



Lesson 27: Journal

Who is “Sat” in my life? Who helps me remember? Who along the way in my life has given me a wake-up call and brought me to divine remembrance?

Is there someone I know whose inner light clearly shines forth? What can I learn from this person?

How do I relate to dignity? Is it something I possess? Do I act like I do? Do I respect my own dignity and that of others?

Am I skillful at “door keeping”? Do I pay attention to what I surround myself with? Do I notice how I am influenced by others or particular environments?

Do I discern and choose what to bring into my life and where to make a boundary? Is there a situation in my life right now that calls for that?