

Worksheet #2 for The Process of Spiritual Initiation -- Step 2 -- the Trial



Use this worksheet after reading the article for Step 2 -- The Trial -- in The Process of Spiritual Initiation. The audio file is available to help you complete the worksheet.

Are you going through a trial at this time? Describe it below and include how you feel about it.

How is situation like others you have experienced in the past?

Is there a specific person or group of people who are involved in this situation? Have they been part of similar situations in the past?

What choices did you make then and what are you considering now? Do you think you have any choices or options in this matter?

Can you identify a karmic wound that this trial is revealing to you?

Who is involved and what role do they play for you in your initiation?

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What are you being asked to release so you can move forward in your life?

What emotions, including fears, are being revealed to you? Have these been part of your life in the past?

What is the most powerful way for you to resolve this?

How many options are you aware of that are available to you? Are you having trouble thinking of a single option in your life right now?

On a scale of 1 to 10 (10 being the highest) how scared are you that you may never resolve this situation, that you will 'never' get through this or will never be or feel normal again?

Congratulations and good work. Now you're ready to listen to and/or read the lesson for step 3 – the Lesson - in the Spiritual Initiation program and complete the study questions for that step.

Many blessings,
Jennifer Hoffman
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Email questions about the program to support@enlighteninglife.com