



wakeup TO Happiness

A Practical spirituality
for the pandemic

Course Study Guide

How to Be Real

<https://demellospiritualitycenter.com>

SESSION TWO

HOW TO BE REAL

BEFORE VIEWING

1. Recall a time when you did something that earned the approval of nearly everyone around you. How did you feel?

2. Recall a time when you did something that caused you to be rejected by one or more significant people in your life. How did you feel?

SUMMARY OF VIDEO

In Session Two, Tony de Mello describes our need for the approval of other people and what it is costing us.

REVIEW AND UNDERSTANDING

1. What points in the presentation about seeking approval were most helpful to you?

2. Tony de Mello quotes a lyric from a John Lennon song that goes “Life is what happens to you while you are busy making other plans.” How is your tendency to strive for success, or your tendency to be too busy, keeping you from enjoying your life?

LEARNING THROUGH STORIES

1. Tony de Mello tells the story of a man caught between a tiger and the edge of a cliff. The man reaches over and picks a berry from a nearby bush and relishes its sweetness.

What is the meaning of the story for you and what might it reveal about your own life?

2. In another story, Tony de Mello tells of a poor villager who receives a valuable diamond from a holy man. As she sits alone and contemplates on the diamond, the villager comes to a decision to return the diamond to the holy man and instead asks for the inner richness that allows this man to so easily give away a stone the world covets.

What is the meaning of the story for you, and again, what might it reveal about your life?

PRACTICE

These exercises will help you put into practice some of the ideas in the video presentation. Take your time with them. The goal of these exercises is to help you face your need for the approval of other people and free yourself of this need.

1. In this segment, Tony de Mello discusses approval as a drug. The first step in becoming free of this drug is recognizing it when it occurs and understanding what it costs you in happiness and peace of mind. Spend a few minutes reflecting on your need for approval.

2. Describe how you behave when seeking approval. For example, do you change your point of view to get approval, agreeing with someone when you don't? Are you afraid to say 'no' for fear of disapproval? Do you take disagreement personally? Do you pretend to know the answer when you don't?

How do you behave when you don't get approval?

What does the need for other people's approval cost you in self-confidence?

3. Tony de Mello contrasts world feelings with soul feelings. So, think about the feelings you have when you are engaged in activity you love, or when you are touched by the beauty of nature, or immersed in a book or good music or great art. Think about the feelings you have when you enjoy the company and the laughter of friends, or when you were of help to someone. These are soul feelings. Now contrast these soul feelings with the world feelings, when you are favored or accepted or applauded for winning or succeeding, or when you were in charge with the power to give orders.

Make a list of some of your world feelings and your soul feelings and describe the difference between the two, as you experience it?

World Feelings

Soul Feelings

AT HOME

During the week, review your responses in the "Practice" section and add to it.

1. Use the space below to describe any time this week when you caught yourself craving approval, or when you were upset at not receiving approval.

2. Use the space below to describe any time this week when you stepped away from the world and did something for yourself that produced a soul feeling within you?

The Journal – Notes to Myself

As you go along, use the space below to record any of your own insights and experiences as you apply what you have learned from this course to your everyday life.