



Lesson 38: Journal

Make a checklist of the five essentials for awakened living. Review the list and inquire whether you have incorporated that as a practice into your daily life. If so, what are the benefits? If you know there is greater focus or discipline needed in any area, make a note of it. What seems to hold you back? What step can you take today?

Ask yourself: Are there boundaries I need to establish to support my clarity?

Do I remember to stop and simply enjoy my Self?

Is there something for me to stop doing? Is there some habit I have that is no longer useful? If I stop doing that, what will I do with the energy that is released?

What do I want to know? What am I curious about?

Do I experience any area of my life as a burden? Can I let go?