

Completing our Journey: The Conscious Course

Let's recall the journey!

Use this worksheet to follow along on the journey and get curious about the following as you listen to the video:

1. What feels more familiar
2. Practices you enjoyed or want to try again
3. What feels hard or challenging

Topic: to be more able to attend to my wellbeing no matter the circumstances

Learning Objectives:

1. To be more able to be and remain whole in a sandstorm
2. To be more comfortable doing the minimum and/or to be okay with doing less
3. To more fully know what are my own essentials in the fray

Current Way: The Way of the Grateful Construction Site Manager

New Way: The Way of the Minimalist Desert Pioneer

The Self Observation Exercise (S.O.E) to get to know the Way of the Grateful Construction Site Manager

What am I more aware of that I didn't notice before?

The Foundation Practice: Exploring New Frontiers

*This practice developed your **body's** capacity to explore and know a range of terrains (inside you, outside you, in shared space, in physical space) both near and far.*

Practice 1: Experiencing the Unknown

This practice focused on breaking form and getting more comfortable experiencing a different or unknown way, so you could more concretely see how this might play out.

Practice 2: Knowing my Essentials

This practice focused on doing a little less to be with the experience of releasing so you could see what it felt like to travel a little lighter.

Practice 3: You Attending to & Honouring You

This practice focused on you being in time where you were completely and fully attending to that which supports you and honours you as an already vibrant, wise and complete soul.

The 2nd Foundation Practice: Being with the Stars at Night

*This practice developed your **body's** capacity to be with the emotions, experience and energy of the day and surrender it in order to be more able to see the stars at night.*

Practice 4: Being with All of You

This practice focused on developing the capacity to be with the full experience of an intense moment just as it is allowing you to keep the energy that you often use to carve off parts of your experience.

Practice 5: Mindful Pauses in the Day

This practice focused on cultivating your capacity, with your breath, to be present and also to develop the capacity of “returning to”.

Practice 6: A New Way to be in the Desert

This practice supported your ability to both return to and be with you and notice what is going on around you, to more fully be with the paradox of being both connected and separate from what is going on around us.

Reflecting on the Journey

1. What feels more familiar or “available” to you now in the Way of the Minimalist Desert Pioneer

2. Which practices did you enjoy or want to try again so that you can gain additional benefit?

3. What feels hard or challenging for you at this stage of the journey?

4. What do you feel surprised about in reviewing this journey?