

Journey Between Course Questions to Ponder

1) Power of Vulnerability

a) Why is it important to understand the relationship between vulnerability and connection with others?

b) What is the problem with trying to numb our painful emotions?

c) What does Brené Brown mean by "Let yourself be deeply seen".

2) Morning and Evening of Life

- a) According to Wayne Dyer's "The Shift," what characterizes the shift from the morning to the evening of life?

- b) In the context of "The Shift," what does it mean to surrender to something bigger than ourselves?

3) The Four Agreements

a) What are the Four Agreements?

b) Explain why it is important not to take things personally.

c) What is the result of a person always doing their best?

4) Metaphysical Possibilities

- a) In using the OAR model (Observer - Action - Results) concepts of getting the desired results we want to achieve, when is shifting the observer we are necessary and why?

- b) What is "*Listen to the Wisdom of Your Soul*" about for you?

- c) How can understanding the fundamental 3 dimensions of human frequencies, Physical, Emotional and Spiritual apply to everyday life.

- d) The practice of becoming ... Knowledge, we learn it ... Understanding, we live it ... Wisdom, we become it

- e) Basic Metaphysical Centers of Human Spirit
 - i) Control Center
 - ii) EGOCenter
 - iii) HeartCenter
 - iv) Soul
 - v) GodSoul

5) Understanding Self-Awareness

- a) Who would you identify as "key thought-influencers" in the development of your self-awareness? Has this dimension changed over time? Why?

- b) What are some key benefits of understanding your patterns of self-awareness?

- c) What is the significance of "SilentKnowing" in the context of self-awareness ... and what constitutes the first step in evolving to the dimension of "SilentKnowing?"

- d) Describe the relationship between our personal energy frequencies and global consciousness?

- e) What is meant by the phrase "organic self" in the text?

Your Closing Thoughts

- What was 1 concept that may have touched you in a special way?

- Closing personal shares from class.