

Journal Exercises for Module 4

The theme of Module Four has been perception. We commenced an exploration of the astral body and the forces that operate within this level of consciousness. The astral stands in a unique position, for it is the soul's interpreter to consciousness. Our normal day-to-day consciousness is generated from the astral, but nevertheless, the soul is able to use this consciousness to create communications with us. In the beginning this may just be in flashes: intuitions, hunches, strong feelings and dreams. As we grow spiritually, then this communication becomes more frequent and clearer.

An old image of the soul communicating through the astral is to compare the astral to a window, and the soul to the sun shining on the window. If the window is covered in grime, then the light of the sun is only dimly transmitted to the room beyond. As we work on cleansing the astral, this window to the soul becomes clearer and clearer until we are bathed in the sunshine of the soul's communications.

1. Take a sheet of clear paper. After the music has faded away from the meditation of Module Four, cast your mind back to an early age. This is usually before the age of twelve or thirteen, before the astral has taken control. Remember your day-dreams. What did you want to become in this life? Perhaps it was a great singer, a famous actor. Perhaps a great leader, a Prime Minister or President. Perhaps you wanted to travel into outer space... It doesn't matter now, how outrageous and fantastic your dreams were. Every person as they leave childhood before they proceed down the path to adolescence has a dream. Write down your dream.
2. Has your dream been fulfilled? Your dream may have been manifested in a completely different way than you might have anticipated as a young person. On the other hand, perhaps there are some aspects of this dream that have come into being, and other aspects that have not. Finally – perhaps your dream was put away because life seemed to take you in different directions.
3. Read all this over, then write down your emotions. Do you feel happiness, sadness, despair, hope...?
4. Consider your dreams today. What fills you with excitement, anticipation, and hope? If you could do anything in life, what would you do?
5. Once a day, over the next week, review how you have expressed negativity in the day; then review how you have been positive during the day. By the end of the week your positive expressions should outweigh the negative ones. At the end of this period, review what you have written on your sheet of paper. Now make a decision: You are going to fulfil your dream...

Your mentor will look forward to hearing from you ...

