

Session Two

Accountability



3rd Thing

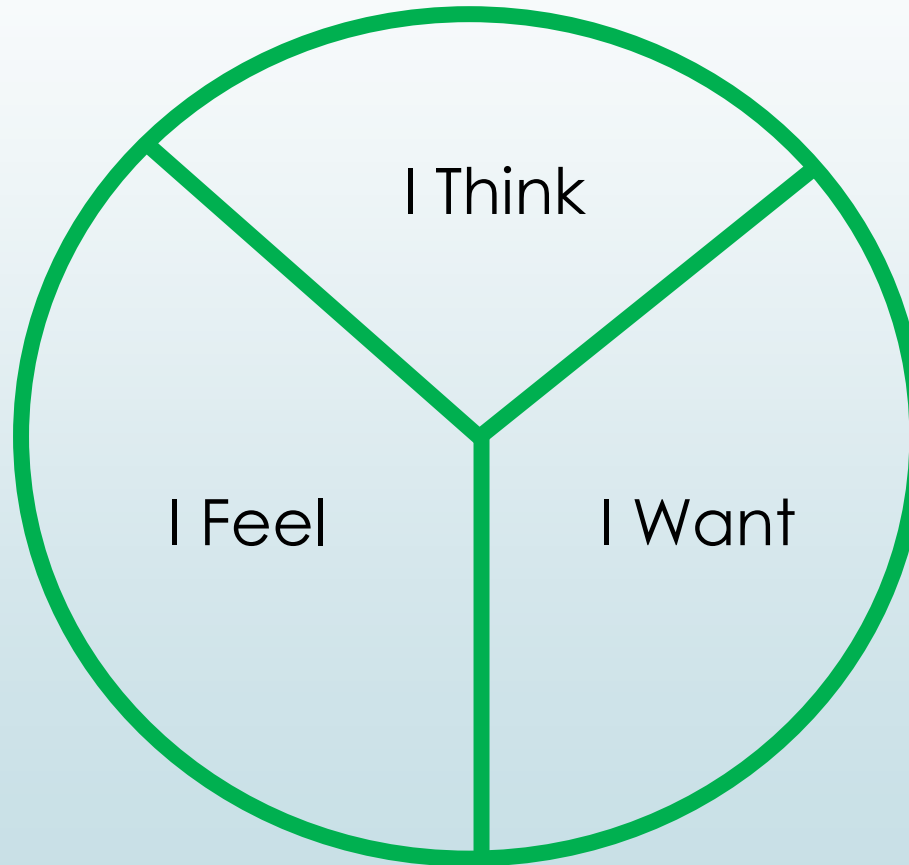
“The Night House” by Billy Collins





Awareness

Betrayal,
abandonment,
rejection,
disappointment,
humiliation,
isolation,
resentment are
beliefs not
feelings



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 fairly quiet

What's at the center of the onion?

- **Unloved**
- **Unworthy**
- **Disrespected**



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



Good Values

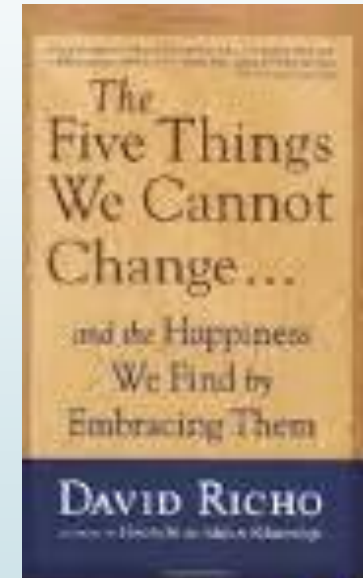
- Reality-based vs superstitious
- Socially constructive vs destructive
- Immediate and controllable vs not immediate and controlled by others

- Achieved internally
- Highest priority for you, deepest desire
- Ongoing, constant longing

- **Honesty, integrity, being present with loved ones**
- **Popular, rich, own a big house**

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



Levels of Accountability

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

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

Accountable
Learn and Grow
The solution is inside

Victim/Entitled
Protect and Defend
The problem is outside

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: Myss
 - ▶ 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. Maelruain, 8th c.
- ▶ It is never about the other person
- ▶ Includes your Enneatype
 - ▶ Your Enneatype is who you are not!!!

Means/Ends: What Do We Want?

Ends

Means

Coordination

Relationship

- **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.**

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**

Process with Zoom partners

- ▶ **Four questions**
- ▶ **One partner asks the questions one after the other, listens, says “thank you”, and asks again**
- ▶ **15 min each, then 15 min debrief**
- ▶ **15 min break**
- ▶ **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 victimized?**
- ▶ **What do you believe you are entitled to?**
- ▶ **How might accountability change this?**
- ▶ **Where can you find gratitude/learning in this situation/relationship?**

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.



"What's the takeaway on all this?"

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 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.**

Ending Reflection

“The Tao #74” by Laozi

“A Spiritual Journey” by Wendel Berry

