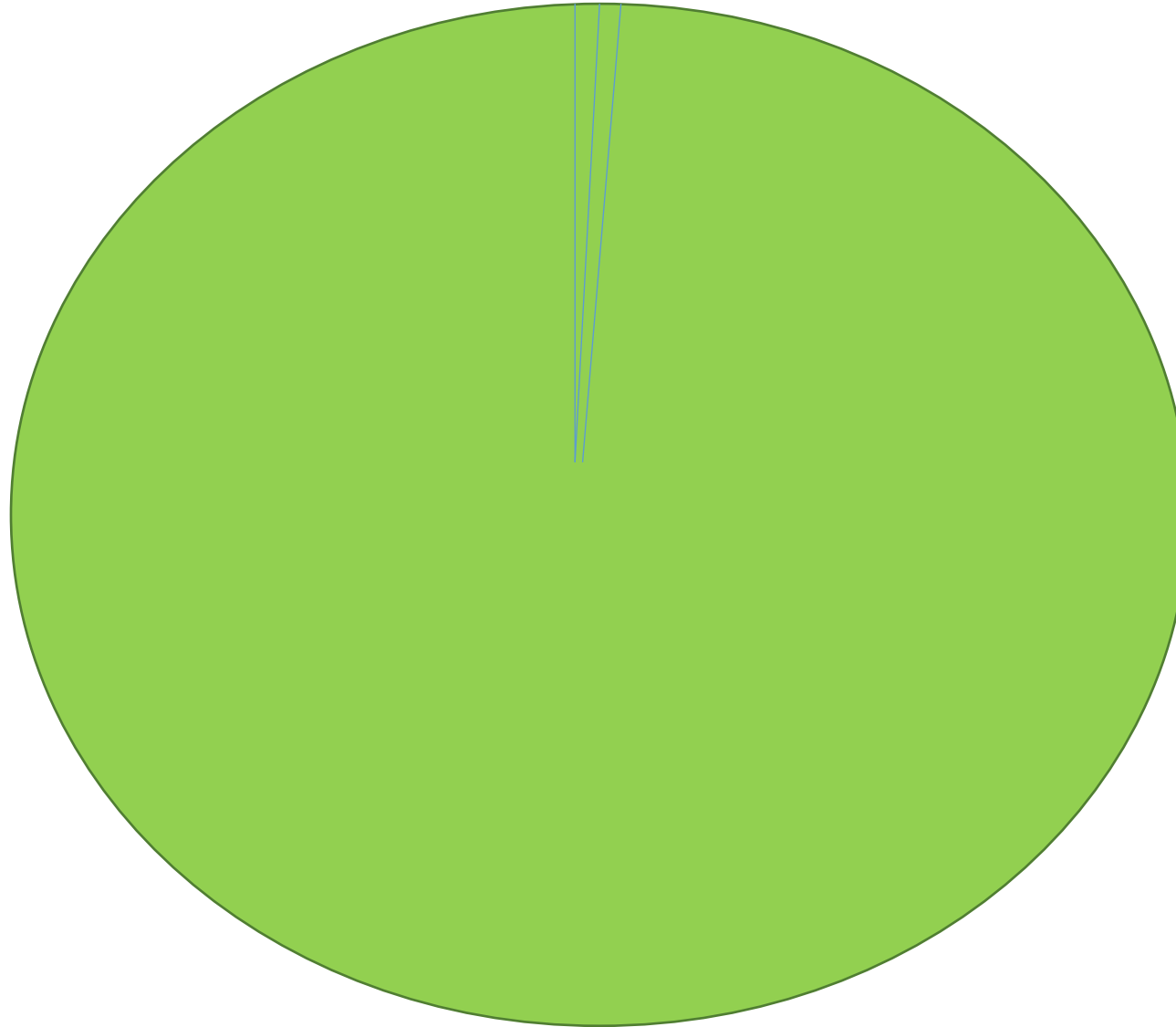


# ALL THE REST IS POSSIBILITY

Knowing what you know

Knowing what you don't know



# INTEGRITY AS A POSSIBILITY FOR A LIFE WORTH LIVING

- As a possibility: **integrity occurs in a realm of being in the moment.** It shows up as a commitment of promises and agreements that present in the moment.... and defines your future.
- How we “be” ..... will cause what we do.

## **Pretense vs authenticity**

- Pretense keeps us in the ‘being’ realm of ‘knowing’. Pretending that we are ‘unbreakable’ or ‘all knowing’ (right) maintains the pretense...maintaining itself, and preventing a life of possibility and therefore keeping us stuck in what we already know.
- Authenticity is simply the ‘self’ without pretense. This requires willingness and courage but will allow us the freedom to choose what is possible for our lives. Without authenticity there is no integrity nor freedom. Authenticity only exists in the moment whereas pretense is manufactured in the past and in the realm of what you already know.
- **Grant being to pretense and get present to it.** Then you will be able to create a new commitment that authentically matters to you. Take responsibility for your ‘hidden commitments’ that have been running your life. Now you ‘Have it’ ....let it go.

# The nature of BEING

- Ultimately one makes a choice between hidden default commitments or Declared Commitments (openly important to one's life). **Either way**, we will give ourselves to that commitment.
- Integrity : 'word', degraded or empowered, as a **function of our being**.....'runs the show'.
- Integrity as a possibility is a matter of promises and agreements **VS** promises 'in order to' or as an agenda
- Character (story) **VS** Integrity  
Reasons (not powerful)      Foundation of unreasonableness  
Blame                              Being responsible  
Fault                                Contribution
- Observe character: Victim, makes others wrong, fun is lost, no vitality

# Being responsible for one's own character

- Willingness to be the cause in your own life....you as the source.
- Create a commitment to be responsible for your life
- Totally being the cause in one's life.....100% not 50/50
- **Being present to the addiction or trauma lodged in your brain that doesn't want you to change. The addiction will attempt to keep you in the realm of knowing so that you do not venture into a new life of possibility.**

## **WIN THE GAME OF LIFE**

1. No attachments : Expectations unmanaged, cause conflicts in 'possibility'
2. Serious: risking life and death
3. Game is arbitrary by your own design. You get to say...you are the boss of yourself.
4. Bring love to the game **vs** fear and resentment

# Declaration of possibility

- Versus hidden and undeclared commitments (in background)
- Powerfully creating what you want & giving up the old realm of being
- Possibility as a victory of over the past (character from story).
- Being known as one's commitment in the world .

And here it is..... Personal responsibility to cause a great life !!!!

1. Creating what I want from my life.
2. Living inside the declaration of my word
3. Taking actions consistent with my commitments.

# Programmed for Living? ... or Programmed for Life?

- Developmentally, our DNA instructs our brain to create programs for physical survival which extend to personal and social survival
- As we develop, we **learn** programs that enhance or hinder our personal and social success.
- Accordingly, our personalities (response repertoire) and skill sets evolve or devolve and accumulate to present day
- In this process, we **accept or reject** learned programming created internally (beliefs) or from our environment.
- As adults, we have the ability to **reexamine our programming** that enhances our lives....or stops our lives in pursuit of a life worth living.

# Complaints keep us small: Arise out of Pretense

- **Discover:** What is so? What is the Context? Then be responsible for it.
- **Perspective:** There is only perspective: No Truth...only possibility or no possibility. We generate what we do, what we have and who we are.
- **Predictability** : Already always listening **VS** Possibility
- **Possibility:** Listening powerfully in the moment

Inventing possibilities...being in the moment...  **action**

**Predictable Life: Racket** A persistent complaint and a fixed way of being.

1. **Payoff:** Being right/making others wrong, dominate/avoid domination, Justify self/ invalidate others
2. **Costs** : Love/affinity, vitality/well being, self expression, satisfaction/fulfillment.

“And forgive our trespasses as we forgive those who trespass against us”

- We accepted the ‘unmanageable’ programming that has been running our lives .
- Knowing is not the same as ‘having’. Unhealthy programs do not occur to us as choices but they represent our commitments and are directly entangled with our core beliefs. **Hidden VS Declared commitments.**
- Once the ‘hidden commitments are discovered they enter the realm of ‘knowing’. This programming can now be ‘overwritten’ **into a new realm of possibility**. This is a new realm that you never before considered possible..... until now. Possibility is a ‘way of being’ that we have never encountered before and for which we have no idea nor expectations.



# Forgiveness gives way to new programming

- **Forgiveness of self and others** will be necessary in order to ‘let go’ and overwrite the old with the new. Denial is the first and hardest step because we believe our identities will self annihilate if we let go of our resentments.
- Notice how we forgive others so that we can maintain some kind of connection... but we have a greater difficulty forgiving ourselves. **However**, we cannot forgive the **great betrayals** because we will not acknowledge the humanity of our perpetrators nor our own humanity. We are attached to ‘being right’ and our self righteousness. Sometimes we have to beg our ‘Higher Power’ to help us forgive.
- The old programming has been dominating your life..... and now with practicing a new commitment you can choose **to dominate it** with a new program reflecting your new commitment which replaces the old commitment.

# Free to choose

- **Letting go** of dysfunctional programming requires that you **acquire a clear, often painful awareness of the “old” programming (the unwanted program running your life)** in order to **choose** letting it go. One must **‘have it’** in order to **‘let it go’**.
- Not so much with a bang..... but rather a whimper.
- Program enhancement or abandonment requires that **we choose** a new program. It is **our** programming and it is **our** responsibility as to **how we live our lives**. Commitment: which program are you committed to...old or new?
- The programs are **ours** to retire.....upon realizing the dysfunction. These abandoned programs are still part of our experience **and who we are** as **‘the one who makes choices’**. The programs may become dormant but they don’t just disappear....they are an aspect of you and your life experience. **We are the sum total of our experiences.**