

Finding One's Faults

Worksheet for PL 26

1. Notice 3-6 areas of conflict in your life, or aspects where you feel unfulfilled or unhappy. For each area of conflict, use a fresh sheet of paper / page of a word processing document and write a "headline" for each at the top. Respond to the questions below with as few words as possible, using additional pages as necessary.

It doesn't matter why you feel this way, or how 'big' the conflict or unhappiness is, or how others would characterize the situations. Be honest with yourself and about your desires.

Because you have often wasted many lives and the wrong habits of thinking and feeling have impregnated themselves deeper and deeper from one incarnation to another, the knots have become tighter, more confused, so it must take time to dissolve the knots, to loosen it up, to understand the workings of all your inner currents in relationship to spiritual law and truth.

If and when you have accomplished this to some degree, your outer problems must cease. Yet this will certainly not happen when you merely put more effort and concentration on the outer problem alone, instead of finding out the inner problem (always the cause of the outer one). PL 26

2. Write just a few words or a single sentence as your response to these prompts:

- a. What or who the conflict/unfulfillment involves.
- b. Why you are unhappy with it, as it is.
- c. What outcome you desire.
- d. What you suspect another would say about your part in the conflict/unfulfillment.
- e. What you suspect your part in not being able to resolve it might be.
- f. What feelings come up for you while writing this down?
- g. Would you like some help resolving this issue? *Allow yourself to say No if that is your true response.* And consider whether this No might be the underlying cause behind the manifestations of conflict, creating separation or loneliness in your current life.
- h. Do you have people in your life who could honestly assist you in this way?

3. What do you suspect another person would say about how are the inner currents and emotional reactions that block you from freeing yourself from them?

4. In what ways, as a decent person, do you continue to cause harm to others?

5. Asking for help in clarifying both your good points and your faults involves risk. What are your feelings about doing this? Do you have people in your life who could honestly assist you in this way? Do you really want people in your life who would be capable of helping you in such a task? Allow yourself to say No if that is your true response, and consider whether that No might already be manifesting, creating separation or loneliness in your current life.

7. The Law of Brotherhood bears a similarity to Step #5 of several 12 Step Programs: "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs". Have you experienced relief and self-acceptance as a result of airing what you judge as transgressions to another human being?