



Journal Exercises for Module 2

1. Session Exercise

Module Two has been about birth. When we attend the birth of a baby we are often filled with wonder and hope. Wonder, because each new life is a miracle; hope, because the slate of the new being's life is completely clear, and we wait to see what this soul will write upon it in the course of its life.

Imagine you have been born into your next incarnation. What would you like to achieve in your new life? What gifts and talents would you require? Are there people you would like to meet? Perhaps there are people you would prefer to avoid!

Write yourself a brief script for this next incarnation. Your mentor will be very interested!

2. Daily Practice

Practice the exercise given at the end of the talk. It is written out for you below:

As the music returns, first imagine the colour of indigo blue emanating from your heart. Imagine that it meets with, and is surrounded by, the light, peach blossom red of the Garden of Eden. From the distance high above the dove descends from the shining lights of the godhead through the reds until it rests above your head. Now feel it descend inside your head. Your brain, your mind has become radiant like the Sun. Everything looks different, fresh and new. Now slowly allow this light to fill your whole body, from the head to the feet. Become the radiant, expressive spiritual being you most truly are. Sit like this quietly for a few minutes, being Christ.

Try to do this once a day - perhaps before sleep. Over a week, notice whether attitudes and understandings are changing. Are you becoming more patient with others, less demanding, more loving. It is great to practice being Christ for a time - even if for most of us it is a short time!