# **Conscious Being**

# Exercise Four: Living in the Question

Welcome to the new paradigm. This is a new way of being in the world. We are not, in the 21st century, looking for a messiah or prophet to come. We are not looking to follow prescribed doctrines or rigid ideologies. We are now ready to listen to the evolutionary impulse that is propelling us forward *from within* into this new era. We are now ready to be guided by the divine intelligence of our being. What was once for a select few—Buddha, Jesus, Lao Tzu—is now a way of being for us all. It is now time for each of us to take our meditation practice with us wherever we go. My invitation for you is to move from your meditation pillows and take to the streets being meditation. This is how we change the world; this is how we serve the new paradigm. We are here to be presence, be love, and be peace in the world. Our commitment to bringing present-moment awareness into the world is our highest calling.

#### Releasing Statement

I now release all beliefs in lack and limitation.

#### Affirming Statement

I am one with the ultimate power of the universe.

### Simple Meditation Practice

This module's meditation is a nature walk. This meditation is quite simple. Find a nature trail, beach, or other quiet place where you can spend 30 minutes walking or sitting in silence. Please do this practice alone and in silence, and simply take in your surroundings as you spend this time in silence. What do you notice? What are your thoughts and feelings? As always, once you have finished the walk, write about the experience.

the following questions. Person A asks person B the question, and listens for an answer. Person B gives a <i>short</i> answer, (one word or a short sentence). Without responding, person A then repeats the same question, and so on, for whatever period of time you choose. We recommend asking the question repeatedly for at least 3 minutes.
Who are you?
What are you?
What is love?
What is spirit?
What is ego?
What is pain?
What is heaven?
What is hell?
How does life get even better than this?
What else is possible?

1. Living in the Question Activity: This inquiry process can either be done alone or with a partner. If done with a partner, start by sitting and facing each other. Choose one of

Please write about your experience with this activity.				

2. Pain and Suffering Exercise: Read this quote: "Pain and pleasure are of the body,
suffering is in the mind." Now write out what this quote means to you. Allow it to be a
"stream of consciousness" process; in other words, allow yourself to write out any and
all responses without editing. Simply allow whatever wants to come up to emerge.
After you have done that, answer the following questions:
<ul> <li>In what ways do you resist pain or pleasure and create suffering for yourself?</li> </ul>

him/her your answers to the following questions:
<ul> <li>In what areas of your life are you feeling the most limited?</li> </ul>
What are you telling yourself about those issues?
What story are you presently creating and believing?
In what ways is the story actually true?

<ul><li>In what ways is the story actually not true?</li></ul>
<ul> <li>And if it were true, what would that mean about you?</li> </ul>
<b>4. Unique Journey Activity:</b> Now reflect upon the previous process. What would happer if you were to live beyond those stories? Who would you be without these stories and how would you feel about yourself and the challenging issues? Please write about this.

## Questions for journaling and further reflection:

- 1. In what ways do you look down upon or judge others?
- 2. In what ways are you like those people that you are judging?
- 3. If you were to accept those parts of yourself, what would happen?
- 4. Have you ever had a time when everything seemed to fall apart?
- 5. In what ways can you acknowledge the gift that came from that experience?
- 6. What was right about it, that you may not have recognized at the time?
- 7. Can you now perceive the growth that occurred?
- 8. What inner personality structures need to be changed or released?
- 9. What do you need to let go of today to create the life you'd like to have?
- 10. What commitment will you make to be the change you wish to see?


