

#UNHARMABLE

Module 3 Exercises: Way Out of Core False Beliefs

With clear vision, we see that it no longer serves us to cling to *any* story that keeps us feeling stuck and limited. What would be the benefit of continuing to perpetuate stories that are not in alignment with the truth that we are *all* essentially whole? The fact that most of us are still living in a state of forgetfulness of that fundamental truth doesn't change that reality. As we shift our perspective about who and what we truly are, that in turn shifts the nature of the world we inhabit and our experience of others. The world becomes a more loving place because we have become more loving, openhearted human beings. And all we did was come into alignment with what was already true. This is what it means to live beyond our stories—about ourselves, others, and the world.

Releasing Statement

I now release all ideas of lack and limitation.

Affirming Statement

I am experiencing peace and harmony now.

Simple Meditation Practice

This section's meditation is focused on conscious eating. For this meditation we invite you to choose a piece of your favorite fruit. Spend a few moments noticing the color, texture, and scent of the fruit. Take extra time preparing (peeling, etc.) the piece of fruit. Then, at a much slower pace than normal, commence eating. What do you observe when you eat much more slowly? Do you notice different flavors and sensations? The intention is to really slow down and see what you become aware of when you eat consciously.

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. Identifying Your Shadow Practice: *"In psychological terms, the shadow is the unconscious aspect of ourselves, that we keep hidden due to a desire to repress the negative attributes of our personality."* Reflecting on this, please answer the following questions:

- What have you hidden in your shadow?

- What is the deepest, darkest thing you are hiding from the world?

- Do you have any guilt or shame about this? (Guilt is "I've done something wrong." Shame is "I am wrong.") Please briefly write about this.

- In what ways could you look at it through a different lens?

- How might you treat yourself with compassion and kindness?

- Does it change anything? If so, in what ways?

- How might you begin the process of letting that shadow go?

3. Self-Parenting Exercise: For this exercise, we want to recommend that you only do this if you feel like you are in a stable place in your recovery, and that you have a great support system. This process is inviting you to go deeply into a situation from your past, so please choose one that you feel safe enough to explore.

Please think of a situation from your childhood that was painful. Spend a few minutes in the silence, with your eyes closed, imagining the situation. Picture what was happening all around you. See if you can *really* get in touch with the feelings and thoughts you were having at the time. Now, imagine the younger you and what he/she really needed but did not get at the time. Imagine your adult self sitting there next to your child self. You might picture yourself hugging or holding your inner child. Now say these three things to your child self:

You're safe now. It's OK to feel this way now. I'm here for you now.

You might want to repeat these three things numerous times. Notice what happens to the emotions. Now, let your inner child know that you are getting the help you need to be able to care for her/him. Notice if your inner child believes you. If not, you can repeat the three phrases again:

You're safe now. It's OK to feel this way now. I'm here for you now.

See if there is a shift. Next, let your child know that you are going to come back to present time, but will not be abandoning him/her. Spend a few moments imagining yourself comforting your inner child. Now slowly bring your awareness back into the room and open your eyes.

This can be a very powerful process to repeat in times of emotional distress. Simply pause and imagine the part within yourself that is feeling "wounded" and then practice the self-parenting exercise. Over time, you may start to instinctively soothe the inner child with the three phrases: *You're safe now. It's OK to feel this way now. I'm here for you now.*

[illegible]

4. Becoming the Observer Technique: This can be a very powerful process. Imagine a situation in your life that feels unresolved. Notice the feelings that arise when you think of it. See if you can notice the story you are creating about it. Now, see if you can imagine yourself as the observer of the situation, almost like you are watching it in a movie.

- What do you notice now?

- How did the feelings change?

- In what ways did your experience of the story change?

This is something you can practice throughout your day, both in your meditations and in your daily life. The more you practice “witness consciousness” the more this becomes a way of being in the world. And remember, there is a reason it is called a spiritual *practice*.

5. Recovery Rocks Activity: Find a small rock with a flat surface. With a marker, write one of the core false beliefs you identified from a previous exercise. Get with a partner (or white out your answers if you are alone) to the following questions:

- Where did this belief originate?
- How do you feel when you believe it?
- What would it take to be free?

Now, find a SAFE place to throw the rock (in a lake, river, deep into the woods, etc.). When you are ready, throw the rock and say: "I now release this old belief." Notice how it feels. If you find yourself thinking the belief over the coming days or weeks, remind yourself you "threw it away!"

- Write about your experience with this exercise.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Questions for journaling and further reflection:

1. What if your stories were just that, stories?
2. What would happen if you would rewrite or let go of those stories?
3. What self-imposed limited patterns are you stuck in?
4. What would it be like to open to the possibility of a different perspective?
5. What kind of parenting did you receive as a child?
6. What impact did that have on you?
7. What might your inner child need to hear to help you to let go of those stories?
8. As you begin to uncover what's in your shadow, can you create a sense of safety?
9. Who and what else might you include to support you?
10. How can you approach this from a space of self-love and non-judgment?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

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