Finding Community Within

Reflection Questions for Class #3
Worksheet #3

1. In Meditation #3 which subpersonalities did you encounter hiding in the darkness of the woods? What did you sense that these parts of you were feeling, wanting, and needing?

2. In Supplemental Meditation #3A what was the hidden part of you that needed healing? What did you learn about this part of yourself? How did your Loving Presence respond to it?

3. Who are the people that you have attracted into your life that you dislike in some way? List their negative qualities. Who are the people that you admire whom you have attracted into your life? List their positive qualities. Next to each of the listed qualities (positive and negative) write how you might have that quality as well.