

Journaling a pathway to the innate wisdom of you



Session 4: Beyond Belief

Your innate wisdom is accessed beyond belief

How did you feel physically during your practice? peaceful, tense, tired, relaxed

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

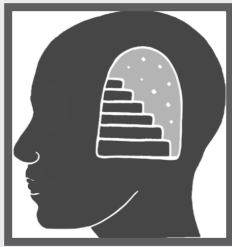
How did you manage any thoughts or emotions that called for your attention? Did they pull you away from your practice?

(Remember, there is no right or wrong way – practice is purposeful activity that creates change 😊)

Other thoughts or insights

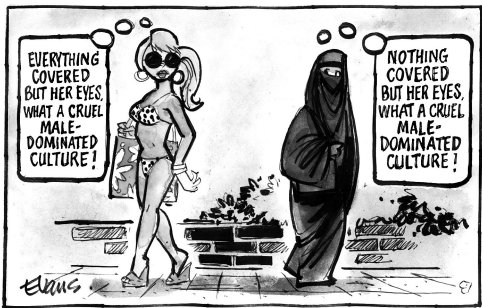
A space for reflections beyond words

How do your beliefs create your reality?



Beliefs shape your life by acting as filters, determining how you perceive the world around you. In turn, how you perceive the world creates your beliefs about yourself, others and this reality. Ultimately, perception is your sensory experience and belief is the energy that creates your reality.

What is perception?



Perception is the way we experience the world through our senses.

How has your perception of an event from your childhood affected your relationships throughout your life? (perception meaning the story you tell yourself about what transpired)

What is belief?



Belief is what you have convinced yourself to accept, with or without proof

What is one of your core beliefs about yourself and where did it come from? Ex: I am ____ because OR I am not ____ because. . .

What is discernment?



Discernment is the ability to see things for what they truly are and not for what you want or believe them to be.

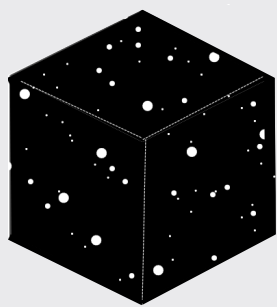
Think of a recent decision you made that you regret. (like saying something you did not mean // eating or drinking something you think you shouldn't have // yelling at someone in traffic)

How did you perceive the situation and what is the belief in the situation that caused you to make the choice to react?

Ex: The person who cut you off in traffic: I perceived the person as rude and disrespectful of my feelings and my space. Why did you feel that way and then why did you choose to react by feeling angry or yelling?

* You many need extra paper 😊

Why do you believe what you believe about death?



We have been educated to believe what we believe about death through religious doctrine, spiritual practices, the medical community, family, friends, and even from stories of near death experiences that offer explanations and descriptions of what we can expect after death.

These questions provide you an opportunity for you to begin inquiry about where your beliefs about death came from, allowing you to shine a light on your own perceptions and perspectives.

Where did you learn your beliefs about death?

This is not to blame any particular person or group, only to discover where your beliefs about death came from











Expand on your experience with a person or situation from which you acquired your beliefs about death?

What do you believe will happen to you after your final transition from the body?

Do you have any fear about death or dying?

Where were you before you were born into this body? (It's ok to not know or remember – guessing is a-okay😊)
