

# Beinghealing

## Study Guide

These questions are meant to help you connect deeper into the themes of beinghealing and to bring that awareness into your own life.

### **Chapter 1: What is Healing?**

1. What is my current perception of the word healing? What does it evoke within me?
2. Have I ever had an experience in my life that science could not justify?
3. What are some of my current beliefs that might be inhibiting my body's natural ability to become healthier and happier?

### **Chapter 2: All is One**

1. What thoughts and emotions arise within myself in response to "all is one"?
2. What is one pattern that I can identify, right now, that keeps me from perceiving myself as separate from the whole?
3. How might my life change if I began to perceive the lack of difference between myself and all else?

### **Chapter 3: Insensate**

1. What is my current relationship to nature? Do I view nature as an extension of myself or as something separate?
2. In what ways do I consciously and unconsciously contribute to the destruction of the earth, our only home?
3. What are 3 things I can change today that will support and honor my relationship with Mother Earth?

#### **Chapter 4: Context and Pain Relief**

1. When I think about the unknown, what feelings arise?
2. How does only one approach to knowing compromise our potential to heal and know ourselves more fully?
3. How would it feel if I allowed myself to be open to other ways of knowing?

#### **Chapter 5: Forgive- Get Past Your Past**

1. Is there someone in my life that I could choose to forgive right now?
2. When I think about this person, what do I experience in my body? Does this emotion serve my highest expression of happiness and health?
3. How might I feel if I released this emotion? How could my life change?

#### **Chapter 6: Transformation Part 1**

1. When I reflect on my day so far, what thoughts have I been giving my attention to? Are they empowering or disempowering? Loving or unkind? Selfish or generous?
2. If I realized that the things I do, or the thoughts I have from moment to moment are who I am becoming, would I choose differently?
3. If I were to view myself as a process that is a part of life instead of a separate thing, how would this impact my life?

#### **Transformation Part 2**

1. If I fully and unconditionally accepted myself right now, how might this transform my life?
2. What are some limiting beliefs or old patterns of mine that may be preventing transformation from occurring?
3. How do I feel about change? Can I begin to view change as an opportunity?

### **Transformation Part 3**

1. What in life truly inspires me? What provides fulfillment and meaning?
2. Am I actively engaged in these areas or am I stuck in a pattern that prevents me from connecting to fulfillment?
3. How does fear play a role in hindering my own transformation?

### **Chapter 7: Healing and the System of Nature**

1. If I were to view nature as a system that provides all that we need, how might that change my relationship to nature and my life?
2. In what ways do I live consistently with nature?
3. In what ways do I let cultural demands dictate my approach to life?

### **Chapter 8: Inherent Values**

1. What do I value?
2. Are these values based on societal and cultural beliefs?
3. If I asked my heart, “what do I truly value?”, what would it say?

### **Chapter 9: Love Generates Health**

1. How might my life change if I consciously chose to love in each moment?
2. Can I recall an experience in my life where, by choosing to love in the presence of hate, I created positive transformation?
3. When I am experiencing the energy of love, what does that feel like in my body? When I am experiencing the energy of anger, how does that feel? Which feeling supports my wellbeing?

## **Chapter 10: Messages From Ourselves**

1. How do I honor my own momentary glimmerings? Do I pay attention? Do I ignore them?
2. Where do I seek information about myself? Do I go within? Or do I conform to societies norms for direction?
3. Can I identify one thing that is holding me back from discovering what is truly possible?

## **Chapter 11: Predicament**

1. If I were to make a list of my daily activities, what does that include?
2. How often do I make time to go outside and spend time in nature?
3. How do I view the other species that inhabit this planet? With reverence or with a lack of respect and entitlement?

## **Chapter 12: Respect**

1. What is my experience with respect? Do I consider myself a respectful person?
2. If I consciously chose to give respect to another from my heart, how might this change my life? How might this feel?
3. How might this change another person's life? How might it feel to them?

## **Chapter 13: Gentleness**

1. How might my life change if I consciously chose to be more gentle? What might I experience?
2. How might my relationships change?
3. How might this inspire others to connect with their own inherent gentleness?

## **Chapter 14: Becoming**

1. What am I paying attention to?
2. What is possible?
3. Who am I becoming?

## **Chapter 15: Earth/Love**

1. Have I taken time to connect with the loving, life giving energy of the earth?
2. Have I expressed gratitude for all that it provides?
3. How might I honor my connection to my true home?

## **Chapter 16: Being Healing**

1. In what ways might I “be healing”?
2. What if I actively committed to loving, forgiving, and honoring nature - how might this change my life?
3. What if I chose to cultivate the use of my heart? What might I experience?