Journal Exercises for Module 3

The theme of Module Three has been consciousness. This took us to the structure of the soul and the experience of the Now.

Since this module has focused so much on experiencing the present, I thought I would borrow one of Eckhart Tolle's exercises for this module. If you remember back to Module One, the verse compared us to growing trees. Like a tree, it is natural for us to grow. If we are not growing, it is because somehow we are being held back. What holds us back and frustrates our growth is a range of things. Here is Eckhart's list:

- Negativity of any kind
- Negative friends
- Negative thoughts
- Negative actions
- Criticizing yourself or others
- Irritability and reaction to self or others
- Blaming yourself or others
- Indifference toward the well-being of yourself or others
- Laziness
- Feelings of worthlessness
- Incessant thinking, doubt or worry
- Fear of stillness and silence
- Medicating with alcohol, drugs or other addictive behaviors
- Fear of not performing

Read this list again. Be honest with yourself – there is at least one that will apply to you, and probably (if you are a normal human being) more than one. Just pick one, and for the next week, observe this barrier to growth in your daily life and your inner mental activity. Don't try to make it go away, just watch it and allow it to be. Learn how it influences your life. At the end of this time, you will find that this barrier to growth has begun to lose its power.

Your mentor will look forward to hearing from you …