

4 WAYS of Being in the World

AS ME Life is me

Posture: At one with all

Experience: Peace, spaciousness

Beliefs: There is just oneness
There are no problems, and no one to "solve" them

Key Question: No more questions—just knowingness

Benefits: Experience oneness and non-dualism
Unlimited freedom and peace

ONENESS

THROUGH ME I cooperate with life happening

Posture: Co-creator

Experience: Allowing, flow, wonder and awe

Beliefs: I am the source of all meaning I experience
Things are perfect, whole and complete
Life handles all apparent "problems"

Key Question: What wants to happen through me?

Benefits: Non-attachment
Unlimited possibility, plenty of everything

SURRENDER

TO ME Life happens to me

Posture: Victim

Experience: Blaming and complaining

Beliefs: There is a problem
Someone is at fault
Someone should fix this

Key Questions: Why me? Whose fault is this?

Benefits: Experience separateness
Defined identity, experience polarities, know suffering

RESPONSIBILITY

BY ME I make life happen

Posture: Creator

Experience: Appreciation

Beliefs: Problems are here for me to learn from
I created the problem, so I can solve it

Key Questions: What can I learn?
What do I want to create?

Benefits: Personal empowerment
Define your wants and desires

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	TO ME	BY ME	THROUGH ME	AS ME
		RESPONSIBILITY	SURRENDER	ONENESS
MONEY	Scarcity=never enough I work hard to get it My value is attached to it	I want more I can create more It is a measure of my value	It is abundant It is an energy not a thing Measurement is irrelevant	It is just another form It is given and received with freedom and joy
TIME	There is not the right amount I am stressed because of it I'm overwhelmed, busy/bored	I'm in control of my time Time management and systems I use it to do what I want	I have plenty of it There is only now—there is no past or future	I am the source of it It is an illusion—like all other illusions
HAPPINESS	A fleeting moment of pleasure (ice cream, vacation, sex) It depends on circumstances	I choose to make myself happy I make happiness if I bring the right ingredients	It is here now It has a deep lasting quality I relax into joy	Happiness is just another state; it is just one of many vibrations passing through
DISCIPLINE	Always too much or too little It's hard; I "should"; "I have to" It is necessary to be good	I choose it (to delay gratification) I use it as a tool to create	It is effortless Having and delaying gratification are equals	Can you find the one who is disciplined?
PURPOSE	What purpose? I should have one and don't I just have roles I play	My purpose: I declare it and go out and get it; both take energy and energizing	Transcendent purpose No more wanting I receive it through listening	What purpose? Being and purpose are the same Impossible to be off it
LEADERSHIP	It's a role; I have it or I don't It comes with have-tos, burden and incompetence	There are skills/techniques to master that create good or effective leadership	It arises in response to present need; no "one" is the leader in co-creation	There is no one to lead and nowhere to lead to
PREFERENCE	I don't have a right to one or I'm entitled to one Compromise=no one is happy	I value my preference and make it happen; win/win possible Different preferences allowed	Preferences arise without attachment It is based on the present	The body or mind may have a preference, but essence does not
PARENTING	It's my responsibility; I have to MY children are vessels I put things in (data, values, skills)	Parent and child are equals Children are responsible for their own well-being & success	I ask what wants to happen in, as and through this being and our relationship	Who is the parent and who is the child?