



The Compass Within

Module 2 Reflection Sheet 1

These exercises are to help develop and refine your inner pathway, to connect with your inner knowing. Try out doing them each day!

AM---Receive the day: (Purpose: to discover your priorities for the day)

Take a few deep breaths, settling into whatever space you have chosen where you are free from outside distractions. Plan to sit for 5 minutes without having any agenda or expectation. If thoughts keep intruding, try inviting them to settle, noting that you can re-engage with them later.

Once you are able to get quiet, breathe into the space within you. Pay attention to everything that arises from this space of calm. For example, you may suddenly have a sensing of someone you know. Do you need to be in touch? See if there is some action that you need to take in relation to this person.

Taking some dedicated quiet time will allow you to *discover* your priorities for the day rather than *imposing* priorities. Priorities are usually imposed---even if they are your own rather than someone else's. Unexamined priority chasing can end up feeling like you are going nowhere at top speed! You may find yourself surprised at what comes up.

PM---Acknowledge the day: (Purpose: to go to sleep with a clear body, mind and spirit)

Take a few breaths to settle your body. Take some time to review what happened during the day. Note 3 things you can acknowledge that brought you something that you can appreciate. If there were any situations that did not go as you wanted them to, change the picture. In other words, see how you could have handled it differently. Then create a new picture and see

yourself doing it in this revised way. How are you dressed? Play it out with smells, feelings, sights, sounds. This is what you will carry into your sleep time so that you can rejuvenate. *It is what will work in your body through the night.* That's why it is so important to do this before sleep.

Thoughts/Attitude:

Do you remember your thoughts when you wake up in the morning? Start paying attention to them; there is a wealth of information you can discover. For instance, your feeling body alerts you to thoughts that are not in your "best interest"; that is, thoughts that are self-negating.

As you pay regular attention to the feeling tone in your body, you might become aware of a feeling of tightness in your body. When you notice that, note what you are thinking. *Your body responds to the quality of your thoughts.* If you are continually exhausted or uncomfortable, perhaps your thoughts are the kind that give you only limited nourishment.

Each day, pay attention to:

- Quality
- Feeling tone
- Concerns: Take a few moments to attend to the concern. Imagine the situation the way you want it to take place. If you are frustrated with someone, look at your expectations. See if there is something positive that you can acknowledge about them or about the situation.

Your "Package":

How you dress yourself, the way you move in the world, your posture, all reflect on the attitude you hold about yourself and the way you feel about life.

Try this now: Stand up. Take a few deep breaths. Feel your feet connect with the ground you are standing on. Take a few steps, then pause. Are you standing tall with your body aligned? If someone looked at you, how would they imagine that you feel about yourself?

Consider: How do you want to feel? How would you stand if you felt that way? How would you move? What would you be wearing?

Take Action: Allow yourself to feel into the way you want to feel. Inhabit it. Feel it in every cell of your body. Notice how you are standing. How do you move? How do you want to dress? Imagine yourself speaking to someone unfamiliar to you. Sense how easily the conversation unfolds.