

**"WHAT'S IT LIKE BEING YOU?" WEBCAST CLASS**  
**October 24, 2006**  
**Partner Exercise**

*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.

**QUESTIONS:**

**1. Talk about a situation in which you notice yourself expressing the False Self. It could be a situation at work, at home, in a relationship.**

**2. Now, close your eyes and place your hands on your heart and call forward your own loving inside of you. Say to yourself inside: "This is love. This one is love. This is Divinity. I give love to all of myself." Say it until you experience your love for yourself well up inside of you. Nod your head when you are ready for the next question.**

**3. Complete the following forgiveness statements until you are complete inside:**

*I forgive myself for judging myself for...*

*I forgive myself for judging myself as...*

**4. Complete these statements as spontaneously as you can:**

*I accept that....*

*I am aware that...*

*My action is to....*