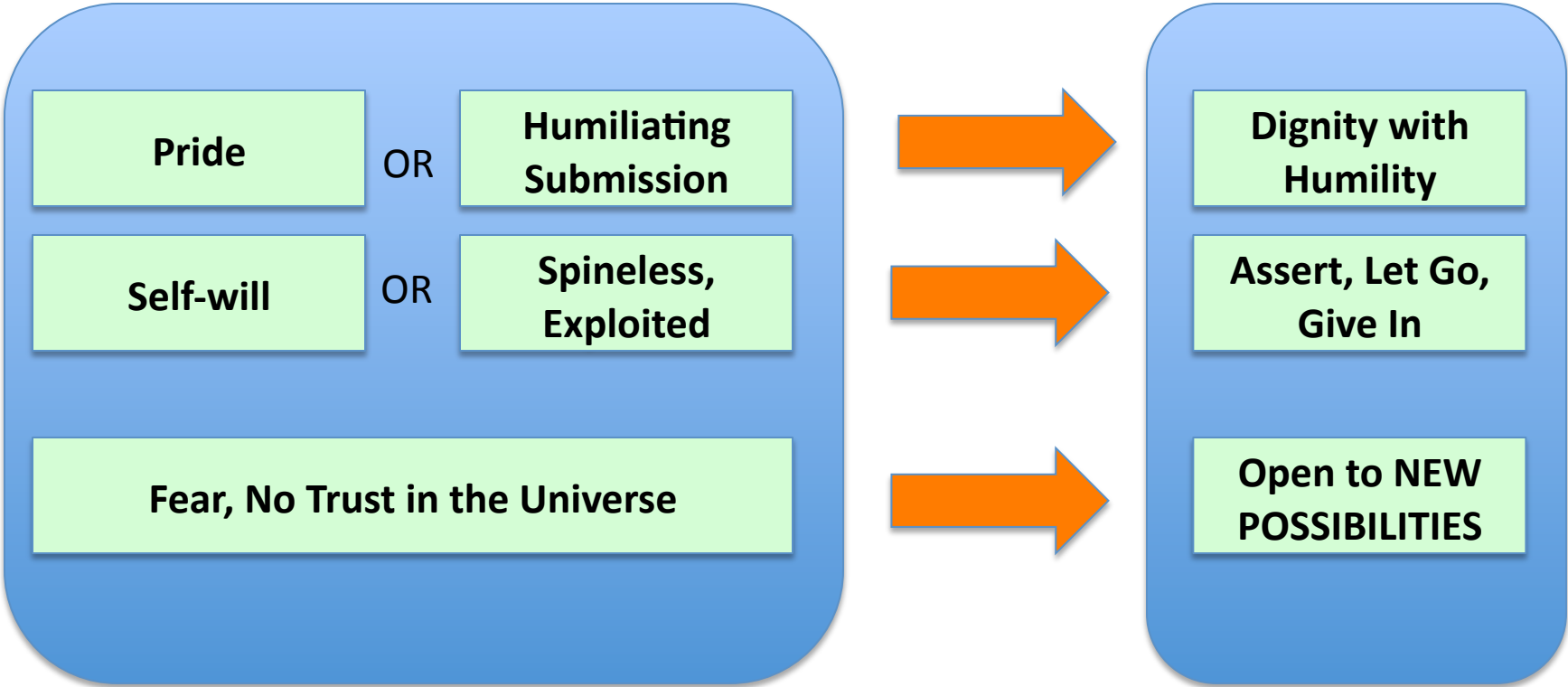
Unitive, Oneness

**Open to NEW
POSSIBILITIES**

Summary: Transcending Pride, Self-Will, Fear

Duality, Separateness

Unitive, Oneness

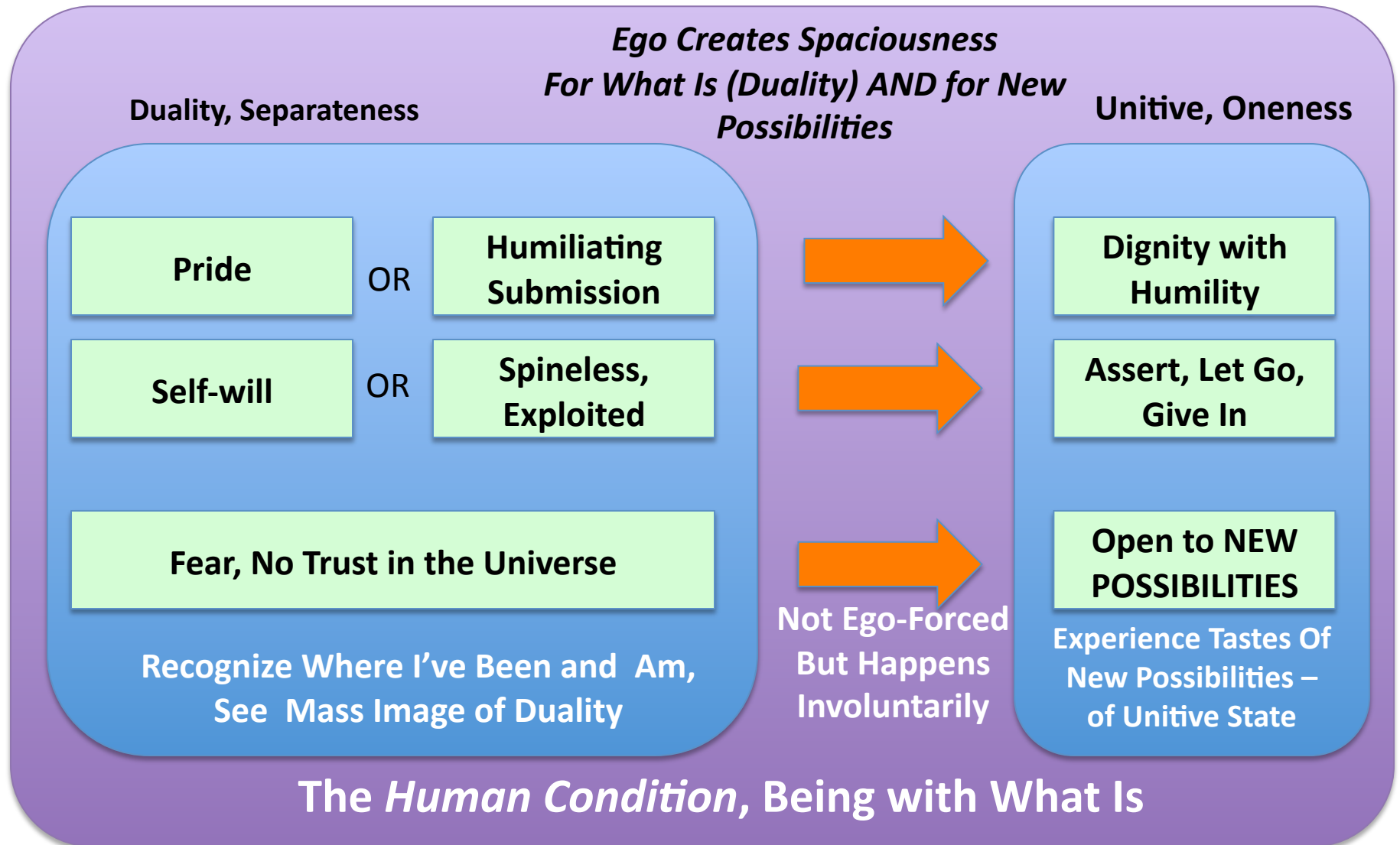


Exercise in Trust

¶46...Do an **exercise in trust** in which you **open yourself to the possibility that the universe will yield whatever you need.**

Experiment for the moment with this thought: "**How would it be if I were to trust the universe**, if in this particular situation I gave up the fear that comes from my distrust, and therefore from pride and selfwill?" **Allow your central core to fill you with an inkling of a state in which you can react without selfwill, pride, and fear.**

Not There Yet. Be Human. Be with What Is.



Exercise, Spiritual Practice

- Pick a challenging situation you face
- **Anticipate *Specifically*** where and how:
 - **Pride** will show up
 - **Self-Will** will show up
 - **Fear** will show up
- When in the challenging situation, **Smile** when these Lower Self reactions show up, but **stop, do not act out!**
- Make this a **Spiritual Hobby** in Life for **all** challenging situations
- **Welcome any and all challenging situations** so you can practice and grow.

Coming to Ride The Waves of Bliss

- **Living Life Fully...**
 - Ride the life force as it flows through each of us, as its Divine rays of **creativity, courage, love** and **wisdom** emanate *uniquely* from each of us.
- **While doing our work...**
 - **Hunt down, welcome, accept and transform our Lower Self Aspects** that distort the emanating life force and attach it to that which keeps us separate.
 - **Pride** “May the life force make me special”
 - **Self-will** “May I use the life force for my gain and advantage over others.”
 - **Fear** “I do not trust the life force, rather I trust pride and self-will.”
 - **Beware of and remove the mask**
 - “I can’t handle the distortions of the Lower Self, so I cling to pretense of my Divine Rays and my Idealized Self Image.”