

awake people, you can expect love, friendship, support, and integrity. From those who are still sleeping, you can expect confusion, fear, and drama. And as for those who are still sleeping, you can be more compassionate, because you will be enriched from the pleasure you experience with those who are wide awake.

EXPLORATIONS

My Toy Box

Many of us were turned from our natural pathway by being taught to adopt the values of authorities outside ourselves—parents, teachers, peers, even television! This exercise will help you recover your childhood loves. Fill in the blanks.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

When I was a kid, I loved _____.

“Somewhere, Over the Rainbow”

Now let’s look at what you imagined you would be when you grew up.
Fill in the blanks.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

When I grow up, I want to be _____.

“You May Ask Yourself, How Did I Get Here?”

Write a brief description of where you find yourself in life today. Be neutral. Don’t define it emotionally, just define it. Stick to the facts.

Where do you live? _____

What is your work? _____

What is your emotional/relationship status? _____

How is your health? _____

Do you have family? Children? Pets? _____

Do you have enough money to pay your bills? _____

Ooh, That Hurt

Make a list from your past and present.

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

_____ hurt me by _____ .

That Feels Better

After listing all the people and hurts, sit down on a comfortable chair and, with your list in hand, say out loud, to one person at a time:

_____, I forgive you for _____ .

Thank you for teaching me _____ .

_____, I forgive you for _____ .

Thank you for teaching me _____ .

_____, I forgive you for _____ .

Thank you for teaching me _____ .

_____, I forgive you for _____.

Thank you for teaching me _____.

_____, I forgive you for _____.

Thank you for teaching me _____.

_____, I forgive you for _____.

Thank you for teaching me _____.

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_____, I forgive you for _____.

Thank you for teaching me _____.

_____, I forgive you for _____.

Thank you for teaching me _____.

That Feels Great!

Now let's look at some of the great things that you've experienced in your life. Ask yourself:

What's your favorite memory of your mother? _____

What's your favorite memory of your father? _____

What's your favorite memory of your siblings? _____

What's your favorite memory of the house you grew up in? _____

What is your favorite memory of your grandparents? _____

Who were your favorite friends? _____

What fun things did you do together? _____

When was the first time you fell in love? _____

Who gave you your first kiss? _____

What was the funniest thing that happened to you in high school? _____

Who was your best friend after high school? _____

What was your first vacation on your own? _____

What was your first really *great* car like? _____

What was your greatest triumph at work? _____

What are you best at? How did you learn? _____

What did you like best about your childhood? _____

What did you like best about your teens? _____

What did you like best about your twenties? _____

What did you like best about your thirties? _____

What did you like best about your forties? _____

What do you like best about your life now? _____

CHARTING YOUR PROGRESS

How many days this week did you meditate? Any new perspectives? _____

How many days this week did you make an entry in your psychic journal? (Any old memories resurface?) _____

Which exercise did you find most powerful? _____

Which exercise did you find most painful? _____

Which exercise did you find most joyful? _____

How did you feel physically after you did these exercises? _____

What forgotten piece of yourself did you find in these exercises? _____
