

# WHOLENESS

"If you would ask me what to study, I would say, yourself, and when you had studied well and asked me what next to study, I would again reply, yourself."

**REFLECTIONS** Spend a few moments doing some deep breathing, shaking off tension with your exhales, breathing in self-acceptance with your inhales, as you casually reflect on the past 12 weeks. Consider your accomplishments as well as the things that are still on your to-do list. Think about the wholeness of **YOU**. Every part together as one, positive and negative - **WHOLE**.

Think about a time when you chose something fun over your stack of responsibilities, and what it felt like to set tension aside and enjoy the moment, however brief...

Think about a moment you may have missed with a loved one because you were focused on something that felt more important at the time, but really wasn't...

Think about your intentions for yourself...

Think about your own ignorance...

Think about your own privilege...

Think about the standards you hold for yourself and whether or not they are always fair...

Think about the standards you set for other people, known and unknown to you...

## THE EFFORT

Dive deeper into the thoughts/conditions/stimuli that have kept you from experiencing yourself as **WHOLE** and perfect in every moment. Yes, **EVERY** moment. Identify your lesson and the emotion can separate and dissipate naturally. In the last 12 weeks, several things have drawn your attention away from your feelings of wholeness. As human beings, it is our natural state to wish for things that are different from what we already have. Accepting every part of ourselves as necessary and valid - **WHOLE** - is the first step to making whatever lasting changes we each long for, even if we don't have direct access to our actual deep feelings. It is our human habit to let our Judgment stand in front of our Wholeness, keeping certain things blocked and/or hidden.

Think through your recently identified 'obstacles'. Write a list (last one for this session!) of which thoughts and circumstances keep you from feeling Whole as it relates to each of the following areas:

Emotional	Spiritual
Mental	Physical

Draw a circle around the list of things you have identified. Hold the list to your Heart. Feel/Imagine your Soul Energy rising up. Breathe. Accept yourself as Whole. Breathe. In every moment. Always... It is the most powerful resource you possess, and its power leads you straight to the practice of maintaining your human balance on the Ego and Soul Scales.

