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## **Be-Coming: Integrity**

The wonders and joys of **being** human

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### **1. Note from Rikki**

During May, I turned 60, went through a period of befuddlement and weariness, and decided (after much trepidation) to be ordained in June when I am at the Seminary in Spiritual Peacemaking retreat (I have 10 months left in the program.) It's been a very long month.

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### **2. Essay for the Heart: Integrity**

In the middle of all the above happenings, I returned to some lessons I'd been doing. The next one was about integrity, especially in my business. At first I thought I was totally out of integrity; I hadn't done things that I had told myself I was going to do.

I sat with that for a few days and then remembered an experience, when I was told to do everything wrong at a workshop. The first question of the workshop was how had we been spending our time since the last workshop.

There were 8 options to choose from. I picked one and then remembered the advice to do everything wrong. Looking at the options again, I decided that living my values was the least accurate answer. However after I thought about what I had been doing, I realized that in fact I had lived my values. [The workshop was about perspective.]

So I rethought whether I was in or out of integrity. Who's perspective was I using to make this determination? My ego's first choice is always that I've done it wrong. What if my ego was wrong?

That sentence sent chills through me. My ego says, "How could I be wrong?"

There are other perspectives. From a self-caring perspective, I was expecting too much from myself during a tumultuous time. Last Saturday, I woke up tired, took 3 naps during the day and went to bed early. On Sunday, I could look back and see how 'out of it' I had been.

Yesterday, I concluded that my ego was too quick to conclude I was out of integrity. I have been pretty conscious of the befuddlement and had chosen not to distract myself. One of the hardest things is to stay with the feeling, especially when I think I shouldn't be feeling that way. I should be 'getting on with it.'

I'd made a list of things to do before leaving for the retreat in early June. My mind kept saying, "You're not doing anything on that list!" The list was under a few papers and a cat. When I excavated it last night, I crossed off a few items and decided to write the required email about why I want to be ordained.

My writing rambled about, I couldn't come up with any logical reason and after sitting with the question, concluded my heart would hurt if I didn't allow myself this opportunity. Then I felt in integrity.

Of all the items on my list, that email was probably the most difficult and I chose to do it. It was like a dam burst and energy came flowing into me. I think that when I procrastinate that I'm avoiding something. Often I discover that something has been gestating in me and I didn't have all the pieces to take action.

When I'm in integrity, my heart feels good. When my ego gets control: I suffer, I feel bad, I don't like myself. I think I'll give my heart the steering wheel.

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**The Fine Print**

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