



Homework for Session 2

Work progressively on the Self Assessment directives.

Write a few paragraphs about your mind and thought process. Are you a “type” of thinker (artistic, rational, critical, intuitive etc.) What do you ponder/wonder most about when you are alone? Do you have people you can share your thoughts with? Where do your ideas come from and how do you process them?

What has been your spiritual path? What have you studied/experienced that has led you to your present place in spiritual development, and what would you most like to achieve in the foreseeable future.