

Key of Life

Session 2 ~ Be Real

Would you like to experience life as performance art—a dance, a dream, a grand adventure with YOU as the star? Maybe you can, by simply shifting your point of view.

	BE	POWER OF	THEME
2	REAL	CONNECTION	Integrity
BENEFIT—Improve your relationships and well-being.			

“I believe that a life of integrity is the most fundamental source of personal worth. I do not agree with the popular success literature that says that self-esteem is primarily a matter of mind set, of attitude—that you can psych yourself into peace of mind. Peace of mind comes when your life is in harmony with true principles and values and in no other way.” Stephen Covey

Is integrity essential for living in harmony with the key of life?



When you recognize yourself as a spark from the fires of creation, it's natural to want your thoughts and actions to benefit everyone and everything.

Research shows that ethical people enjoy more

Companionship,
Respect,
And Better Health.



*Life on Earth seems to function like a school for
souls in bodies of flesh*

**Where
Kindness
Honesty, and
Personal Responsibility
May be important lessons.**

Societies generally agree on the basics of human decency with or without written law. with or without written law.

It's as if certain principles are carved into our nature.

- *Maybe these values connect us to each other and to our stellar origins.*
- *Being truthful, keeping your word, and building trust may be expressions of love.*

Though we may find perfection unattainable, the rewards of doing our best have been well-documented



Scientists have found:

Higher levels of integrity go hand-in-hand with

★ Better Relationships and

★ More self-esteem

People of good character benefit from social support and other positive outcomes.

One study of adults aged 50 or older found

~ *those with higher integrity enjoyed life more.*

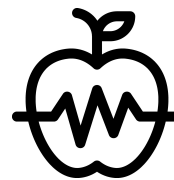
They were also less likely

~ *to get lung disease,*

~ *suffer from depression, or develop*

~ *Or develop mobility issues.*

~ *People say People say that integrity is what we do when no one is watching*



The metaphor of life as a school for spiritual development provides a lens through which we can see ourselves and our fellow travelers with compassion.

Maybe Rules, laws, and social protocols help us live together in harmony.

Perhaps we all contain within ourselves a seed of impeccability, yet our nature may sometimes act as a barrier to its expression.

We're all learning together.

Wouldn't you agree that both forgiveness and accountability have roles to play?

Please be gentle with everyone, especially yourself.



Can you start over again and again with forgiveness and grace as you seek to have your deeds match your words and your intentions?



★What if mindful integrity is about finding your inner moral compass, not blindly following rules?

★What if it's really that simple?

“There is no pillow as soft as a clear conscience” French Proverb

“Be Impeccable With Your Word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.” Don Miguel Ruiz

NRGX 2.1
Nuns Stealing Car Parts
And Other Moral Dilemmas

Rumi wrote **“Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk about.”**

There's a scene in the Sound of Music where the von Trapp Singers sneak out of a concert to escape Nazis who want to force their father into service for the Reich. The bad guys caught on and ran for their cars to pursue the family, but their engines wouldn't start. This was because one of the sisters had removed some essential parts. Every time watch it, I want to cheer—yet these are women who have committed themselves to religious life, and the ten commandments say, “Thou shalt not steal.”

1. How comfortable are you with moral ambiguity?
2. The New Testament tells us that Jesus said, “My yoke is easy, and my burden is light.” What do you think this means?
3. How would it feel to give up ideas of good/bad and right/wrong in exchange for principles such as keeping your word, honoring the dignity and worth of your fellows, and other similar principles?
4. Do you trust your own ethical judgement?

Neta Whitty, High Priestess of Greenheart Grove Coven, used to say, ***“I always wanted to do the right thing, if only I could figure out what that was.”***

NRGX 2.2

Kohlberg's Moral Stages

NOTE: You may have encountered this material previously. It's often taught in introductory psychology classes. If so, you may choose to skip Energy Exercise 2.3 unless you want to review it.

American psychologist Lawrence Kohlberg (1927-1987) identified three levels of moral development, each consisting of two distinct stages as described below.

Level and Age	Stage	What Determines Right and Wrong
1. Preconventional Age 0 — about 9	1. Punishment	If you get punished, you've done something wrong.
	2. Rewards	If you get a reward, you've done something right. Motives are self-centered.
2. Conventional Most adolescents And adults	3. Good Kid/Good Person	If others approve and you conform, you're in the right. Disapproval is evidence you've done wrong.
	4. Law and Order	If you obey laws and follow rules, you're in the right. Most people never grow beyond this stage.
3. Postconventional Only about 15% of adults over age 20	5. Social Contract	If you keep agreements and your actions match your words, you're doing the right thing. You may disregard laws or rules with which you disagree.
	6. Universal Ethical Principles	If behavior is consistent with your personal values, you're in the right. This stage represents higher (Christ or Buddha) consciousness.

NRGX 2.3 (Continued)

Kohlberg's Moral Stages Examined

Read the following questions. Answer them according to your interest.

1. Do you agree with Kohlberg's theory?
2. Where do you find yourself on this scale?
3. Do you agree that most adults never get past stage 4, 'law and order' mentality?
4. If he was correct about the moral development of most people, what implications does this have for democracy and self-rule?
5. Do you see value in looking at moral development through this lens?

Kohlberg used moral dilemmas to determine his subjects' level and stage. He wasn't interested in whether he agreed with their conclusions, but in their reasoning process.

Here are some classic examples of moral dilemmas. See what you think.

1. A man named Heinz had a terminally ill wife. He learned about a new medicine that could cure her, but he couldn't afford it because the person who invented it wanted to make as much money as possible. He was charging many times the cost of production. What should Heinz do? Would it be wrong for him to steal the medicine? Would it be wrong for him to go to jail for it if he got caught?
2. Gerald and Geraldine are a married couple with three children. They share the same religious faith, and are both devout. One of them discovers that the other is abusing one of the children. What should they do?
3. Jonathan is a police officer. He has wanted to be one since he was a child. The idea of keeping people safe and fighting crime inspires him and gives his life meaning. One night alone on traffic patrol, he notices a car driving below the speed limit and "rolling through" stop signs. He pulls the car over, and discovers that he knows the driver. It's Jim, an old friend from high school—someone he has always liked. He can smell marijuana, and they live in a state with tough penalties for possession. If he lets Jim go, he breaks the oath he took when he became an