

Golden Rule Exercise

Is there someone in your life whom you haven't been treating according to the Golden Rule? You haven't been giving them the care, dignity, and respect with which you yourself want to be treated? *[pause]*

Realize that the problem lies in your perception.

Before you can behave appropriately, you have to perceive accurately.

How can you perceive this person accurately?

The Course says, "The way to perceive for Golden Rule behavior is to look out from the perception of your own holiness and perceive the holiness of others."

So, let's do that now.

First, open your mind to your own holiness.

Realize that underneath all the things about yourself that you have shaped and deposited is what God put there.

What He put there when He created you is still there.

And what He put there is *holiness*.

Open your mind to the idea that there is an ancient holiness in you that nothing you've ever done or that has been done to you has ever touched.

It's there whether you see it or not.

It will always be there.

So now open your mind to it.

Try to let its light fill your mind.

As it does, let this light flow through your eyes so that it lights up everything you see *[pause]*

Now turn your attention to the person you'd like to treat better.

Let your holiness flow towards this person.

Let it reveal the holiness in them.

Let it show you that underneath everything the world can see about them, they too carry an ancient holiness that is absolutely undimmed.

See it shining in them and shining *from* them. *[pause]*

So now you are holy, and they are holy.

In this perception, how could you not accord them the care, dignity, and respect that you yourself want and deserve?

How could you do anything but honor their holiness?

Say silently to this person, "*I honor you because of what you are and what we are.*" (based on W-95.16:6)

Repeat this a few times, until you actually feel yourself honoring this person.

If your behavior flowed from that perception, would you not be treating them according to the Golden Rule?