

#UNHARMABLE

Bonus Module Exercises: Awakened Living

Living an awakened life is fundamentally simple. It's our natural state. Awakened living is waking up from the illusion of separation, fear, and scarcity, and returning to our original perfection. Awakened living is experiencing absolute presence, and living in a state of awe and wonder. It's living beyond our stories of shame and trauma, and living in a state of curiosity that's possible because we are grounded in love and community in an ever-growing relationship with our essential self. Awakened Living is a recognition that the basis of our life is freedom, and the purpose of our life is joy.

Releasing Statement

I let go of the illusion of separation.

Affirming Statement

I am living an awakened life.

Simple Meditation Practice

This section's meditation is a silent walking meditation, like the nature walk you did in a previous module. The difference is that this meditation practice involves walking in silence for 30 minutes, and you are going to do it in the midst of other people. (Again, please modify as needed.) So, you might choose to walk down city streets, or walk through your local shopping mall. The intention is to notice what is different when you are around people but remain silent. What do you notice about other people? About yourself? Once again, write about your experience once you have completed the meditation.

1. Finding Your Purpose Process: Make a list of 7 people you respect and admire. They can be someone you know or a public figure. They can be dead or alive. They can be a real person or a character in a book or movie. Once you have made the list, write down 3 words to describe each of them. (They are _____.) It is OK if the words repeat for the different people on your list.

PERSON'S NAME	THREE WORDS TO DESCRIBE THEM
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Once you have written down all 21 words, circle the words that repeat. Then, on an index card, write down the 3 words that repeat most often. (Or your favorite 3 words from the list.)

Have you ever heard the term, “You spot it you got it?” It means we only see in others that which we possess within ourselves. It also means that the 3 words you wrote down on your card are your purpose and the “truth” of who you really are.

Symptoms of NOT Living on Purpose:

- Feeling uncomfortable in your own skin
- Experiencing stress and anxiety
- Feeling superior or inferior
- Experiencing yourself as judgmental and opinionated

Symptoms of Living on Purpose:

- Feeling comfortable in your own skin
- Experiencing calm and peace
- Feeling acceptance and understanding
- Experiencing connection and oneness

Our invitation is for you to keep the card with you and if you find yourself experiencing some of the symptoms of NOT living on purpose, you can simply pull out your card and remind yourself of the deeper truth of who and what you are. (Your three words.) This will allow you to shift into experiencing the symptoms of living on purpose. Notice how this changes your perspective and sense of well-being.

- Any insights from this exercise?

[illegible]

When the timer sounds, stop writing immediately. Make a note of how you feel. Often, making the list will actually change your body chemistry. Many people have a feeling of lightness or exhilaration after speedwriting their list. Some feel relaxed and others may experience sadness. At this point, it doesn't matter what you've put on your list; what is important is experiencing the process of identifying what brings you happiness and how it makes you feel. Study your list. Answer these questions:

- How do you feel about what you've written? Surprised? Frustrated? Was it difficult for you to come up with things? Did you freeze as you wrote? Write about that.

- How many of these things are you actually doing?

- What it would take for you to create more happiness in your life?

3. Discovering True Freedom Exercise: We define freedom as *“an inner freedom from duality, from ‘good’ and ‘bad’ and ‘right’ and ‘wrong.’ It’s freedom from the stories and perspectives that limit our choices. This freedom opens us to the power of authenticity, to the choice of peace and happiness, to awakened living.”* Now, answer these questions and (reread them if you’re alone or) share with someone (if you’re in a group):

- What does the word “freedom” mean to you?

- When have you experienced the type of freedom described in the quote?

- What allowed you to have that sense of freedom?

- How could you go about creating more freedom?

- What might happen if you did?

- How would your life change?

- How would your addiction change?

4. Embodying the New Paradigm Technique: *"This openness to Spirit in all things is the new paradigm. It's a space beyond duality, a space of stillness in the essential self. This new paradigm is beyond any one perspective, beyond any single story, fully grounded in present moment awareness, in curiosity, awe, and wonder."* Again, answer these questions and (re-read if you're alone or) share with someone (if you're in a group):

- What would it be like to embody this new paradigm?

- How would your sense of self change?

- How would your life change?

5. Awakening into Service Challenge: Rather than an exercise or practice, for this challenge we want to invite you to spend a bit of time researching some volunteer opportunities. If you refer to the list of people and qualities you made in the *Finding Your Purpose Process*, it might give you some ideas about where you might get the most satisfaction as a volunteer.

- List some possible places where you might volunteer:

- Now, the invitation is to sign up for volunteer work of some sort. Notice how it feels to be of service to others.

- What have you learned from this challenge?

Questions for journaling and further reflection:

"Tapping into our divine self is our most fundamental purpose."

1. What does this quote mean to you?
2. How would your life change if you were to embrace this idea?
3. Have you ever “caught a vision” for your life?
4. If so, did your ego-mind try to doubt or dampen the vision?
5. What would happen if you didn’t buy into that doubt?
6. Have you ever thought of happiness as something to be achieved?
7. If so, what are the things you are supposed to do to achieve happiness?
8. Is that authentically true?
9. What if happiness is truly a choice?
10. What would it take for you to acknowledge that you can make this choice now?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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