



Journal Exercises for Module 3

1. *The Breath Exercise*

There are many, many breath exercises developed by different spiritual traditions. The outward form matters little, for they simply allow us to gently focus the wayward 'monkey mind' on something so that a sense of inner calm and detachment may emerge.

Make sure you are seated comfortably. Put your mind on your nostrils. This simply means, pay attention to this part of the body. Now count your breaths. Count from one to ten (or if you prefer, down from ten to one). Repeat this exercise ten times. Do this exercise for seven days. Have you noticed any difference in the way thoughts arise? Perhaps in your ability to watch thoughts arising?

2. *Just Breathe!*

This is an exercise to be performed at any point of the day. Wherever you are, simply become aware of your breath. Hold this awareness for a few seconds and release it. Try to do this several times a day for the next week - in fact - make it part of your life! Let your mentor know if you were able to bring this exercise to mind during the normal course of a day.

4. *Creativity*

How are you creative within your life?

5. *Silence as Power*

Have you experienced being with someone and feeling the power of your silence?



6. *The Mass*

Part Two of the Mass is called “The Offering”. The offering can be seen in two ways. Firstly, we offer the bread and wine to Christ that the elements may come permeated with his spirit. Secondly, we acknowledge the offering of Christ himself, “who humbled himself to share in our humanity...”

When you present the bread and wine, be aware that you are offering your thinking (bread) and emotions (wine) to be transformed by the third element, Christ.

When you breathe over the elements at the Consecration, be particularly aware that the spirit of Christ flows out on your breath to change the elements on the subtle levels.