



## Journal Exercises for Module 1

As you may have gathered from the talk, working with the energies of One will keep most of us busy for an entire life-time. You can do all the following journal exercises as part of your hour with self following the talk, or distribute them throughout the week.

1. How do you see yourself? Draw an image, write a sentence or a description to describe how you see yourself.

2. Draw a picture of yourself as a tree.

What sort of tree are you? How straight is your trunk? How deep are roots? What does the foliage look like? What fruits or flowers does your tree produce?

3. Can you think of some of the strategies your 'Mis-Director' uses frequently so that you can avoid dealing with personal pain or discomfort?

4. Write down the deepest pains that have occurred during your life time. Note whether you have dealt with the pain, or whether you still try and avoid it...

5. Where have you seen pain in the life of another person this week?

As with all the journal exercises, these are your private reflections. You do not have to share them with anyone else. On the other hand, your mentor would probably love to see your picture of self as a tree ☺

### Daily Exercises

1. During the day, check your emotional intensity. If you are in an emotional moment, name the emotion, and ask the I AM question:

"I am angry"

"Hello angry, who am I?"

You will find that this is a wonderful way to disengage from the grip that emotions have on us – after all, we are not our emotions...

2. Before you go to sleep, imagine yourself as a tree. Imagine yourself drawing energy down through the crown of the head until you are surrounded by a soft, beautiful, iridescent rainbow of colours.