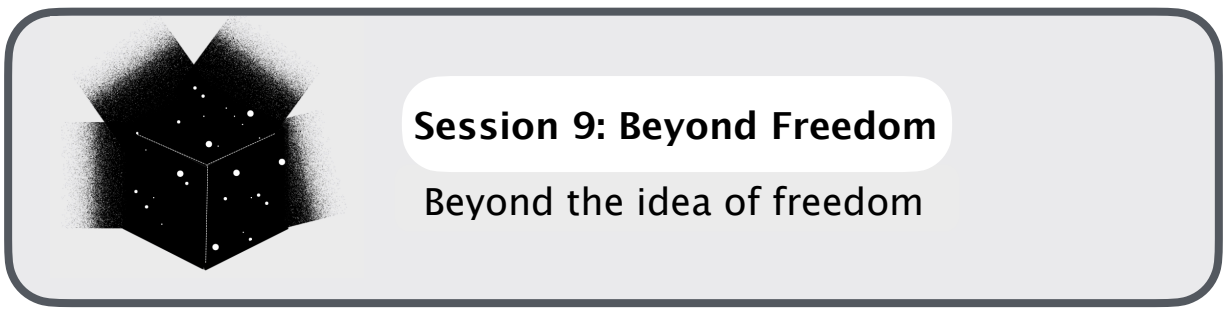


Journaling a pathway to the innate wisdom of you



Session 9: Beyond Freedom

Beyond the idea of freedom

Did you experience any sensations during your practice? Either physically or emotionally?

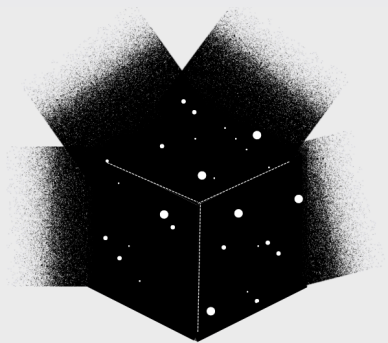
How did you feel emotionally during your practice? pleasant, neutral, frustrated

Were you able to allow memories or emotions to pass by without giving them your attention?

Write down an intention of practice that you will do for yourself this week
(walk in nature without media; gentle stretching before bed; a breath work practice, receive a massage)

A space for reflections beyond words

Beyond freedom is beyond the illusion of freedom



Freedom is a concept created to keep you trapped in the illusion that you are not already free.

When you remember that who you truly are is formless, boundless, and eternal you no longer require freedom.

What do you believe will happen to you after you die?

Will you spend eternity in heaven, be reincarnated, head to purgatory, cease to exist, something else?

Why do you believe what you believe will happen to you after you die?

If you believe there is a plan for you, for both life and death (some may call it destiny), who created it? And why do you believe it?

Do you have an idea or know what you want to do after your final transition from this body?

Do you have any doubt or fear in creating a plan for yourself?

Are you censoring anything. . . is there anything else you want to say?
