

Exercise: Awakening Reflection – Part 1:

With your provided sheet in hand (you may want to have additional copies or additional sheets of paper on hand before you start in case you need more space), find a quiet and comfortable space to sit and to reflect.

Begin to reflect on your journey of awakening since the loss of your loved one by asking yourself the following questions:

- How has my perspective on life changed? Do I now see things differently than I did before?
- What insights or realizations have I gained?
- How have I grown and transformed?

Write freely and without judgment. You can write as much or as little as you feel comfortable with. Remember that this is for your eyes only, do not hold back. Look at the list of some of the things that you may be awakened to in the Awakening content to help. Remember that this is not an inclusive list and there are no right or wrong answers. This is for self-exploration, self-discovery, insight, and understanding.

It is okay to express your emotions and feelings. Embrace any emotions that arise during the writing process and be okay with whatever comes up.

Highlight any significant moments, realizations, and shifts in your perspective that have occurred.

Set intentions for your ongoing journey of self-discovery and awakening. What areas do you want to explore further? Do you have a vision for your continued growth?

Once completed, you can move on to the Awakening Exercise – Part 2.