



Worksheet for the Spiritual Initiation Program -- Step 3 -- the Lesson

These are the study questions for Step 3 -- The Lesson -- in the Spiritual Initiation Program. The audio file is available to help you complete the worksheet.

Have you identified the lesson you are learning in your initiation?

Are you asking the question "Why is this happening to me?" It's OK, list all of the reasons you think this is happening to you, including that you may be unlucky, unloved, undeserving of something better, or whatever reasons you can think of -- write them all down.

This is happening to me because I am/ I am not _____

Is it a familiar lesson that you have experienced before?

If yes, how is it similar to a previous time? What did you do the previous time to resolve it?
If no, what is different about this experience?

Can you identify a purpose for this lesson in your life (other than the Universe is mad at you)?

Can you see how your choices in the past contributed to different outcomes for this lesson?

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Let's identify the lesson here. The purpose of lessons is to empower some aspect of you. So let's start by identifying the greatest fear that this particular experience activated within you: The greatest fear I experienced was/is my fear that _____

Now, since the purpose of the lesson is to help you overcome this fear, how can you do that? To learn and integrate this lesson, I am going to overcome my fear of

by becoming _____

Do you feel you have learned this lesson and are ready to release it?

If you are ready to release it, what will you do differently the next time a similar situation arises for you?

Looking back at the Birth process, when this all began, what could you have done differently at that time? Do you think it would have made a difference for you?

What other choices could you have made?

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Has this helped you become more powerful, empowered you in any way, or made you more aware of the power of your decisions and choices?

Congratulations and good work. Now you're ready to listen to and/or read the lesson for step 4 –Enlightenment - in the Spiritual Initiation program and complete the study questions for that step.