

Exercise: Awakening Reflection – Part 2:

This exercise allows you to reflect on your unique journey of awakening, appreciating the transformation that loss and adversity have brought into your life. It allows you to recognize your growth, understand your changing perspective, and set intentions for further exploration of your true self.

Exercise:

- Find a quiet, peaceful and comfortable space where you can sit or lie down without distractions.
- Take a few deep breaths to calm your mind and relax your body. Allow any tension to leave your body with each exhale.
- Read either aloud or silently the paragraphs you've written about your awakening journey in the exercise in Part 1. Let the words resonate within you.
- Close your eyes and take a few moments to reflect on your personal journey of awakening. Recall the moments of realization and transformation.
- As you reflect, notice any shifts in your perspective, emotions, and mindset that have taken place since your experiences of loss and adversity.
- Picture yourself as you were before and compare that with the person you've become. Visualize a cocoon and a butterfly emerging as a metaphor for your transformation.
- Acknowledge any insights and realizations that you've gained. Recognize how your view of life has changed and expanded.
- Allow any emotions that arise to flow. These feelings represent your growth and the healing process that accompanies your awakening.
- Set an intention for your continued awakening journey. What aspects of yourself and your understanding do you want to further explore and expand?
- Thank yourself for your courage and openness to awakening. Express gratitude for the growth, self-discovery, and deeper understanding you've gained.
- After the exercise, take a few moments to journal about your insights, emotions, and any guidance you've received during this reflection.