

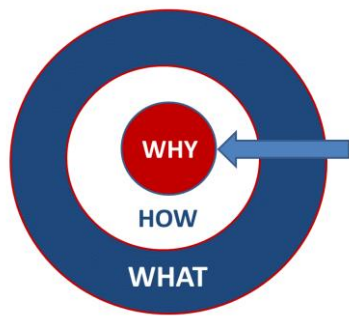
January 2024 | vol 35

#INTEGRITASZA MONTHLY

INSPIRE AND INNOVATE/INSPIREER EN INNOVEER



#integritasza THE MOVEMENT



The 4 Pillars of Integrity

Emotional Intelligence Welcome all authentic emotions as energy moving through you. Know what you're feeling when you feel it - discriminate between thoughts and sensations. Express your feelings in a way that furthest matches your experience. Get curious about what you can learn from your feelings. Be a space that allows others to fully experience and express all of their feelings.	Conscious Communication Listen with the intention of genuinely understanding the experience of the other person. Listen for accuracy, emotion and the deepest longing. Speak in a way that is "share-able" rather than your perspective is always subjective. Make clear, direct requests instead of generalized complaints. Commit to reveal and not conceal by experiencing your authentic experiences, even under duress.
Healthy Responsibility Take 100% responsibility for all of your experiences. Shift out of defensive postures. Be curious about how you are creating the results that are occurring in your life. Open up to learning from all experiences. Integrate desire to take 100% responsibility for those experiences.	Impeccable Agreements Only make agreements you want to make, with clear definitions of "and" and "when". Keep the agreements you do make. Change agreements that aren't working for you and clean up any broken agreements. Experience your agreements as a source of focused energy rather than a burden.

www.conscious.is

When we are "in integrity," we're energetically whole and fully alive.
Dr. Kathlyn Hendricks

Content / Inhoudsopgawe:

1. Dr. Kathlyn Hendricks, The Hendricks Institute, is the creator of "The 4 Pillars of Integrity.", **Page 2**
2. **#integritasza-movement** membership, **Page 3**

The Four Pillars of Integrity

Integrity: (n.) the quality or state of wholeness, congruence, alignment

When you ask most people what integrity means, they'll usually say "doing the right thing," which has a moral or ethical orientation. We're going back to the word integrity evolved from: integer, defined as "whole" or "complete.," which has no moral or ethical connotations. We thus define and more importantly, operationalize—integrity as energetic wholeness. Energetic wholeness leads to full aliveness. When we are "in integrity," we're energetically whole and fully alive.

The Four Pillars of Integrity:


- (1) Radical Responsibility
- (2) Feeling our Feelings
- (3) Candor
- (4) Impeccable Agreements

Dr. Kathlyn Hendricks, The Hendricks Institute, is the creator of "The 4 Pillars of Integrity."

<https://conscious.is/concepts/the-four-pillars-of-integrity>

The 4 Pillars of Integrity

- Emotional Intelligence**
 - Welcome all authentic emotions as energy moving through you.
 - Know what you're feeling when you feel it - discriminate between thoughts and sensations.
 - Express your feelings in a way that fully matches your experience.
 - Get curious about what you can learn from you feelings.
 - Be a space that allows others to fully experience and express all of their feelings.
- Conscious Communication**
 - Listen with the intention of genuinely understanding the experience of the other person.
 - Listen for accuracy, emotion and the deepest longing.
 - Speak in a way that is unarguable - note that your perspective is always subjective.
 - Make clear, direct requests instead of generalized complaints.
 - Commit to reveal and not conceal by expressing your authentic experiences, even under duress.
- Healthy Responsibility**
 - Take 100% responsibility for all of your experiences.
 - Shift out of defensive postures.
 - Be curious about how you are creating the results that are occurring in your life.
 - Open up to learning from all experiences.
 - Inspire others to take 100% responsibility for their experiences.
- Impeccable Agreements**
 - Only make agreements you want to make, with clear definitions of "what" and "when".
 - Keep the agreements you do make.
 - Change agreements that aren't working for you and clean up any broken agreements.
 - Experience your agreements as a source of increased energy rather than a burden.

 WWW.CONSCIOUS.IS



Become a member: Support our Purpose to create wholeness and combat corruption! We ACT – create **Awareness of the value of integrity; that informs our **C**hoices and builds **T**rust.**

E-mail us at / stuur e-pos aan: admin@civinovus.co.za and visit/besoek www.civinovus.co.za or access the #integritasza social media tags. Contact/kontak Werner Schwella on/op 083 591 669.

Advertise here for R350 per month.