

EXPLORATIONS

Oh, My God!

Many of us were raised to believe in a God who was not very tolerant.
Were you? Double-check by filling in the blanks below.

My childhood God was _____

_____.

What were you taught about God? By whom? Did you believe it? _____

Your beliefs may have evolved during the course of your life. Describe the
God you believe in today. Or do you? _____

Now describe the kind of God you would like to have. _____

For All You Ugly Ducklings: The Times You Felt Like a Quack

Please list three people you knew better than to trust . . . and trusted anyway.

1. _____

2. _____

3. _____

Please list three times you “knew” something and you didn’t trust your intuition.

1. _____

2. _____

3. _____

Please list three times you distrusted your own intuition and trusted someone else instead.

1. _____

2. _____

3. _____

For All You Ugly Ducklings: The Times You Knew You Weren't a Quack
Please list three people you knew you could trust . . . and you were right.

1. _____

2. _____

3. _____

Please list three times you “knew that would happen” and acted accordingly.

- 1. _____

- 2. _____

- 3. _____

Please list three times you trusted your intuition over someone else’s opinion.

- 1. _____

2. _____

3. _____

For All You Rational Beings: Get Over It

Please fill in the blanks with some “coincidences” you’ve experienced.

It was probably just a coincidence, but _____

_____.

It was probably just luck that _____

_____.

I’m sure it was my imagination, but _____

_____.

It's a little weird, but I had just decided to _____

_____ when _____

I've never had a *psychic* experience, but _____

I was just thinking about _____

when _____

I had this weird dream that _____

and then _____

I was looking for _____

when _____

I had just heard about _____

when _____

I had just said I'd like to _____

when _____

CHARTING YOUR PROGRESS

Reflect on your experiences this week when answering these questions.

How many days this week did you meditate? Was it any easier? How did you feel afterward? _____

How many entries did you make in your journal this week? _____

What was the most difficult part in getting started? _____

What was the most surprising experience you had this week? _____
