MODULE 16

HOMEWORK:

Write a brief comment to each question.
No more than 3–5 sentences.

- Practice your Six, Seventh & Eight Chakra Kriyas
- What did you notice while practicing the Medical Meditations?
- Which part of your body responded?
- Which part of your body resisted?
- Which kind of emotions were stirred up?
- Were there any dreams?
- What is your relationship with your third eye chakra?
- What is your relationship with your crown chakra?
- Reflect on the self-examination questions of each chakra and comment with brief and honest answers.

REFLECTIVE PAPER

WRITE A MAXIMUM OF TWO TO THREE PAGES
(Font: Regular Helvetia or Regular Chosen Font, Size 12)

TAKE SOME TIME AND REFLECT OVER THE LAST 15-WEEKS OF THIS COURSE…

- NAME AND DESCRIBE YOUR MOST DEEP-ACTING AND SELF-LIMITING CONDITIONED BELIEF SYSTEM WHICH CONTINUOUSLY INFLUENCES YOU IN YOUR DAILY LIFE TODAY? WHICH OF THE ACQUIRED TOOLS (DURING THIS COURSE) WILL YOU CHOOSE AND OF WHICH WILL ENABLE YOU TO SET IN MOTION YOUR PERSONAL EVOLUTIONARY PROCESS?

- HOW WILL YOU IMPLEMENT YOUR LIFE-AFFIRMING CHANGES?

- DESCRIBE YOUR PERSONAL RELATIONSHIP WITH YOUR BODY.

- IN ORDER TO LIVE YOUR OPTIMAL HEALTH, DESCRIBE THE VITAL AREAS OF YOUR BODY WHICH ARE IN NEED OF DRASTIC CHANGES?

- HOW CAN YOU LIVE AN AUTHENTIC LIFE AND WHAT CAN YOU CONTRIBUTE, AS AN ACTIVE PARTICIPATION, TO THIS UNFOLDING CHANGING WORLD?