



LESSON 8: Dialogue with your Father

Everyone has feelings about his or her father. It does not matter if your father is (or was) the greatest father or the worst; eventually you must deal consciously with your father in order to grow into the unique individual you were born to be. Resolving conflicting feelings about your father often clears up issues with your career, your sense of success or failure, your reputation, your sense of fulfillment in life.

Everyone has an imperfect human father and everyone also has access to the Father-Principle. When the human father fails you, the Father-Principle is ready, willing and able to be born in you. Your consciousness and your paper are wonderful places to conceive a new and more principled image of father.

I loved my father, and like many fathers he was not around much. Perhaps your father did not provide the kind of support you needed when you were a child. You may be angry with him. Use this lesson and the dialogue below to work through your feelings and move on in your life. If there was abuse, it is best to do these exercises with a counselor or therapist.

You can do this exercise whether or not you are on good speaking terms with you father. Dialogue with *your* images of father is a major Self Discovery process. It's important to remember that you are working with *your* thoughts, feelings and memories of your father—never with the actual person. Your consciousness is what you can change. You can't change anyone else.

It is natural for your understanding to grow; thus it is natural for your consciousness of father to become a little bit more principled, a little more loving and accepting of your worthiness, as you do this work. The new image of father will open the door to your accepting your talents, abilities and true strengths. Whether or not you have children, you are here to give birth to something very special and totally unique. You can release a strong, caring father image to guide you.



The dialogue with your father is very simple:

1. Use your dominant hand to tell your father honestly and exactly how you feel.
2. Use your non-dominant hand and allow your father to tell you how he feels.
3. With dominant hand, tell your father what you needed from him when you were a child.
4. With non-dominant hand, let your father tell you what he needed from his father when he was a child.
5. Tell your father what you really love in life and what your dreams are.
6. Your father tells you what he really loves in life and what his dreams are.
7. Close by thanking your father and yourself for sharing honestly.