

Living in Integrity; Living in a State of Completion

Compiled by Alan Benson, graduate apprentice

What does incomplete mean?

To be incomplete about a person or experience means that you still think about the experience and have recurring body sensations related to the experience.

Examples:

- I'll fix that broken window as soon as_____.
- A comment Agnes made about you looking a little heavy, which you laughed off, rather than saying what was really on your mind.
- The project you stopped short of finishing.

Besides the incompleteness being on your mind, you may experience other sensations.

Examples:

- Your neck begins to tighten each time Agnes enters the room.
- You feel tensely chilled by a draft from the broken window.

These sensations may include:

- **Twinge of _____** (fill in the blank-guilt, remorse, regret)
- **Shame** ~ Strong feelings of embarrassment, avoiding eye contact.
- **Denial** ~ Attempts to avoid conversation about the situation or person and justifying not to.
- **Sadness** ~ Sorrow, tears, crying jags, holding out hope.
- **Anger** ~ feelings tension in shoulders, jaw; thoughts of unfairness, inequity.
- **Fear** ~ perceived threat; lack of solution to a problem.

In summary, being incomplete means that you feel unresolved. The person may be finished with the relationship, yet incomplete. Incompleteness comes from not having followed authentic impulses completely, such as communicating a truth, feeling an emotion or keeping an agreement.

3.6.B. Are completions important?

Yes, very much so! Incompletions are energy drainers. By living in a “circle of completion” you will create an abundant supply of natural energy, increased aliveness and healthier relationships. You will have the vitality and strength you desire.

What are you incomplete about?

You can be incomplete about a number of things but most will fall into the following categories:

- **A Trespass** – Letting someone or a situation step over (intrude upon) your acceptable boundaries to the point of causing you pain or hurt.
- **A Perpetration** – An action you justified, knowing it went against what you knew or felt to be true at the time. Stealing or misrepresenting are examples.
- **A Withhold** – Choosing to hide from others what you said, felt did, thought. It could be as simple as, “When you did _____, I felt angry.” or, “I really appreciate how you _____.”
- **An Inaction** – Choosing not to follow your impulse/intuition to take an action, thus missing out on an opportunity to be authentic and be complete. Look at broken agreements.

Where do incompletions show up?

In our bodies:

- Do you get regular physicals?
- Are you excessive with caffeine, sugar, viewing television or alcohol?
- Do you smoke; use illegal drugs or misuse prescribed drugs?
- Do you persist in behavior you find to be unacceptable?
- Do you have something to look forward to every day?
- Do you have a rewarding life outside your work or profession?

In our relationships –

- Have you told the people close to you recently that you love them?
- Have you communicated or attempted to communicate with everyone you have damaged, or injured, or seriously upset, even if it wasn't fully your fault?
- Do you gossip?
- Do you always tell the truth, no matter what?
- Have you let go of relationships that drag you down?
- Do you make requests rather than complain?
- Are you fully caught up with letters and phone calls?
- Do you judge or criticize others?
- Do you quickly correct miscommunications and misunderstandings when they occur?
- Are you a person of your word?
- Are you complete with past loves or spouses?
- Do you have a best friend or a soul mate?
- Are you in tune with your wants and needs and are they taken care of?

In our physical surroundings

- Are your personal and business files, papers and receipts neatly filed away?
- Are you consistently on time?
- Is your car in good condition?
- Is your house neat and clean?
- Is your hair the way you want it? Does your bed/bedroom give you the best sleep possible (lighting, air and firm bed)?
- Are your plants and animals healthy?
- Do you have adequate time, space and freedom in your life?
- Do you have anything in your house or in storage that you don't need?
- Do all your appliances, machinery and equipment work well?
- Do you live in a home that you love?
- Do you surround yourself with music that makes your life enjoyable?
- Are you tolerating anything about your home or work environment?

- Do your surroundings support your essence?

In our financial Affairs –

- Do you pay your bills on time, virtually always?
- Do you know how much you need to be financially independent and have a plan to get there?
- Have your tax returns been filed and all taxes been paid?
- Do you have 6 months of living expenses in a money market-type account?
- Are you putting away enough money to reach financial independence?
- Are your assets well insured (car, home and possessions)?
- Do you know how much you're worth?
- Do you currently live within your means?
- Do you have any unpaid parking tickets, alimony or child support?
- Do you have excellent health insurance?
- Is your will up-to-date and accurate?
- Do you have any legal clouds hanging over you?
- Are your actions at work commensurate by what you earn?
- Do your investments keep you awake at night?

How can you get complete?

First, you need to realize that almost everything you are incomplete about is complete-able, although it may take some time. Make a conscious commitment to being in completion, right now. Look inside and let your body tell you if you are complete. Begin noticing if you're experiencing joy verses feeling flat or unenergized. Notice patterns where incompletions show up in your life. We can all be incomplete from time to time; you'll want to focus on a goal-oriented vision. Learn to make requests and take care of your wants and needs. Be authentic and speak the unarguable.

CIRCLE OF COMPLETIONS ACTIVITY:

By Alan Benson (takes approximately 10 - 15 minutes. I enjoy soft music playing while doing this activity.)

- Begin with deep and easy conscious belly breathing (Lifestream Breath Movement / www.Hendricks.com) until you feel flow.
- Bring into your body an issue, problem concern or potential (i.p.c.p.). Say it out loud a few times to get familiar with it. Take it in, try it on and let your body become the i.p.c.p. Example: If you're feeling small, let your body be small, be smaller. Do more of that.
- Say out loud or to yourself, those body sensations, thoughts, images and core feelings that arise.
- After a few minutes, or after experiencing a shift, do the Wonder Move. **“Hmm, I wonder what I can learn from this?”** Do the Wonder Move a few times allowing it to resonate in your body. It is not necessary that you get an answer.
- Next, begin exploring creative joint play.....
 - Ask out loud, **“What do I really want? How would I like it to be?”** Probe these questions several times while moving in various ways.
 - Then, having created a space to wonder, finish these sentences, **“What I really want is _____ “ “I choose _____ “** Give yourself a few minutes and play with these. Move, have fun and notice what comes up.
- Continue moving in creative joint play and ask with curiosity,
 - **What measurable action step(s) can I take with _____ (what I really want, my issue, problem, concern)?** Probe this question several times, allowing time in between for your body to digest the question. Notice any thoughts, images or core feelings that come up.
 - Then, **By when will I take this action step(s)?**
 - **What action step(s) can I take today? Right now?**
- Take a moment and say out loud what you most appreciate about yourself. Write down your action steps and by when.
- Let's be Complete.

