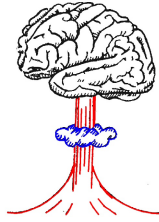


Inner Journal



Your Life is your art form. Perfect. Your supreme Lifework is to create of your Self what you really are already. Your total potential for endless cosmic curiosity, growth, love, meaning, and when was guaranteed the moment Pa's sperm tickled Ma's ovum. Both the Child confusions, pains and fears bloke the automatic yeasting. Re-start your Love-of-Life in your Journals: three-ring notebook with a dozen side-tab dividers. Write non-judge mentally. There is no "right" or "wrong" anymore in your history. It just happened. Just You. Wholly. Holy.

1. Where am I now in my Life?
2. What are the true, the beautiful and the good things of me?
3. What parts of my Self do I want to create into more truth, beauty and goodness?
4. How shall I do it? Who shall I choose to help me? How?
5. How shall I enfold my Self and expand my Self in gentle, warm love while I do the cold inner work of learning to release my dormant brain potentials?

6. When did I get off the track of growing as Natural Child in love intimacy toward my magnificent spiritual fulfillment?
7. What is my autobiography of chapter titles? What images are most vivid? What values and meaning did I acquire?
8. What trails over what mountains and down through what canyons have I taken and not taken in my Life?
9. What feeling have I denied my Self in Life? Shall I always?
10. Do I want to learn how to release my dormant brain into cosmic perception, communication, intelligence, and love?
11. Have I already had my first cosmic experience? Do I want more?
12. Who am I?
13. What is Life?
14. Where am I going in this one chance to be all I can be?
15. What is my spiritual goal? Intellectual goal? Emotional goal?
16. What is my complete love meaning?
17. Do I want to get what others are getting: To be re-born into frontal loves whole brain power and pure cosmic consciousness; nirvana?
18. Can I trust others who are on this Earth to help me grow up?

19. Can I flow with others above the clouds of daily trivia and boredom while I learn how to transcend my Self into perpetual rapture?

20. What supreme question—which will turn my Life around; which will change my Life forever—should I now ask my Self?