**Homework #3 series 7**

By [David Smith](https://www.facebook.com/smithevents) on [Monday, February 9, 2015 at 8:41am](https://www.facebook.com/notes/spiritual-direction-caroline-myss/homework-3-series-7/401816989987435)

First, let’s recap the seven behaviors you are compelled to do, that act through you all the time. They are the substance of your nature, the nature of your power.

• You are always creating consciously or unconsciously.  
• You are always making choices.  
• You are always destroying something – the opposite of creating.  
• You are always imagining and telling stories to yourself. Imagination is a power.  
• You are always looking to fill the space in your heart and to use the power of the heart. It is a power that drives you.  
• You are always battling the power of your fears.  
• And you are always wondering in one-way or another about the cosmos: Is there a God? What happens after I die?

Pebble Exercises  
Instructions: Do as many of these exercises as you feel comfortable doing. It is more important to do two of them thoughtfully and fully present - true holy listening - than to do all of them rapidly.

Go to your inner Well with reverence for yourself and for the profound journey of transformation you are on.

I have come to my Well to listen and to reflect – to reflect upon my own words, my own mysteries. I will listen many times and reflect many times to each question, Lord, as I am only beginning to ask, to look, to seek for Truth in the deep waters of my Well. I am dropping a pebble with this prayer:

• What do I know about my creative nature?  
• Am I always creating: Why do I know about my creative nature?  
• Every choice I make has consequences: Do I fear the choices I make or do I fear their consequences?  
• Am I afraid of the power of my choices?  
• Am I afraid of having power far more than of being powerless? Is that the core of my inner suffering? Do I abdicate my power in small and large ways because I am afraid of creativity, choice, thinking, feeling, imagining – and listening – or even more frightening, to actually hearing Your voice within me?