

## Session Two

### Accountability



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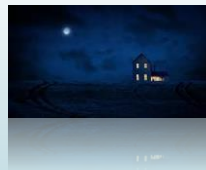
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## 3<sup>rd</sup> Thing

"The Night House" by Billy Collins



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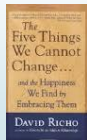
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## Richo--Five Things We Cannot Change

- Everything changes and ends
- Things do not always go according to plan
- Life is not always fair
- Pain is part of life
- People are not loving and loyal all the time



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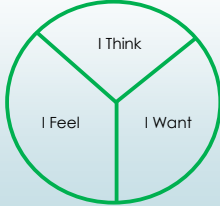


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### Awareness

Always a story we mostly made up



Betrayal, abandonment, rejection, disappointment, humiliation, isolation, resentment are feelings predicated on specific beliefs

Mad, Sad, Glad, Fear

- Difficult, many reports of feeling and thoughts
- Reports of dominant channel/Challenger
- Why is what we want so difficult?
- Don't want/Blue monkeys
- Demand—
- Pot, sacred question
- Attached to our identity
- Often deepest fairly quiet, yearning

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### Good Values/Deeper Wants

- ▀ Reality-based vs superstitious
- ▀ Socially constructive vs destructive
- ▀ Immediate and controllable vs not immediate and controlled by others
- ▀ Achieved internally
- ▀ Highest priority for you, deepest desire
- ▀ Ongoing, constant longing
- ▀ **Honesty, integrity, being present with loved ones**
- ▀ **Popular, rich, own a big house**

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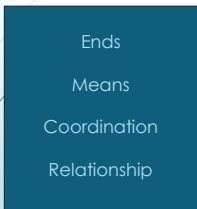
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### Means/Ends: What Do We Want?



- ▀ Ends/Means/Coordination/Relationship
- ▀ Ends are ultimately what you want
- ▀ Your sacred questions and pot whisper were to be expressions of ends
- ▀ Ends are either emotional states or good values
- ▀ Means are methods to achieve an end
- ▀ Most peoples expressed ends are really means...money, specific consumer items, relationship, etc.

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What's at the center of the onion?

- Unloved
- Unworthy
- Disrespected



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Comfort is way overrated  
Being comfortable is *not* safe

Comfort Zone

X  
Zone of Safe Discomfort

X  
Punishment Zone

This is a dynamic process. One's comfort zone is always expanding or contracting. We are always at choice. What is our intention? What do we want?

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Patterns of Intention

Avoid pain

Learn and Grow

X CHOICE

Seek pleasure

Protect and Defend

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### Accountability/Empowerment

The ability, willingness, and courage to renew attitudes and behaviors in order to achieve desired outcomes

Knowing that I have the resilience for any situation in which I find myself



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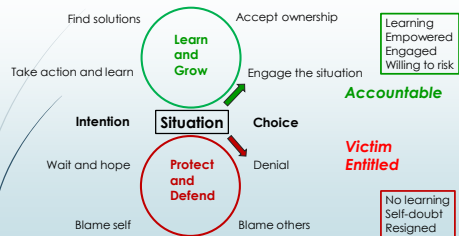
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### Victim/Accountability Wheel



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### Levels of Accountability

- Take action and learn
- Find solutions
- Accept ownership
- Acknowledge the situation

Accountable  
Learn and Grow  
The solution is inside

- Wait and hope
- Blame others
- Blame self
- Denial

Victim/Entitled  
Protect and Defend  
The problem is outside

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### Everything in your life you have...

- Allowed
- Promoted
- Created
- Manson would say you are responsible even if not your fault
  - Especially true of childhood issues
- Richo says one can never get what is missed in childhood, mourn it, let go, invoke our own inner sources of nurturance
- Woundology: Mysis
  - We become so attached to our woundedness, it defines us, sources our other wounded friends, becomes a trap
  - "When you place yourself under the judgment of another, seek the fire that will least spare you." St. Maeruin, 8<sup>th</sup> c.
- It is never about the other person
- Includes your Enneatype
  - Your Enneatype is who you are not!!!




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### How might these processes help with spiritual pain?

- Spiritual pain is resistance to what is, judgement that somehow what is happening is wrong, entitled to something different
- We have very little control of the outside, the difficult person is not going to change
- We have some influence on the outside once we speak from our wholeness, vulnerability
- Growth and learning only happens outside comfort zone with intention
- Healing is coming to right relationship with what is, right relationship results in peace and equanimity
- Inside work is the only way to develop a right relationship
  - Resilience, capacity
  - "Die before you die", practice

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### Process with Zoom partners

- 10 min break
- Four questions
- One partner asks the questions one after the other, listens, says "thank you", and asks again
- 15 min each
- Then the last question go back and forth (looping) for 15 min
- With Zoom, you're placed in a breakout room, then given a 5 minute warning. The screen will tell you 1 minute before you're returned to the large meeting.
- Tell me a place you feel like a victim (if it's unfair, not right)?
- What do you believe you are entitled to (expectations)?
- What do you gain by being a victim (righteousness, feeling wronged)?
- What does being a victim cost you (relationship, peace)?
- Where can you find gratitude/learning in this situation/relationship?

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### Gathering Together to Tell Our Stories

- What did you notice?
- What surprised you?
- Were you able to shift in perspective – find a bigger story?
- When you share, we each hear our own story and it's such a gift.
- Sharing takes courage, connection and willingness to be vulnerable – or whole hearted.
- Whatever you say is perfect – for you – for this moment.




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### Assignment

- Begin each day setting intention consciously about how to live that day in line with your deepest values, wants. Write it down.
- At the end of each day, track those times when you lived in line with your deepest values, wants. Where did you miss the mark? How much time was spent on automatic pilot? How can what you have learned about accountability affect your reflections?
- Watch again the online video "It's Not About The Nail" (<https://www.youtube.com/watch?v=4EDhdAhrOg>) again. How does the victim/accountability loop apply? What nails do you have that others see so clearly and you stridently resist knowing about or changing?
- Write a reflection paper about your experience over the month with these practices.

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### Ending Reflection

"The Tao #74" by Lao Tzu

"A Spiritual Journey" by Wendel Berry




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