



Journal Exercises for Module 5

The themes of Module Five have been life, light and freedom

1. Sit for a moment very quietly. In your imagination, visualise the 'body of light,' the etheric body, penetrating your physical body and surrounding you. Within this body of light are certain shadows. You may be able to localise some of these shadows. Perhaps one is over the heart; or perhaps there is one covering the neck or some other part of the body. Each of these shadows is a memory, trapped within the etheric. Choose one of these shadows and allow the memory to rise within you. When the memory comes, allow it to flow past you, as though you were watching a video tape. When this has finished, allow the memory to dissolve. When the memory has dissolved, so has the shadow within the etheric body. It will never have power over you again.
2. Still in the state of reverie, still aware of the luminous field surrounding you, allow yourself to feel gratitude towards your physical body. Thank your body for carrying you around where you need to go. Thank your feet and legs for taking you in the direction you ask; thank your hands and arms for reaching out for embraces and love; thank your heart for beating for so many years. If there is an aspect of your body that is ailing, then especially address your thanks to this part of your body. Thank it for the communication it is making with you through its dysfunction and ask it for the message it is trying to give you. Problems with the physical body may be a positive indication of spirit working within you and opening you up to new knowledge and insight.
3. Each day, take a moment in the middle of the day to experience the power of the life force working within you, and thank your body for being the vehicle to carry out the purpose of the soul.
4. Just before you go to sleep at night, bring back the image of the light body surrounding you. If you can, make this the last image in your mind before you fall asleep. Record your dreams during this time, for you may have one or more significant communication from the soul.