



## Journal Exercises for Module 0

### *1 Becoming Empty*

Immediately after you have listened to Module 0, take a moment to empty your mind. Then pose this question to yourself:

*If I knew the world would end at midnight, how would I choose to spend my day?*

Make a list of what you would do on your last day on this earth. Is there anything that you normally consider vital to your life that is not on this list? Your mentor would love to see this list :)

### *2 Daily meditation*

Set some time aside each day – even if it is just five minutes to be with Christ. In this time, long or short, begin with a silent invocation:

*Lord Christ, grant that I may become empty of everything that I am, as you emptied yourself of everything that you were.*

In the time you have, repeat the meditation given at the end of Module 0, allowing yourself to experience the emptiness which comes with detaching yourself from the normal inner conversation. At the end of your meditation experience the luminous presence which permeates the empty mind.

### *3 Daily practice*

Take time throughout the day to stop what you are doing, and allow all thoughts and concerns to flow out of you. Be aware that there will be one moment when everything stops. It is in this moment that the real self takes up the reins of life and moves us forward one step in our own personal evolution.

### *4 Before sleep*

Review the day's activities *in reverse*. When you come across a situation where old thought patterns took control, erase those thought patterns from your own inner book. Once again, at the end of this process note that moment of emptiness. In this moment, the real self pours itself out into us as a body of light.