

## Inner Bonding Buddy Course

For Class Three, “Letting go of the addictive habits of the wounded self:”

### Why Step Four is the most important step of Inner Bonding

**“Open to your guidance” is the fourth of the six steps of Inner Bonding.** But in fact, Step Four is much more than just a “step”: it is the mother of all the whole Inner Bonding process. Only with Step Four in place can Inner Bonding create lasting healing and growth. Why? Because until you open to your guidance, you are limited to working *on* your personality, *from* your personality.

**You might well ask, “What’s wrong with working on my personality? Isn’t that the whole point?”** Indeed, the entire self-help industry exists to try to help you do just that. I’ve know spent decades trying to perfect my personality, and I’ve finally been forced to face the truth: it ain’t gonna happen!

**But don’t take it from me: take it from Albert Einstein.** He stated that our significant problems cannot be solved at the same level of consciousness in which they were created. And he was right. We simply can’t solve the problems of our personality *from the level of our personality*.

#### So how DO we solve our problems, then?

**To answer this question, let’s go back to the Inner Bonding steps:** it looks as if your guidance is something you get to *after* you’ve done Steps One, Two, and Three—*after* you’ve felt your feelings, opened to learn, and dialogued with your inner parts. But in reality, it’s the other way around: you must open your heart to Spirit *before* you do Steps One, Two, and Three. If you don’t, you’ll have a hard time doing the first three steps.

**So, as I said earlier, “Step Four is much more than just a “step”.** In fact, opening to your guidance is a *lifestyle choice*. To enter fully into the Inner Bonding healing process, *you have to choose live a spirit-led life*. This choice requires a much higher level of self-responsibility than, say, choosing car insurance: you don’t just fill out a contract, sign on the dotted line, then forget about it. Connecting to Spirit only happens if you choose it, moment by moment.

#### Only you can make this choice.

**And no one can *make* you make it.** You can let your wounded habit patterns rule your actions. Or you can choose to lead a Spirit-led life. This choice is the essence of your human free will. And the emphasis on this choice to connect to Spirit differentiates Inner Bonding from conventional therapy in which you work on your problems on the level of the personality.: when you practice Inner Bonding, you shift your consciousness from the *level of your personality* to *the level of your soul*.

**This consciousness shift can be hard to make because wounded karmic habit-patterns have a momentum of their own.** As you practice Inner Bonding, your Wounded Self will brazenly attempt to control your spiritual guidance, saying, “Great! We can get love and avoid pain by accessing our guidance and doing all the right things!”

**This is the way of the Wounded Self: it always tries to control things in order to avoid pain and get love.** But in its attempt to control the Inner Bonding process, the Wounded Self has it backwards. If you

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are truly in your Loving Adult, then your intent is to learn, not to control. From the intent to learn, you open to Spirit, but not with any agenda—*not even with the agenda to heal yourself*. You open to Spirit *because you want to live a Spirit-led life*, and because only your spiritual guidance can show you how to do that, moment by moment.

### Why we need each other

**For most of us, it is nearly impossible to overcome our wounded habit-patterns alone.** We need help from Spirit. And we need help from each other in order to open to Spirit. Fortunately, we can listen to each other in a way that facilitates this shift of consciousness from wounded control to spiritual surrender. We help each other move into our Loving Adult.

**From this higher level of consciousness—our Loving Adult— we can receive and act on our spiritual guidance, addressing our problems in a loving, effective way.** And the more we do this, the easier it gets to do it: trusting our guidance and acting on it creates a powerful “virtuous cycle.”

### **Note to the Inner Bonding Buddy Class:**

***In this class we deliberately limit ourselves to compassionate listening and reflection when we support each other.*** As Listeners, we refrain from interpreting or trying to help the Speaker, because that kind of ‘help’ can help hold the Speaker in their old level of consciousness. Remember Einstein: he described this pitfall when he said that our significant problems cannot be solved in the same level of consciousness in which they were created.

***So, the best and only “help” we can give each other is to support each other in shifting to the higher consciousness of Spirit.*** If we try to “help” each other from a controlling energy—to “do Inner Bonding right” or because it is painful for us in some way when our Speaker is in pain—we are in a wounded consciousness. If you are considering saying or doing something to support another person and aren’t sure if it will be helpful, as yourself, “What is my intent? Am I in compassion for myself and this person I’m with? If I make a suggestion, am I OK if they respond with a “No”?