

## Transforming Techniques

This document provides techniques as a toolkit rooted in love, humility and obedience that can guide and transform your earthly soul into a spiritual soul to obtain (or maintain) a metaphysical state to grace. Through grace you can be One in Spirit with God ...seek grace with God and you shall receive grace with God.

Before your mind, emotion, or will jumps to an earthly response to situations rooted to sin, simply apply and replace with a spiritual (grace-filled) response, such as those listed below. These techniques provide framework to grow spiritually and find healthy alternatives to past earthly behaviors.

### Mind

- When you are in discussions with others and are in a disagreement of opinions, such as different political opinions, simply move your way of thinking and share in conversation that “the truth is always somewhere in the middle.” This approach always diffuses a situation.
- When you see someone in public and in a past prejudice you might have seen them as a lesser person, instead of letting your mind jump directly to a past label in your subconscious mind, quickly replace past labels with a new mindful title “he’s a gentleman that deserves dignity” or “she’s a lady that deserves dignity.”
- When you pass an attractive person in public don’t look directly at them and let your mind lead to lust, just keep them in your peripheral.
- When you have a direct encounter with an attractive person in public see them as a child of God and not someone to be objectified, see them as having a mom and dad that would want their child treated with dignity.

### Emotion

- When you see someone on the road acting aggressively, to avoid your emotion leading you to anger, instead in your mind say the person must be rushing to the hospital and have mercy for them.
- When someone cuts in front of you in a grocery line and you sense anger boiling up, instruct your mind to put the temper at the foot of the cross since all sins have already been forgiven there.
- When you are face-to-face with someone that has verbally offended you with a statement, pause, and simply smile and look at them in silence for 10-15 seconds. The silence will most likely make the offender uncomfortable and dig themselves deeper into discomfort and scramble with words. Do not dignify the statement and either change the topic or if you were only passing by the person simply say to have a nice day.
- When emotions are getting high, and tempers may be elevating, suggest a safe word or phrase such as “can we have a calm and rational discussion.” Define that there are rules that apply for the calm and rational discussion that includes:
  - Each person is allowed to have 5 minutes to say everything on their mind without being interrupted
  - After each person speaks, each should ask did you hear what I said, and can you repeat what I just said
  - When drawing your conclusions from a calm and rational discussion, say to the other that I heard all that you said, and let’s not rush to a decision and both put more thought into it.

### Will

- The Holy Spirit will not dwell in a human spirit tied to sin. We may intermittently fall to sin throughout life, after each transgression, simply repent my having a change of mind and heart and asking for the God of Trinity to forgive you and immediately seek to come back into grace with God. Do not dwell on the sin and do not allow this incident to keep you outside of a relationship with God.
  - If you feel your sin is too grave to bear on your own, consider this an open doorway to finding a church and receive the sacrament of Confession and have a holy person help reconcile you with God.
- If you’re in a situation and your mind begins racing with prideful and opinionated thoughts, instead pause, and temper your will by “saying less.” Use the adage “less is more,” and use fewer but more meaning words.
- When your in a public setting and there is a parent with a crying child, and the child is causing a disturbance, be sensitive to the parents struggle and use your self control not to glance at the parent to add to their discomfort.