

Unit 8 Chapters 12-Meditation, 13-Write in the Damn Journal Already, 14- Hypnosis and Hypnotherapy

1. Do you feel the book has given you a good understanding of an altered state of consciousness?
2. Which, if any, of the limiting beliefs about meditation did you identify with?
3. Meditation is something to learn how to do through practice. How have you allowed yourself to learn to meditate? What has gotten in your way?
4. How did understanding form and formless help you understand yourself and the energy that surrounds you?
5. Have you ever journaled? If so, how did it help you? If not what was your reason? Have your feelings about journaling changed since reading the chapter? If so how?
6. What surprised you the most to learn about in the hypnosis chapter?
7. My goal in hypnosis is always for the purpose of healing. In what ways can you imagine hypnosis helping you to heal?
8. Which myths about hypnosis did you believe prior to reading this chapter?
9. Can you see now that the one being hypnotized is really the one with the power to heal themselves?

What to do when thoughts intervene during meditation



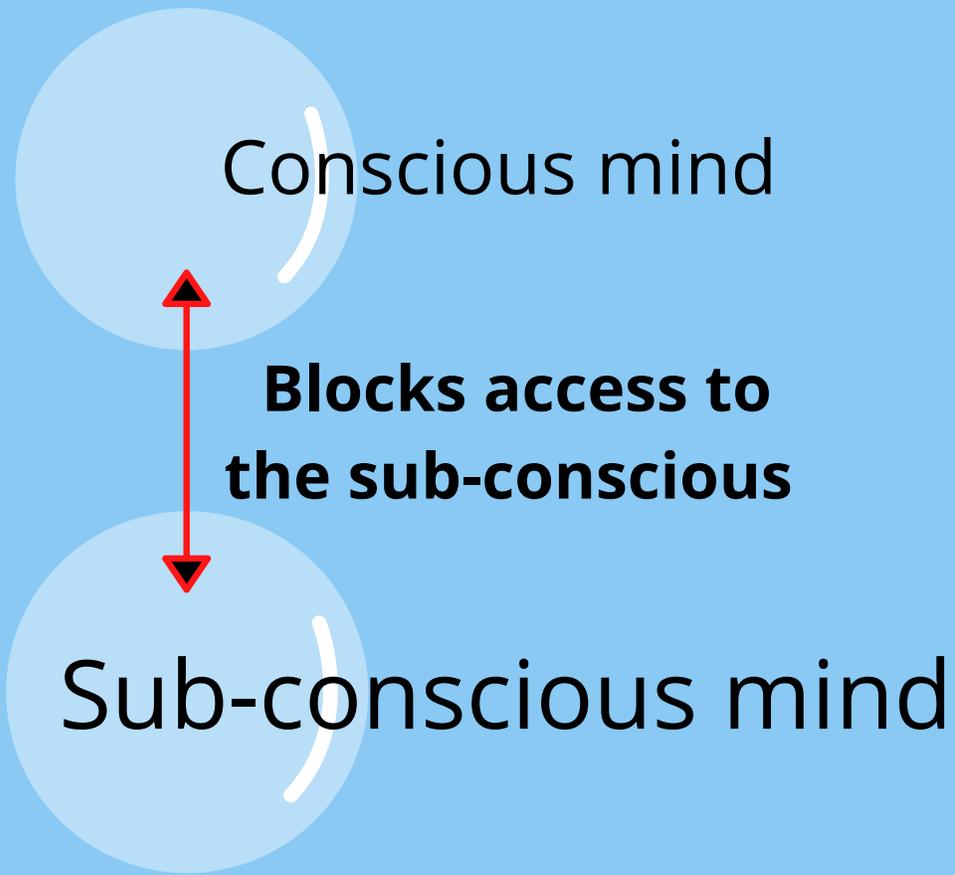
Come back to your breath

Journaling Guidelines

1. Use blank, unlined paper.
2. You can use loose sheets of paper, a journal entry does not have to be in a notebook.
3. Do not pay attention to grammar, spelling, punctuation, or neatness.
4. Experiment, write with your eyes closed.
5. Give yourself the freedom to allow the words to arrive organically and write them on the page.

*A blank page allows you
to be in flow as you write*

In our daily
awake state



What happens in hypnosis

In a hypnotic(altered)
state

