** Neutral Mind and Innocent Perception Worksheet**

1. Choose a specific issue:

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1. Review your Negative Mind on the issue:

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| Negative Thoughts: |  |
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| Judgements: |  |
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| Projections: |  |
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| Pleasure Seeking: |  |
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| Stories: |  |
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1. Now balance out the Negative with all the Positive (opposite) thoughts or viewpoints.

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| Negative Mind | Positive Mind |
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1. Prove that both are completely true AND untrue.

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| **Negative Mind** | | **Positive Mind** | |
| TRUE | FALSE | TRUE | FALSE |
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Build flexibility in your thinking to be able to see if from many different perspectives.

1. Elevate to Neutral Mind (*Comment where you have thoughts*):

* Acknowledge both positive and negative so they feel equal; neither is preferred/better
* Work to see the situation without filters:
  + Remove likes/dislikes, preferences, opinions
  + Identify projection as untrue
  + Release all judgement, comparison, opinions
  + Identify and rewrite the stories
  + State what is True in the Present Moment
  + Notice WHAT-IS

1. Observe through Innocent Perception:

* What critical life lessons, possibilities, and potential gifts can birth from this?

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* Apply Divine Awareness: What would Divine think/do about this? How does this all look through the eyes of unwaivering Love?

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* Apply Oneness: If you knew the other person was a sacred part of yourself (vs separate), how would you see differently?

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* What is the spiritual 30k ft view? (lineage, karma)

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