

O-B-R-I

Practice sitting in the UNKNOWN (gap) invites openness and possibility.

OBSERVE	BRACKET (Let Go)	REFLECT	INQUIRE/IMAGINE
What's Happening right here/now?	Let Go of Expectations or MAPS (of Self)	What concerns emerge?	Question Attachments to release.
What's Arising: 1. Sensations/ feelings. 2. Emotions/ Thoughts 3. Threats/Fear	Defensive Self: To BE my Ideal Self. Protective Self: To KNOW better. Controlling Self: To CARE the way I should.	Observe Impact of my thought(s), action(s)? What am I afraid of losing? Reflect on any Guilt: what is it pointing to?	1. What identity/self does it threaten? 2. What " assumptions " or expectations have I discovered? 3. Which belief can I release?
Name fear, emotions or thoughts. → Pause/Create space.	Allow for ignorance , " <i>I don't know ...</i> " → Pause/Create space.	Acknowledge REMORSE. → Pause/Create space.	What insights or connections can I imagine ? Where can I direct a conversation?

Tony Zampella • bhavanalearning.com • tony@bhavanalg.com

NOTE: For copy of slides, information or any questions, please contact **Tony Zampella** at info@bhavanalg.com. We will include you as part of our learning community.

Managing the Human Side of Change by bringing Wisdom to Learning

GUILT vs REMORSE

- **Guilt** is a feeling of judging yourself for having done something that you believe is wrong, against *an ideal version of yourself*.
- **Guilt** indicates that the ego-wounded self is in charge, trying to *control the outcome* of things with self-judgment.
- **Guilt** find us stuck in a churning self-hatred.
- **Guilt** comes from your ego *mind*.
- **Remorse** acknowledges the situation and any pain you have created.
- **Remorse** indicates that a major change has taken place within you — a shift in intention from *controlling to learning*.
- **Remorse** allows for forgiveness to release and to move on.
- **Remorse** comes from your *heart*.

Healthy Remorse involves three dimensions

- 1) ACKNOWLEDGE the *impact* of my actions;
- 2) UNDERSTAND and realize the *impact* of my actions; and
- 3) request FORGIVENESS: *if relevant* from those impacted, and always *from myself*.

The Heart Knows • The Mind Believes

To cultivate imagination ...

1. Avoid turning something **new** into something **known** (MAPS).
2. Shift from a focus on **problem-solving** (controlling) to questioning and discovery (learning).
3. Allow what emerges by living in the question.
4. Reframe terms and concepts into vivid stories that reveal truthful moments.
5. Consider possibilities from openness, free of fixed views or fears.
 - In what areas of my life have I closed off possibility?
 - Where do my expectations kill possibilities or surprises?
 - What does X look like from their point of view?

