

DISCOVERING PARTS OF YOUR PERSONALITY

SUPPORTING YOURSELF:

How can you find the parts of your personality (frightened or loving) that are so familiar to you that they are invisible to you?

- ▶ Set your intention to find them
- ▶ Scan (for painful or pleasing sensations)
- ▶ Pay attention to your thoughts (for critical or appreciative thoughts)
- ▶ Consult your intuition
 - Be open to answers, including answers through spiritual partners and others
- ▶ Ask a spiritual partner for help
- ▶ Release attachment to any ways that you think you should get your answers.

ASKING OTHERS TO SUPPORT YOU:

How can you ask someone to help you find the parts of your personality (frightened and loving) that you may or may not know about?

- ▶ Let them know you are experimenting with looking at yourself clearly and ask if they would be willing to support you. If they agree...
- ▶ Set your intention to open to what they offer.
- ▶ Ask them to share what they think they see about you that comes from love (or that comes from fear).
- ▶ Listen carefully and with curiosity to what they say.
- ▶ Check to see if you have a frightened or loving part of your personality active as you listen.
- ▶ Consult your intuition to see if what they say applies to you (if you don't like what you hear, it does).
- ▶ Thank them.