



Worksheet 10

STAGE ONE: PARTIALITY
UNCONSCIOUS BEHAVIOR

What do I perceive as good or bad, right or wrong?

Where do I get defensive?

Where am I unwilling to listen or rolling my eyes?

Where am I unwilling to consider another's point of view or feelings?

Why does what anyone else believes or does concern me so much?

Is there any other experience that I can have?

Am I refusing to give anyone the benefit of the doubt?

Can I see that others are coming from their own set of life experiences?

Why do I need to control how others feel and respond and what they believe?

What is the fear I have if others do things differently than I do?

Where is there a block I can't move past?

What patterns of behavior am I repeating and continuing to get an unsatisfactory result?



STAGE TWO: FLUIDITY THE STAGE OF BUDDING CONSCIOUSNESS

How could I go about being more open and engaged in learning and bettering myself?

Where can I acknowledge my mistakes and let them go?

What else can I practice and learn and grow toward?

Where can I acknowledge myself for positive results I've already achieved?

What other tools can I try or create?

As I see myself struggle to change and grow and understand where I have been limited, can I also see that others have their own struggles and limitations and cultivate empathy and compassion for myself and them?

Can I start to visualize what a goal of balance and wholeness is for me?

How can I continue to understand myself more fully?

How can I be more compassionate and loving toward myself?

What new skills would I like to acquire?

Can I see that there is not only one solution to any problem, but many?

How can I express myself more in everyday life?

How can I be the creator of my experience even more than I am now?

Can I accept the ever-changing nature of life and learn to flow with it rather than resist it?

What would that look like?



STAGE THREE: THE FORMLESS FORM WHERE CONSCIOUSNESS & UNCONSCIOUSNESS MEET

Visualize, perceive and feel into:

... life as a non-duality, as a wholeness.

... trusting myself.

... what a skillful response feels like.

... the ability to be spontaneous because I have faith in my ability to respond and act skillfully.

... acting with wisdom.

... trusting that every experience has something of value in it for me.

... there is only what is and what happens as a result of what is.

... that there is no story to justify or live up to.

... trusting that every experience has something of value in it for me.

... there is only what is and what happens as a result of what is.

... standing, fully capable, at the center point of possibility, able to move in any direction as needed.

... embodying total awareness and instantaneous expression.

... freedom.