



SESSION #6: DIVISION

We often tell ourselves stories that we are alone, that no one else can understand us and that other people are better or more deserving than we are. The cause is Division, a separateness from others that hurts us. Whenever we refuse to feel vulnerable or loving toward another, this is Division at work. And whenever we feel that everyone around us is an idiot, insufficient, or unworthy of trust or respect, this is Division once more. It's perhaps the worse form of internal resistance –refusing to connect with, respect, or honor others because of our own fears. Most of our social angst and intolerances stem from Division– that loneliness, disconnection, fear, impatience, contempt, or anger toward others that comes from thinking we are separate from others. Let's explore how this might be affecting you.

Worse Than

Sometimes we want to pull away from others because we fear we are "less than" they are. We feel inadequate or undeserving, and it stops us from contributing or connecting. This must end.

- *A situation in which I recently felt like I didn't belong, even when I had the right to, was...*
- *Too often, I minimize who I am by saying things like this to myself...*
- *If I realized I was just like everyone else and just as GOOD as everyone else – that we all struggle but that we all have so much potential and compassion – then when in social situations I would finally be more likely to...*

Different Than

We think people can't understand us. As if we're the only ones with a busy schedule, a hurt heart, a big frustration, an unhappy or unhealthy reality. But this ultimately distances us and disconnects us from others.

- *Something I think that no one can understand about me is...*
- *Sometimes this belief actually holds me back because...*
- *What I believe actually make us all the same is...*

Better Than

We often judge people too harshly, and in that judgement we allow ourselves to feel better than them, more superior. We think we'd do everything better, often forgetting where people are on their own journey. But judgement and superiority are traps that destroy our connections with others.

- *Too often I beat myself up for things that happened in the past—I regret some things that happened—and that affects my motivation and psychology in this way...*
- *The things I can start doing now in my life so that I don't experience regret later on, include...*
- *The opposite of regret is joyful satisfaction, so the things I want to be joyfully satisfied about at the end of my life are...*

Unity

What would happen if we could close the gap of separateness? If we weren't as divided, what would change?

- *If I could better bond with those around me, I would start to feel...*
- *The best way I could develop more closeness with those around me is to...*
- *Some simple things I could tell my family to bring them closer together to one another is...*
- *A new way I could rally those who I work with to come together is to...*