



THE ENERGETICS OF
COMPROMISE

WELCOME TO MODULE 9

THE ENERGETICS OF *Compromise*



Welcome to Module 9 where we are going to turn the word compromise on its head and redefine relationships as we know them. The world tells us that compromise is a good thing, so much so that even the thought of not ever compromising conjures up feelings of guilt and thoughts of being selfish, harsh, unloving or uncaring. We have been promised that compromise is the elixir of relationships. We are told that if you give-and-take you will have a long lasting relationship. In some ways this may be true, but what if that long lasting is excruciating or empty? What is the quality of a relationship that is full of compromise? Have you ever felt like you are the one who is always compromising and . . . you are not being appreciated for what you compromise? Have you ever wished that your partner would compromise more? Or thought that the amount of compromise should be more equal? This is a trap that a lot of relationships fall into and in this module you will explore how you can step yourself out of the compromise trap.

Question 1: Write down everything that you have been told about compromise in relationships.

UNDERSTANDING *Compromise*

HOW CAN A RELATIONSHIP WITHOUT COMPROMISE BE POSSIBLE?

Most people can't even conceive of a relationship that has no compromise. If you are one of these people you are not alone. If this is a new concept for you it can be difficult to understand how any decisions could be made within a relationship when there is no compromise. Doesn't there always have to be one person who gets their way and one person who doesn't? We are all so different so how can we live in the same house, sleep in the same bed, and make all of the decisions we have to make together without there being at least one person compromising some of the time? We are also told that to be uncompromising is a bad thing. As I mentioned before it conjures up pictures of being cold, self-centered and uncaring. However it is the complete opposite that is true. Learning how to live without compromise is not only truly loving for yourself but it is also truly loving for all those around you. In fact it could be said that it is exceedingly irresponsible to compromise that which you know is deeply true.



WHAT DO YOU ACTUALLY COMPROMISE?

Part of the confusion occurs because we live in a world that does not make the quality of energy and intention the defining factor of truth in life. In other words, we do not discern life from a base of energetic discernment, i.e. does it resonate with me or not. As I have shared in my programs many times, it is the energy behind all things which is the most important thing. The outcome or outplay is always secondary to the energetic intention. With this in mind we can start to explore what we actually mean by compromise. What are we compromising? This is the most important question because without understanding what we are compromising then we can't truly discern whether compromise is a good thing or not so good thing.

Compromising THE OUTER OR THE INNER?

SOME QUESTIONS TO PONDER.

Can you discern whether you are compromising a need / want, or if you are compromising your truth? This is a defining moment: are you able to be honest about what is truly motivating you in any moment where you feel you or another should compromise? Are you coming from the depth of who you are, the place where we connect to truth and the truth for all? Or are you coming from an undealt with hurt, protection or need? Is what you are asking for, something that resonates to your core? Or is what you are asking for based on your preference, taste, or judgement? You may say 'but I am allowed to have preference and/or things that match my taste and are to my liking'. Yes, it is our right to have a taste or desire but will it actually deliver you the most enriching moment on offer? With taste, we operate from an outer level of awareness rather than a depth of awareness. Taste, likes and dislikes carry an emotional attachment or need as their seeding intent and are a result of how life has moulded you (including your hurts and subsequent reactions). The more you access your inner-depth of awareness, you realise that you have very little taste, likes or dislikes, in fact, you are completely content within yourself and don't need life to "deliver" you anything. When you can feel the deep love and contentment that comes from letting go and being true to the depth of who you are there is really little else you need and you are therefore free to act purely with the integrity of what is true for all . . . and there is nothing more enriching.



Question 2: Describe the difference between when you feel something is coming from your inner-truth as opposed to an outer preference? *NOTE: It may help to remember a time when you clearly felt that something was true even though you didn't particularly like it.*

KNOWING YOUR FLAVOUR OF *Compromise*

Knowing the details of how you and your partner compromise or don't compromise is important. Understanding where compromise comes into the relationship will open up an enormous amount of depth and enrichment.

Question 3: How does it feel within yourself (in detail) when you compromise your inner-truth?

Question 4: How does it feel within yourself when you need an outcome, have certain tastes or preferences and do not feel open to another's expression?

Question 5: Have you ever had a moment where you let go of your outer preferences, tastes or needs and surrendered to the truth of a situation? How did it feel, before, during and after?

Question 6: How does it feel when you compromise to keep someone else happy but really you are selling out to another's undealt with issue, need, comfort, hurt, prejudice, judgement, fear or protection? Share an example.

Question 7: Give an example of a time when you listened to the depth of what felt true and expressed it to others.

KNOWING YOUR FLAVOUR OF *Compromise*

Question 8: How does it feel when you listen to the depth of what feels true and offer this as a way forward for others?

a) When what you are offering is felt, understood and appreciated by another.

b) When what you are offering is not felt, understood or appreciated by another.

Question 9: Describe the difference in your experience of how you feel when you

a) don't feel quite right within because you are processing:

b) when you don't feel quite right within because you are in compromise and going against your truth:

Question 10: How does it feel when you can feel that another person is compromising their truth for you? Write in detail and give an example where you felt another was compromising what they felt was true.

IS IT EVEN *Possible?*

HAVE WE BEEN SOLD A *Dud?*

The truth is: it is very possible to live in a relationship where there is no compromise. Part of understanding how a relationship can be uncompromising, is understanding the truth about truth. We touched on this last module.

Sometimes getting into the nitty-gritty of how we are feeling and the truth of what we are feeling can be uncomfortable. Stopping and feeling, although at times uncomfortable, needs to be done. When we avoid what we feel, we often create further complication in our life, and others miss out on our insight and awareness. When it comes to compromise we have been sold a dud. When one or more people compromise within a situation everyone misses out and there can be no growth or evolution for anyone. The relationship does not grow and it does not get the vital input and combined wisdom of everyone involved. This is when relationships stagnate, resentment builds and ingrained patterns or dynamics are cemented. Compromise leads to mutual arrangements of 'you scratch my back and I will scratch yours' and this squashes the spark and dynamism of the relationship. There is no deepening, depth or magic when compromise is part of the equation.



Your relationship deserves to have you contribute from your depth aka not compromising or watering down what you feel is true. It is enormously enriching and also extremely supportive to not only have access to your sense of truth but also the opportunity to receive the insight and awareness that another holds and their access to 'the truth'. Two angles of 'the truth' covered is far more enriching than one (or none).

THE ENERGETICS OF *Compromise*

COMPROMISE OF THE OUTER-SELF (EXPOSING OUR NEEDS AND HURTS)

When most people talk about compromise and the virtues of compromise they are assuming that people are living in relationships that are founded on likes, dislikes, wants, desires, needs, hurts, protections, preference and taste, in other words, the outer-self. The logic is that if you do things you like some of the time and do things your partner likes some of the time there will be some sort of happiness within the relationship. This then assumes that you will be sometimes doing things you don't like and your partner will sometimes also be doing things that they don't like and it will all even out in the end. In other words, you do things you don't like to get what you want. The outer-self operates from I like, want and need or I don't like, want, or need. This is very different to the inner-self which is based on what feels true and what doesn't feel true for all.

Question 11: Can you feel any aspects of life where you are still trading dislikes for likes?

Most people sidle up to a difficult conversation fixed and set for the attack or to defend their ground. Not many people approach a difficult conversation with openness, prepared to sense what resonates as true while being open to understanding what another person feels, sees, knows and senses. My husband has this amazing quality, he is able to have difficult conversations with people - easily. I have studied him and have been very inspired by his ability to be so solid, settled and in the strength of who he is no matter what situation he approaches. Partly this comes from not overly caring about what people think about him but largely this comes from knowing that no one can force him to do anything that doesn't sit well with him and this gives him the freedom to listen, feel and be very open to another. This has been so incredibly inspiring for me to observe and learn from and through that find my own mastery. In this example, I realised that the "page" my husband was on was actually a mastery page and therefore our move to the same page came from me being inspired to grow and make the qualities of "his page" also the qualities that I held as a foundation for "my page".

THE ENERGETICS OF *Compromise*

COMPROMISE OF THE INNER-SELF (GOING AGAINST WHAT FEELS TRUE)

When we are talking about the inner-self we are talking about the part of us that is connected to truth and not just the truth for us but the truth for all things. This might sound a bit far fetched because unfortunately we are not raised to clearly know the difference between the depths of our truth and therefore the truth for all as opposed to “our truth” based on hurts, desires and needs. Most people are not even aware that there is a deeper all encompassing energetic truth. Yes, it is worth repeating!! Truth is a vibration and although there can be many expressions of truth, the one truth is always vibrationally the same. What that practically means is that in any situation, if you allow yourself to truly feel, you will register whether something is a truth or not.

The more you pay attention to this, the stronger you start to register it. Some people say they have a BS radar and they sense a lie anywhere. What I am talking about here is the next level. In order to truly sense at this level, you have let go of needing life to “suit you” and allow for life to unfold truth to you. Otherwise, we see life through our filters (our preference or prejudice) and miss out on the deeper richness of vibrational truth. There is a beautiful humbleness that comes from being open to the truth you feel (no matter who or where it comes to you from) because when you are open to the truth revealing itself to you (with no preconceived ideas) you are often surprised at what you become aware of. This is completely different to being invested in “your way” which in effect will always filter everything you see / feel to match the dominant world view you carry. As you experience living from more depth, you realise the wonder and magic of what unfolds from opening yourself up to vibrational truth and this makes it even easier to let go of layers and layers of outer needs and judgements that have never truly served us. When you are free to energetically discern with clarity and without projection . . . you realise that there is only one truth . . . holding multi-layered depth of truth that continues to reveal itself as you deepen. Life in constant humbleness and wonderment.

Question 12: Do you have a BS radar? If so slow down the experience so you can actually feel what feelings you register and where in your body you register it when you are sensing BS.

Question 13: Pick one example of a time where you sensed BS and write it down.

COMPROMISE & AWARENESS WORKSHEET

DATE: _____

Take your time with this sheet. This is purely for your own developing awareness and therefore there is no right or wrong only a deepening relationship with yourself.

BODY REFLECTION

This is a very important starting point for all awareness. This is actually where it all begins. Recognising what your body is communicating to you is a valuable tool when we are wanting to deepen our connection and understanding of who we are and what is true for us in life. Our body can reflect to us areas of imbalance that need to be addressed.

QUALITY REFLECTION

Once you feel naturally aware of the wisdom your body is continuously sharing it is much easier to clearly feel what your state of being is sharing with you. Are you settled or are you stimulated and racing? Are you conflicted or unresolved? Is there something not quite sitting right for you? Are you ignited and purposeful? Do you have loads and loads of vitality or do you feel drained? These questions and so much more are extremely valuable as you start to peel back the layers of what is not true for you and start to live from a place of inner/outer congruence.

When we are numb to what feels true or not true to us, we can:

1. Be easily drained
2. Allow others to walk all over us
3. Give up on life
4. Feel a sense of emptiness even though life might look good on the outside
5. Compromise our truth

Reflect throughout the next week and ask yourself, how does my body feel when I compromise? Is there hardness, pain, restriction, discomfort, bloating, coldness, heat, emptiness, fullness etc: It is important to acquaint yourself with all of the subtle changes that occur in your body when you compromise.

BODY REFLECTION	AWARENESS
Neck	
Shoulders	
Heart	
Stomach	
Uterus / Pelvis	
Upper Back	
Lower Back	
Hips	
Legs	
Feet	

Ask yourself, what is the quality of my vitality, my ease within myself, my ease with others, my joy, purpose, warmth, connection etc. .. after I have compromised?

QUALITY REFLECTION	AWARENESS
Vitality – how vital are you	
Surrender - ease with self	
Surrender - ease with others	
Clarity – feeling clear	
Purpose – ignited in life	
Connected - flow /control	
Depth – deeper meaning or just in the function of life.	
Enrichment – joy or down, dampening and low	
Love – warmth or reaction	
Grounded – present or checked out, flighty	

Knowing the details of how you usually compromise and how this affects you and other people is important.

Question 14: Write down the four most common ways that you compromise.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Question 15: In each of the above situations, how do you feel after you compromise?

- 1 _____

- 2 _____

3

4

Question 16: If you could give voice to each of the above truths that you have compromised, what wisdom would it bring?

1

2

3

SELF *Compromise*

COMPROMISE IN YOUR RELATIONSHIP WITH YOURSELF

When we think compromise, we think of compromising for someone else. However the most common type of compromise is the compromise within yourself from yourself. This type of compromise happens way before others ever ask us to compromise. This level of compromise is hugely tied up with our self-worth and how much we value ourselves. Are you too willing to settle for less to appease someone else's measure of comfort? Too often the answer is yes. Do you have self limiting beliefs? Do you hold something against yourself for past actions / experiences? Are you unable to accept what is truly loving / advancing for yourself. There are so many little ways that we compromise that end up being a big compromise later down the track but we never connect the two.

Honestly ask yourself, where am I compromising myself? If you answer yes to a question, then take the opportunity to write down exactly what you are carrying and for how long you have been carrying it.

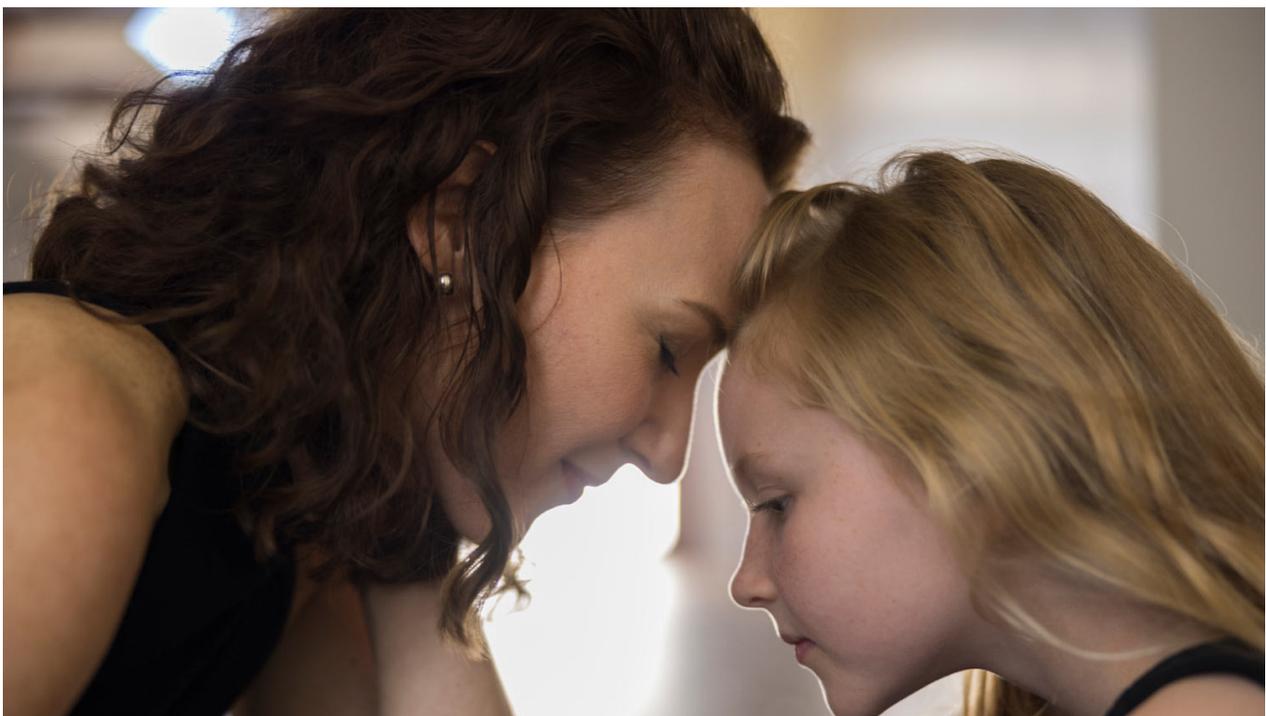
COMPROMISE	AWARENESS
Do you compromise with dress, dress down, avoid showing your beauty, hide your body, can't be bothered?	
Do you compromise your food, give yourself the burnt chop, can't be bothered, make do, eat poorly?	
Do you compromise your time, say yes when you feel no, rush, squash, cram?	
Do you compromise your self-nurturing, reflection time, time with self?	
Do you compromise your potential, play small, feel less, tone down what you are really capable of?	
Do you compromise your quality, your steadiness, stillness, wisdom, sense of love and tenderness?	
Do you compromise your integrity, your truth, your standards, your regard?	

RENOUNCING *Compromise*

Now renouncing compromise might be a little confronting . . . but in a lot of ways it needs to be because compromise is not an easy thing to shake without a little bit of discomfort. Renouncing is not just something people do to abdicate the throne in a royal family. It is a very important healing practice that allows you to discard what is not serving you. The way that renouncing works, is that it asks you to see everything that is baseless, ridiculous and harming when it comes to a certain topic / area within your life. When it comes to compromise there are many ways that we can start debasing the usefulness of this act.

OUR Responsibility TO NOT COMPROMISE

When we compromise what we feel is true we reduce the amount of care, love, decency and / or wisdom in the world. In nearly all cases of abuse and other harmful, disregarding or disrespectful acts there are at least 5 other people who could have stopped it but didn't. This is what is called enabling. As a society we have become numb to the enabling act with many situations of onlookers who mind their own business. To fully understand our responsibility with compromise we have to understand all of the different ways that we can be an enabler. Every time we compromise our truth, whether it is just within ourself or with another . . . we are actually enabling a lack of truth in the world. For example: if you are a woman who compromises her expression of her self-worth by dressing down or not caring about her body then you are enabling a normalisation of lack of self worth in women. If you are a man who compromises his sensitivity and tenderness through a lack of confidence in calling out abusive behaviour, then it doesn't matter how much you would never hurt a fly . . . you are enabling a society where harshness pervades. What if you are constantly compromising your truth around someone else when you have the ability to stand by your truth and therefore support others who may also be in the same / similar situation?



RENOUNCING *Compromise*

Question 22: Pick one area that you compromise in and renounce it so that it has no foundation, is baseless and you know without doubt the harm that it does.

a) Describe the compromising situation you would like to renounce:

b) Describe how compromising in this way actually has no true worth and offers you no support. You may even find that it is ridiculous:

c) Describe how harmful it actually is to compromise in this way directly and also indirectly by enabling:

BRINGING TRUTH TO *Compromise*

ALLOWING *Others* TO COMPROMISE

As you start to become more aware of everything compromise, you will not only become more aware of when you compromise but you will become aware of the feeling when another person is compromising. Even if you will seemingly gain from their compromise it will start to become unacceptable, even unbearable to feel someone else compromise their truth. This is a huge step in growth and what I call self mastery as you start to operate less as an individual and more of a part within the whole.

THERE IS NO TRUTH WHEN THERE IS... *Compromise*

Now this is where it gets tricky. **What if you can feel the truth of a situation very strongly but someone else you are with can't?** Is it true to carry on with what you know is true despite what the other person thinks?

Well you could carry on disregarding what your partner thinks as long as the situation is solely your situation to make the calls on but this doesn't offer growth or understanding to your partner or enrich the relationship. In this situation both parties can receive a lot of growth when you express the truth you feel from all angles. Firstly this strengthens your own connection to the truth when you have to express multiple different angles of what you feel and secondly it gives the other person the chance to become more aware and feel the truth you have insight around. You may even find that they have something valuable to offer that takes the decision to a whole new level.

What if you and another person are together responsible for making a decision? Even if you can without doubt feel the true way forward, if the other person can't feel the truth you feel (either within themselves or within you), it is not true to move forward. Even if they are willing to give in and compromise to agree with what you want, it is not a long term healthy solution and in fact can fuel many, many seemingly unrelated dynamics. What is once again most important, is to express and communicate exactly what you feel, exploring all angles and making sure that you are expressing with the full feeling of what you feel and not just the intellectual words laced with frustration.

Truth always needs to be felt . . . not convinced. If someone is making a decision and you can't feel them whole heartedly behind it, there needs to be a moment for you to stop and consider why that is. Do they need space to process the situation more or do they need you to express so that they can understand it more?

Question 23: Describe a situation where you feel you knew the truth but those with you couldn't feel it.

Question 24: After reading the above and participating in this module, what else could you bring to this situation?

BRINGING TRUTH TO *Compromise*

HOW TO EXPRESS WHEN YOU FEEL YOU HAVE COMPROMISED

One of the most important things with expressing what you feel is to never express in blame or hurt but instead take complete responsibility for how and why you allowed yourself to compromise. You can even go as far as to take responsibility for the steps that led you to the situation that might have been too extreme or difficult to not compromise. You can't expect another to have the sensitivity and awareness required to feel when you are compromising nor can you expect that they have the personal growth needed to not "need" to get their own way. We live in a society where a large proportion of people have grown up in the 'dog eat dog' mentality and often they are in a blind fervour to get what they want in life. It is not all that common for people to feel a deep unending support from life, allowing them to only follow what is in line with their integrity and deeper truth. In effect, it is our responsibility to create these standards within our relationships, not expect them to just be there because we personally live by them. So the first step in expressing that you have compromised is to share that the situation you agreed to has never or no longer feels true to you. This is a gentle but steady expression that is more about sharing awareness than jumping to any solutions or outcomes. Once you express, you simply observe, feel and read the situation. Is their first response astonishment because they didn't realise you were compromising? Is their first response anger because they are not going to get their own way? In this case, it is an opportunity for you to claim that you deserve to have your feelings met and that there is no need to get angry in order to share points of views. We will cover more of this in a step by step approach in **Module 10: Moving Beyond the Tug-of-war**.

Question 25: How do you normally approach a situation once you realise you have compromised? Do you say nothing but hold resentment towards the other or situation? Or do you express?

Question 26: If you do express, how do you normally express?

Question 27: After reading the above and participating in this module, what else could you bring to this situation?

“Compromise is what enables abuse and / or a lowering of standards. The standards within a workplace, family, relationship and the world at large can not be dropped without many, many people compromising. The truth is for every one person who drops a standard there are at least 100 people who allow / enable it. This is a level of responsibility that we must take if we are to truly be able to live free of compromise and share openly the truth that we feel.”

Rebecca Poole

WHERE TO NEXT?

Write down your next steps in how to reduce compromise in your life.

MODULE 9 - CHECKLIST

- Watch Module 9 Video
- Complete Module 9 in the workbook
- Complete the Compromise and Awareness worksheet (within Module 9) over the next week.
- Listen to Module 9 - In Session With Rebecca audio