



Journal: Lesson 30

What is the “crisis” or potential in my life right now?

How am I currently experiencing a “dharmic wake-up call?” Is there some way I am being called to live more authentically?

Have I experienced confusion, doubt, or fear about what is mine to do? What is most scary about it? What would a breakthrough look like?

When have I known an “inner assurance?” What was that like? Do I have a sense of that now?

Contemplate and write about the five steps for finding clarity: State the tension point. Recognize it as a point of breakthrough. Ask for clarity. Be still. Surrender.

What is my experience of finding comfort and stability within?