Homework #4 Series 7

Pebble Exercises

Instructions: Just like last week, 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 on 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 believe to be true about myself and why do I believe that?

· Do I require others to believe as I do? Do my beliefs cause collisions? Why do I need others to believe as I do? Do other people require the same of me? What is my response to having beliefs imposed upon me?

· When and why do I become vulnerable to the negative beliefs of the outside world?

· When and why do I impose my negative beliefs on another? For what reason do I do this? What is my personal agenda?

· What frightens me about the pursuit of inner truth?