

**SPIRITUAL WARRIOR  
WEBCAST CLASS  
March 23, 2006**

**Partner Exercise**

- 1. Identify a petty tyrant in your life, past or present.**
- 2. How does the petty tyrant challenge your self-importance?**
- 3. Describe what that self-importance is.**
- 4. Instead of reacting negatively, how can you use the Spiritual Warrior's qualities of intention, impeccability, and ruthlessness in this situation?**
- 5. Close your eyes and practice using ruthlessness, which is the Sword of Truth, the Sword of the Heart, to cut away the illusion. If you need to forgive yourself first, do it. (One way is to say to yourself, "I forgive myself for judging myself for...") When you experience the presence of Spirit inside of you, open your eyes.**
- 6. What have you learned?**

*When the facilitator during the class gives this exercise to the group in the room, you may participate in this exercise in a variety of ways:*

**If you are participating on the Internet by yourself** you can:

write answers to the questions in your journal

OR

talk the answers to the questions out loud

OR

answer the questions inwardly.

**If you are participating on the Internet with a partner**, you can do the exercise together, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

**If you are participating on the Internet in a group**, you can choose one partner to do the exercise with, taking turns asking and answering the questions, and switching roles when directed by the facilitator.