



# Ignite your Spiritual Life

## Class Four:

Cleaning up big areas frees up energy

Part I



**Awareness,**  
**Compassion, Wisdom, Strength,**  
**Abundance,**  
**Joy, Humour**

# Today's class structure

- |  |
|--|
| <ul style="list-style-type: none"><li>• Welcome &amp; recap</li><li>• Opening mindfulness practice - Mountain meditation</li></ul>   |
| <ul style="list-style-type: none"><li>• Cleaning up big areas of your life frees up energy</li><li>• Overcoming Immunity to change</li><li>• Breakout room</li><li>• Working well with time management</li></ul> |
| <ul style="list-style-type: none"><li>• Q&amp;A and closing</li></ul>  |

# Recap: Umbrella principles

1. Growth and transformation need a stable container.
2. Outer clarity supports inner clarity.



# Recap: Honor your space





# Recap: structure and routine are your friends





# Recap: Conversations shape the space where we meet





# The Mountain Meditation







# Cleaning up big areas of your life frees up energy

Each time you bring outer clarity to a major aspect of your life you free up enormous amounts of energy that otherwise is locked up in anxiety or leaks away through distraction



# Story of a box



# Cleaning up big areas: examples





# Chat

**What are big areas for you that consume time and energy, and generate fear, anxiety?**

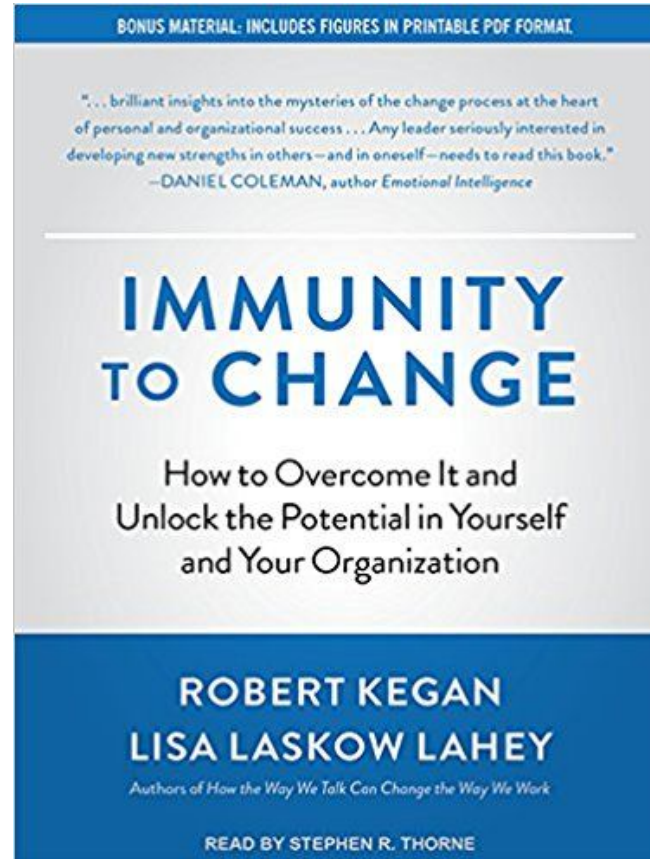


**What are some of your barriers to cleaning up those big areas of your life?**




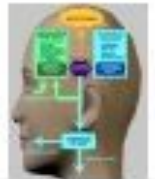
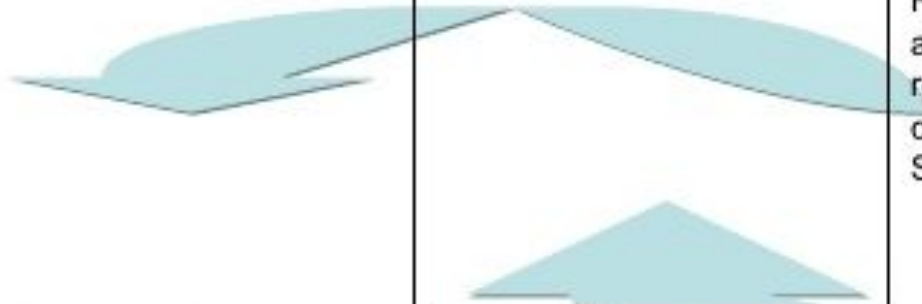
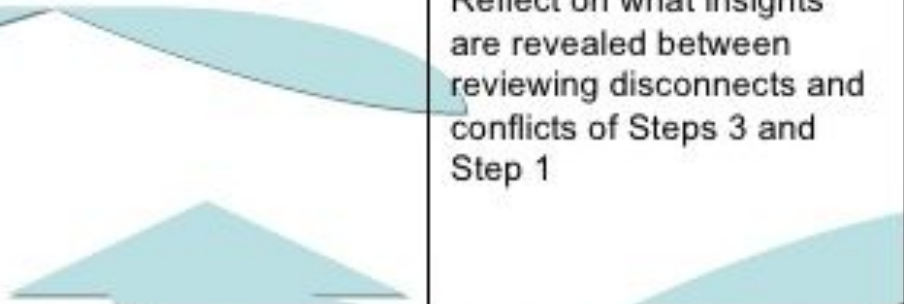
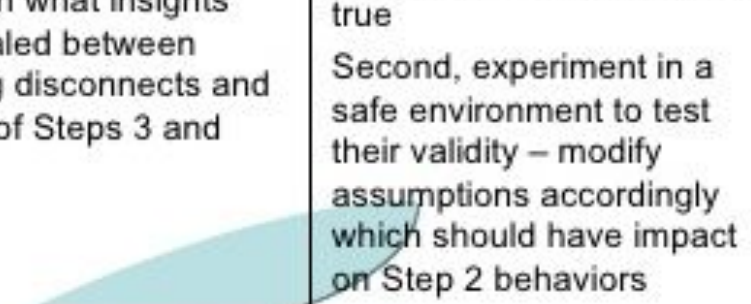


# Overcoming Immunity to Change

- Persistent big drains in our life are often areas we've tried for many years to shift
- "Immunity to Change" is a way to help us work with long-term patterns or habits



# The Immunity to Change chart

<p>Step 1</p> 	<p>Step 2</p> 	<p>Step 3</p> 	<p>Step 4</p> 
<p>Define "One Big Thing" from list of goals to be attained</p> <p>Gain visible commitment through behavioral improvement goals</p> 	<p>Uncover what one is doing/ not doing instead of improvement goals in Step 1</p> <p>List behaviors that work against these goals</p> 	<p>Determine Hidden Competing Commitments</p> <p>List those commitments that reinforce you doing Step 2 behaviors</p> <p>Reflect on what insights are revealed between reviewing disconnects and conflicts of Steps 3 and Step 1</p> 	<p>Decide and test the validity of what constitutes our "big assumptions", the tenets in our mental models, that sustain our immune system</p> <p>First, list these big assumptions that are uncritically taken as being true</p> <p>Second, experiment in a safe environment to test their validity – modify assumptions accordingly which should have impact on Step 2 behaviors</p>

# Examples

<b>My Goal</b> <i>I am committed to the value or the importance of...</i>	<b>How I Sabotage</b> <i>What am I'm doing or not doing that prevents my achieving this goal?</i>	<b>Competing Commitments</b> <i>I may also be committed to...</i>	<b>Big Assumptions</b> <i>I assume that if...</i>
1. Losing weight	I eat more than I need for my size; I snack; I eat the wrong foods, fats and sugar; I eat for pleasure not to nourish my body	I don't want others to see me as a dieter; I want to forget my problems and enjoy food/life; I use food to ward off feelings	...if I diet, people will think I'm rigid and not fun; I'm afraid of feeling alone and empty; food is my sole source of pleasure; I'm not a slim person so why bother
2. Stopping smoking	I smoke to satisfy my addiction	I must keep nicotine in my system to manage my anxiety and nerves	...if I don't smoke, I will explode with anger, lose my cool, be nervous, not be seen as a 'tough' person

# Immunity Map Worksheet

Find the full article, "How to Overcome Immunity to Change," in the May 2011 archives at [experiencelife.com](http://experiencelife.com).

Improvement Goal	Behaviors That Go Against My Goal	Hidden Competing Commitments	Big Assumptions
<div> <div>_____</div> <div>_____</div> </div> <p><b>What I'd need to do differently:</b></p> <div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> </div>	<div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> </div>	<div> <div> <div>Worry Box:</div> <div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> </div> </div> <div> <div>Competing Commitments:</div> <div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> </div> </div> </div>	<div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> <div>_____</div> </div>
<p>Choose a goal that would make a big difference, one you truly want to achieve. Ask yourself (or imagine asking a group of people who know you well): <i>What is the single most powerful change I could make to improve my life (or work performance, relationship, finances, etc.)?</i></p> <p>Next, specify what concrete behaviors are necessary to achieve this goal. Frame them as positive statements (for example, "delegate more" vs. "stop doing all the work myself").</p>	<p>Ask yourself (or an imagined observer): <i>What's the thing you do, or don't do, that most gets in the way of your goal?</i></p> <p>Take stock of the things you do instead of the behaviors that could create positive change.</p> <p>You don't need to explain or understand your obstructionist behaviors. Just notice them and write them down. Define your actions, not your feelings.</p>	<p>Your fears go into a "worry box" at the top of this column. They can point you to your competing commitments, which you list below the worry box.</p> <p>When you write down your hidden commitments, you are now able to see across the three columns how you have one foot on the gas pedal (column 1) and one foot on the brake pedal (column 3). This is the immune system "protecting" you from feared, undesirable outcomes.</p>	<p>Big assumptions, says Lahey, "are the beliefs and internalized truths we hold about how the world works, how we work, and how people respond to us. They are assumptions that make each hidden commitment feel necessary."</p> <p>Look for assumptions that anchor and inform your specific hidden commitments. Notice how your assumptions lead to the very behaviors that undermine, rather than support, your goal.</p>



## Breakout room

Thinking of an area where you struggle to change, discuss in your group the first 3 columns:

- what is a change goal you have?
- what do you actually do instead?
- imagine yourself making the changes you want - what are some worries that come up?



# Time management example of Immunity to Change

Warm-up/Notes	Column #1 - Commitment (Improvement Goal)	Column #2 – Doing/Not Doing (vs. #1)	Column #3 – Hidden Competing Commitment	Column #4 - Big Assumption
<p><b>Ideas for self-improvement goal:</b></p> <ul style="list-style-type: none"> <li>• Stop procrastinating</li> <li>• Learn time management</li> <li>• Work more efficiently</li> <li>• Be more organized</li> </ul>	<p><u><b>Improvement Goal:</b></u></p> <p>I am committed to get better at prioritizing (so that I can balance the responsibility of running a business and my need to give back to my community).</p> <p><u><b>3 reasons:</b></u></p> <ol style="list-style-type: none"> <li>1) This will enable me to manage my time better and not feel so rushed.</li> <li>2) I will have an easier time setting realistic timelines for projects.</li> <li>3) I will feel more at ease saying no.</li> </ol>	<p><u><b>Doing:</b></u></p> <ul style="list-style-type: none"> <li>• Saying yes to everything I am asked to do</li> <li>• Taking phone calls from friends that need help when I should be working</li> <li>• Lots of volunteer work</li> <li>• When I get stressed eat, watch the news channel, read murder mysteries</li> </ul> <p><u><b>Not Doing:</b></u></p> <ul style="list-style-type: none"> <li>• Prioritizing my projects</li> <li>• Setting realistic timelines</li> <li>• Not asking for help</li> <li>• Not asking to push back dates for completion.</li> <li>• Not saying no to additional volunteer work</li> <li>• Not exercising and meditating</li> <li>• Not doing fun things in the middle of the day to wake-up my brain.</li> </ul>	<p><u><b>Worry Box</b></u></p> <ul style="list-style-type: none"> <li>• <i>If I say no, people will feel let down and won't ask again,</i></li> <li>• <i>Friends will think I am rude and won't like me</i></li> <li>• <i>Fear setting a schedule will cramp my creativity.</i></li> <li>• <i>Embarrassed to move a timeline, don't want to be seen as incompetent.</i></li> <li>• <i>Exercising and meditating won't work because I will be worried about what I should be doing.</i></li> </ul> <p><u><b>Competing Commitments:</b></u> <i>I am committed to:</i></p> <ul style="list-style-type: none"> <li>• I am committed to having others like me.</li> <li>• Not upsetting people or letting them down.</li> <li>• Not feeling embarrassed or looked down on by others.</li> <li>• Not trying something new</li> <li>• Not taking time for myself</li> </ul>	<p><u><b>I assume that if I... then...</b></u></p> <ul style="list-style-type: none"> <li>• I assume that if I am not seen as kind, friendly or accommodating, then people will lose their respect for me.</li> <li>• I assume if I let people down, then I will never feel good about my work.</li> <li>• I assume that I if take time for myself, then I will look like I am slacking in my business tasks.</li> <li>• I assume that I need to be busy all of the time to prove my value.</li> <li>• I assume my self-worth is base on what I do.</li> </ul>



May these wholesome and powerful activities eliminate negativity and ignorance while producing happiness and illumination for the uplifting of the world!

