



LISTENING BEFORE LISTENING: My Cause for Pause Checklist

There is no right or wrong answer. This checklist will aid in awakening our spiritual senses as we return to the source of Inner Life.

PART A – HOLINESS OR MYSTICAL CONNECTIVITY

- Am I allowing God to perfect me because I acknowledge I'm not perfect without Him?
- Am I still and recognizing that he/she *[the person I'm speaking with]* is the presence of God at this moment and that I am 'SHOES OFF'?
- Am I approaching the person's heart as Holy Ground?

PART B – MYSTICAL CONNECTIVITY WITH GOD AND OTHERS

- Am I allowing God to be God and to just be in His Mystery at this particular moment?
- Do I like "to improvise" and think a little "creativity" outside of God's thoughts won't mean any harm?
- Do I have confidence in God's Holiness or am I swayed by people's opinions or my own comfort zone?

PART C – BRINGING MYSTICAL INNER CALM

- Do I allow the mystery of the Holy Child in me?
- Do I recognize the mystery of the Holy Child in him/her *[the person I'm speaking with]*
- Do I catch myself "adulting" because I think I have it all together and because no one else would act like adults around here?
- Do I cherish the embrace of Jesus and feel His blessed hands placed on me when I speak to the other person?

PART D – BRINGING INNER CALM INTO INGRAINED BAD HABITS

- Do I give myself permission to "move away" – to desensitize – when the conversation turns "juicy?"
- Is my Inner Calm my State of Mind? Am I delivering Inner Calm?
- Do I catch my bad habits getting in the way of God's Holy Ground?
- When I did "move away" for a bit (*question #1 in this section*) and then revisited after, am I in a state of "Look, guy, we're different today!"

PART E – NEW WAYS OF CALM THROUGH MYSTICAL CONNECTIVITY

- When the conversation gets me to lie down in “green pasture”, am I calm and trusting?
- When I just don't feel like talking to anyone today, is God inviting me to the banquet anyway?
- Who am I dining with today?
- Am I in God's dwelling place all the days of my life [24/7]?

PART F – VULNERABILITY AS POWER: LIMITS. RESISTANCE. MYSTICAL CONNECTIVITY (GOD & FRIENDS)

- I woke up today in a rut. Does it mean God is not with me?

SAY THIS THREE TIMES:

“POWER IS MADE PERFECT IN WEAKNESS.”

- When I accomplished so many great things and I should feel like I'm on top of the world, why do I still feel defeated?

SAY THIS THREE TIMES:

“WHEN I AM WEAK, THEN I AM MADE STRONG.”



I am Perfectly Holy – SOUL, SPIRIT & BODY.
Because God Himself is Perfect and Holy.
I dwell in the House of the Lord.
I live in His Presence all the days of my life.
This is our Mystical Space together.