

CLARIFYING YOUR DHARMA

PART III



Worksheet 13

Before beginning this summary, take a moment to center yourself. Lift your perspective from rational analysis to intuitive wisdom by focusing your mind and your gaze upward toward the spiritual eye. Mentally see your work and service engagements to date pass before your inner vision, letting images and feelings float into your awareness. When you feel ready, turn to the questions below.

- **What threads and recurring themes do you see running through the activities of your life?**

- **What energizes and inspires you most in your work?**

- **Where does your energy feel blocked, depleted, or out of balance?**

● *What can you do to restore your energy and regain balance?*

● *What more do you hope to accomplish through your present work?*

● *What other interests would you like to explore?*

● *Which doors seem to be closing — and which ones opening to new horizons?*

● *What insights have you gained about your dharma in this lifetime?*
