



Worksheet the Process of Spiritual Initiation -- Step 1 -- Birth

These are your study questions for the Spiritual Initiation Program Step 1 – Birth.

Have you experienced a birth process in your life recently, which is an awareness of something you want to change?

What kind of opening are you creating in your life with this desire for change? (an opening is a new opportunity, which can also look like a new challenge).

What kind of opportunity are you facing? Does it look like a 'good' opportunity or a 'bad' opportunity?

In what ways do you feel challenged by this situation?

Is this similar to something you have experienced in the past?

What kinds of emotions are awakened and are you aware of their karmic connections?

Who is part of the birth process and what is their connection to your karmic past?

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What choices do you have now and are you aware of them?

What choices did you make in the past in the same kind of situation? What were the outcomes then?

Can you identify a less challenging path? What is it?

Is this different, less challenging path available to you, can you see its potential and are you able to take it?

Be sure to listen to the audio to help you complete this worksheet and send any questions to support@enlighteninglife.com

Many blessings
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