



## Journal: Lesson 12

How do I cooperate with the divine power and presence that enlivens this universe?

What is my experience of belonging? Has it been natural for me? I am aware of a sense of longing to belong in a deeper way?

Has my experience of belonging changed over time? If so, what happened?

Is there a sense of belonging that I yearn for? What is it like? What is my vision of belonging?

Do I sometimes think or feel that I am “carrying the whole world?” What is that like? What does it arise from? How might it be different to “make it easy; make it play; make it a prayer”? How could I do that?

What is my experience of the abhaya mudra? Of the varada mudra?

How do I love and serve?