

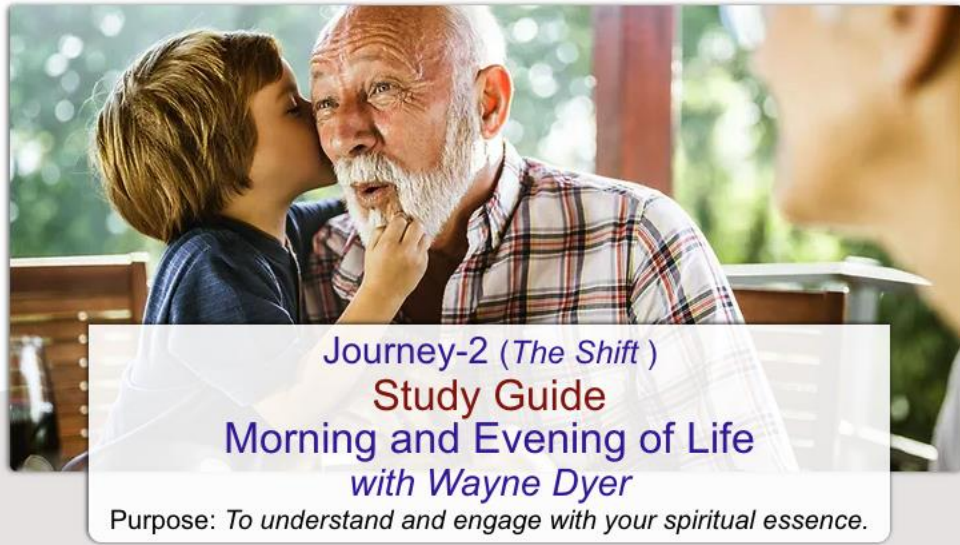


JourneyBetween Your Heart and Soul 2.0

"Listen to the Wisdom of Your Soul"

with Journey Guide, Ronnie K

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Rev.03

NOTE:

If you print this Study Guide, suggest you print it in black & white and NOT in color.

www.JourneyBetween.org/class2



Class Agenda Journey-2

1. Open Questions and Comments from last week
2. Journey-2 Intro: Morning and Evening of Life
 - a. Introduction to *The Shift* movie
 - b. Who is Wayne Dyer
3. Journey-2 Video Clips: *The Shift* movie
 - a. Truths (1:44)
 - b. Happiness (1:10)
 - c. EGO: Possessions (1:25)
 - d. EGO: Achievements (1:10)
 - e. EGO: Reputation (1:26)
 - f. EGO: Separation (2:08)
 - g. Practice (1:12)
 - h. God Realization (0:59)
 - i. Awareness (0:53)
 - j. A Thought Away (2:39)
4. Review Journey-2: Open class discussion
5. Next week: *The Four Agreements*



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About the Video Clips from "The Shift" Movie

In this class, we will be watching 10 video clips from "The Shift" movie with Dr. Wayne Dyer. These clips explore the spiritual journey from personal ambitions to finding meaning and purpose in life.

The film presents the idea that in the second half of life, there's a shift from being driven by ego ... emphasizing achievement and accumulation ... to living a life of purpose and meaning.

It follows the stories of three modern lives in crisis and their encounters with Wayne Dyer at a retreat center, where he shares the principles of the Tao and how to surrender to their true nature.

The film invites viewers to reflect on their own lives, to question their priorities, and explore the possibilities of a profound shift from ego-centered pursuits to a life of purpose and fulfillment.

Who is Wayne Dyer?

- May 10, 1940 – August 29, 2015
- American self-help author and a motivational speaker
- His first book in 1976, *Your Erroneous Zones* had an estimated 100 million copies sold
- He published 20 more best-selling books
- Produced a number of popular TV for PBS.



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Clip #1 Truths (1:44)

Definition: the quality or state of being true that which in accordance with fact or reality

Thoughts on Clip #1 - Truths

- showing gratitude - thank you
- I can not live the afternoon of life according to the truths of life's morning
- other



NOTES:

Clip #2 Happiness (1:09)

Definition: a state of well-being and contentment, joy; a pleasurable or satisfying experience

Thoughts on Clip #2 - Happiness

- finding purpose and meaning
- real purpose is to be happy and enjoy life
- get to a place where you are not always trying to get someplace else
- find your nature
- others ...



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EGO

Definition: "ego" is the Latin word for "I"; a person's sense of self-esteem or self-importance

Clip #3 EGO: Possessions (1:25)

Definition: the state of having, owning, or controlling something

Thoughts on Clip #3 - EGO: Possessions

- Edge God Out
- who we are is what we have
- the more that I have, the more valuable I am as a person
- a culture of emphasizing "more"
- Others ...



NOTES:

Clip #4 EGO: Achievement (1:10)

Definition: to reach or bring about a desired end or goal; gives you a feeling of satisfaction

Thoughts on Clip #4 - EGO: Achievements

- who I am is what I do
- my worth as a human is based on what I accomplish
- taught to be number 1



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Clip #5 EGO: Reputation (1:26)

Definition: the opinion that people have about someone or something; to know something because of what people say, rather than by having direct experience of them

Thoughts on Clip #5 - EGO: Reputation

- I am what other people think of me
- dress a certain way
- don't ignore your calling



NOTES:

Clip #6 EGO: Separation (2:08)

Definition: a situation in which two or more people or things are separated.

Thoughts on Clip #6 - EGO: Separation

- who I am is separate from everyone else
- I am separate from Source
- you are already connected to everything you are missing in life
- what was true in the morning of our life, in the afternoon is a lie
- other



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Clip #7 Practice (1:12)

Definition: perform (an activity) or exercise (a skill) repeatedly or regularly in order to improve or maintain one's proficiency

Thoughts on Clip #7 - Practice

- you don't have to get this all at once
- just get a little bit at a time
- start practicing it
- soon it becomes a way of life
- other



NOTES:

Clip #8 God Realization (0:59)

Definition: an act of becoming fully aware of something as a fact; the fact or moment of starting to understand a situation

Thoughts on Clip #8 - God Realization

- get to a place where you are no longer focused on yourself
- when you start wanting things more for others than yourself
- that is God-Realization
- move from a sense of entitlement to a sense of humility
- other



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Clip #9 Awareness (0:53)

Definition: knowledge that something exists, or understanding of a situation or subject at the present time based on information or experience

Thoughts on Clip #9 - Awareness

- as you move into the evening of life, your ambitions now have meaning and purpose
- learn to become an observer of your world
- you welcome a "trust" where Source is taking you
- allowing things to "show up"
- other



NOTES:

Clip #10 A Thought Away (2:39)

Definition: the act of thinking about or considering; something, an idea or opinion, or a set of ideas about a particular subject

Thoughts on Clip #10 - A Thought Away

- your purpose is found in service
- to believe you need what you don't have is the definition of insanity
- does not make a difference in what you do, what matters is finding ways to serve ... it gives life meaning
- don't be attached to outcome
- surrendering to something bigger than ourselves
- you are only a thought away from changing your life.
- other



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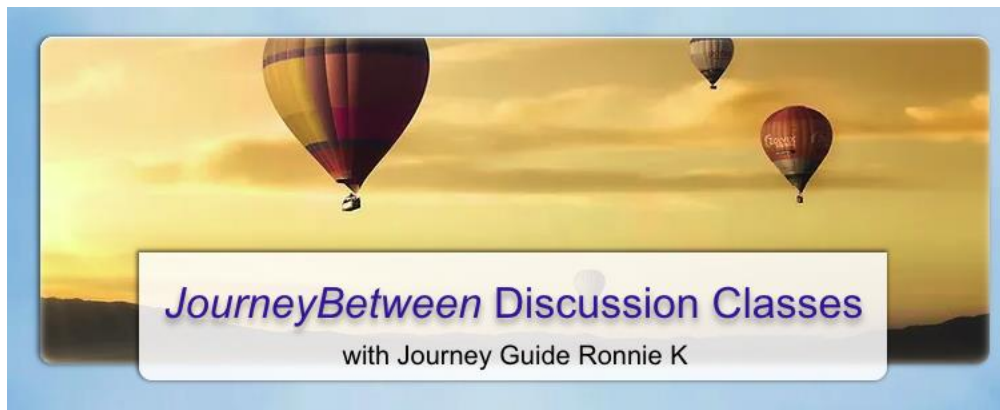


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SUMMARY NOTES: