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PSYCH-K® with Rosi Pletzer

I love exploring why we
may not be living our
lives to our full potential.

March 2024 Newsletter

THEME #5

EMBRACING INTEGRITY

**A Journey of Love and Understanding:
From Dishonesty Towards a More Authentic Life**

This theme is an invitation to explore our experiences associated to the concept of INTEGRITY. If we consider the etymological meaning, INTEGRITY relates to that which is intact or untouched by evil, all that is pure, wholesome or complete. And...from the point of view of what are considered human values, it is the practice of being an honest, respectful person, who makes coherent decisions consistently, even when no one is looking. While honesty focuses on truthfulness, integrity goes further: it involves action in order to be congruent with our fundamental principles and values.

Integrity encompasses being AUTHENTIC, VULNERABLE, AND LOVING UNCONDITIONALLY. These qualities are interconnected and essential for true personal growth and fulfillment. We invite you to undertake this journey embracing self-love and allowing yourself to drop the shields and armors that have kept you apparently “safe” until now, so that you can walk the path towards a more genuine and complete version of you. The PSYCH-K® Self-Realization Program is a journey of self-discovery and compassionate acceptance that fosters deeper connections with yourself and a more fulfilling life.

As with every theme we have explored in our Self Realization Program, there are many aspects, ideas, concepts, and layers to explore within the fascinating theme of INTEGRITY. Within our intricate subconscious programming, our beliefs and perceptions about INTEGRITY serve as the subjacent influence for many of our daily behaviors. These include how we behave when no one is watching versus when we're under observation, how readily we fabricate untrue excuses, and the frequency of lies we tell ourselves and others.



Activity 1

WALKING OUR TALK

**Aligning our Human Life with the Guidance of
our Greater Personal Self**

As mentioned above, the concept of INTEGRITY has many facets. One aspect we invite you to explore is the importance of ‘walking your talk’. In order to walk your talk in a congruent, coherent and consistent way, it is important to first define “what is your talk” and then integrate what you choose at the subconscious level of mind in order to move towards that intention with ease.

To determine what is your talk, we invite you to ask yourself some powerful, essential - and perhaps uncomfortable questions - and “allow” your Greater Personal Self to guide you in this quest. We suggest you ask these questions from a place of curiosity and loving honesty and be open to truly transform the answers that may come up.

HINT...

It might be useful to start by Balancing to be comfortable with being uncomfortable - this journey may take you to quite confrontational discoveries about yourself, so invite your powerful subconscious mind to be ready, willing and able to drop the shields and go TRULY deep...

Powerful Questions

Use the answers to create Goal Statements and/or use TPS.

- Which of these principles and values guide your everyday actions and my behaviours?
- Do you truly know what each of these concepts mean? If the answer is no..., what do you need to do in order to integrate these in your daily life?
- Do these words create stress just by looking at them / do you have stressful or limiting associations with them?
- Do you live your daily life guided by these principles and values? Are there areas where the answer is a definite yes and others where the answer is not so black and white?
- Does your lifestyle reflect your values, beliefs and principles?
- Can you maintain these values and principles when faced with challenges?
- Are there situations where you “allow” yourself to bend or break these values and principles?
 - Honesty
 - Reliability
 - Transparency
 - Accountability
 - Truthfulness
 - Sincerity
 - Authenticity
 - Clarity
 - Vulnerability
 - Unconditional Love
 - Self-Love
 - Respect for myself
 - Respect for others
 - Dignity

- Are there areas of your life where it is more difficult to keep these principles and values?
 - With people you dislike or do not respect
 - With difficult clients
 - With challenging co-workers
 - With authority figures (police, government, boss, doctors, parents, etc.
 - With ex-romantic partner (s)
 - With close family
 - With distant family
 - In your role as a professional leader
 - In your role as a parent
 - In your role as a partner
 - In your relationship with yourself
- Why “must” you act honestly? Is your behavior based on the fear of punishment or is it a conscious choice based on the idea of promoting peace, harmony and wellbeing?
- How do religious or spiritual beliefs affect your Integrity? What could happen if you misbehave?
- Does your “good” behavior come from a place of fear to avoid being punished by human law?
- Are you avoiding “Karma” (understanding this as the idea of fearing the law of Cause and Effect? Bad behaviors will result on bad consequences?)
- Is your “good” behavior based on the fear of being rejected, judged or abandoned?
- Do you use lies, excuses or silence to avoid conflict?
- Do you often make up stories so that people in your life do not know about your “real life” because that would lead to conflicting conversations? Better people do not know who you really are or what your life is like? Do you use the excuse that your life is private, so people do not need to know about it, hence it is ok to make up false / fake stories?
- Do you easily see dishonesty or lack of integrity in other people? Do you find yourself judging them?
- Do you expect people to act honestly but you are not as honest as you want them to be?
- Are you using emotional shields or masks to be someone you are not and protect yourself from pain?
- Do you find yourself asking questions to “trick” someone? Or even thinking about doing this?
- Do you find yourself thinking “I will say yes” to get out of this situation, when you clearly know you will end up not going through with it?
- Do you have a pattern of not talking about difficult subjects to avoid difficult conversations?

Activity 2

A WALK DOWN INTEGRITY'S MEMORY



Throughout the journey of the human experience, it is highly probable that you have had instances where you were not honest, transparent, accountable, reliable, truthful, etc. You may be well aware of some of these moments and maybe some have been buried in your subconscious mind because they were painful, traumatic or shameful. Some are what could be called the “un-confessables”

Being aware of these moments and furthermore, being willing to **accept** your responsibility (instead of feeling guilty and ashamed) sets you in the path to integrate the lessons these experiences have for you ; the source of this acceptance is unconditional love, compassion and vulnerability.

For this activity, start by inviting to your imagination, someone who you feel embodies all the values and principles of INTEGRITY, HONESTY and AUTHENTICITY. Perhaps is someone you know, like a grandparent, an uncle or a close friend; perhaps is a public personality or someone from a religion or a spiritual path, like Nelson Mandela, Jesus, Buddha. Choose your ideal companion for this journey.

Now... find a quiet place where you can sit in silence, close your eyes and ask your Greater Personal Self (a.k.a Intuition, Inner voice, Higher self, Superconscious, etc.) to show you a moment when you were not in Integrity with yourself and/or others. Also, ask your imaginary companion, to hold space for you, as you are shown each of these moments.

You can choose to take one of these moments at a time, or you can make a list of the memories that came up. Here are some possible situations:

- lies you told to avoid a conflict with someone else.
- lies you told yourself to avoid looking within (too painful / too shameful / too confrontational)
- excuses you made up to get out of a situation or a relationship.
- “white lies” you used to protect yourself or someone else from feeling hurt.
- situations when you modified your behavior to push someone out of your life.
- accusing someone to avoid being punished.

- making up fake stories to avoid difficult conversations.

As each situation arises, determine what lessons you need to integrate from them and start your PSYCH-K® Balances as you deem appropriate (Goal Statements, TPS, Messages, etc).

Activity 3

SEEING THE LIGHT ON THE INTEGRITY JOURNEY AND “ACT-IVATING” NEW BEHAVIORS



Developing INTEGRITY is a dynamic and ongoing process. It requires self-awareness, a willingness to learn, and a commitment to living in accordance with your principles. It is a muscle that needs to be flexed and exercised through regular self-reflection. Your openness to growth contributes to the ongoing development of a strong subconscious foundation to support you in the intention of being a more honest, authentic and translucent version of you.

It is a beautiful gift to be able to recognize and be thankful for the expansive and constructive influences you have attracted to your life as well: people, experiences, and cultural factors that have shaped your beliefs.

- **Role Models:** consider the people in your life who are or have been excellent role models. Who are the individuals who embody the qualities you admire? Reflect on their values, principles, behaviors, actions and choices and consider how you can incorporate similar principles into your life.
- **Seek feedback:** invite trusted friends, family, or mentors to offer you their loving and honest insights and perception regarding your level of integrity. As you listen to them, remain open and curious.
- **Recognize and acknowledge your achievements:** Make a list of the moments when you feel you were honest, when you acted in a congruent way even if it meant feeling uncomfortable, when you were able to speak your truth, when you were able to make a difficult yet honest decision, when you took an honest look at an inadequate behavior and redirected it in order to be aligned with your values. Reflect on these moments in order to promote more of them in your daily life.
- **Become aware of the dishonest thoughts and behaviors:** Observe when dishonesty shows up in your mind. For example, how fast do you create an excuse to get out of a commitment, how easily do you create an untruthful explanation in order to avoid judgement or an uncomfortable conversation, who do you tell “white lies” to in order to protect their feelings (or yours), how easily do you bend a rule because it suits you and nobody is looking, etc. When you notice these thoughts or behaviors, ask yourself - “Based on this experience, how can I do this differently next time?”
- **Celebrate successes:** Acknowledge and celebrate your accomplishments. Get in the habit of celebrating your

victories - small and big! At the end of every day, take inventory of your moments of integrity and congratulate yourself for at least one thing you did that was different, more honest, more congruent and more satisfying. Celebrate your path towards more INTEGRITY in your daily life.

Hint...

Consider creating Goal Statements using the idea of Copy/Paste. Here are some examples for your Inspiration: “I am as congruent and honest as my grandfather” or “It is as easy for me to be a living example of integrity as it is for my literature teacher”, or “I easily align all my actions with my most honest self in the same way as when I chose to leave my job”, or “I am conscious of my thoughts and behaviours to transform them as naturally as breathing”.

Reminder: determine the new behaviours necessary to “act-ivate” the potential created by your PSYCH-K® Balances

Activity 4

MORE UNCOMFORTABLE QUESTIONS THAT LEAD TO INTEGRITY



For this activity, you are going to invite to your imagination the version of you that embodies the ultimate degree of INTEGRITY. Start by closing your eyes and imagining in as much detail as possible how is that version of you, how does it act, how does it behave, what kind of language it uses. Once you have this version of you, choose which of these questions you would like to ask:

- What is the most important thing I need to Balance now to become you?
 - Where does corruption live within me, and I have not seen it?
 - What am I choosing not to see in myself that keeps me from being you?
 - How have I robbed myself?
 - How have I been disloyal to myself?
 - What is the greatest lie I am telling myself?
 - What adverse consequences am I avoiding by not being completely honest?
 - What can I balance to let go of the shields and masks that keep me from being you?
 - What actions did you take to become you?
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