



Through the following exercises you will be able to observe the interplay between the forces of expansion and contraction as they manifest in your inner life and your daily actions. You can be candid and objective in your evaluation; your responses are meant to highlight areas of inner strength and neglect, not to foster self-judgment. • Before you start, take the time you need to enter a calm, focused, and elevated state of mind. You can use the Introspection Gateway if you wish, or any other method familiar to you. What matters is that you begin from stillness, with the mind uplifted and receptive. • For each statement, check “Yes” if it describes your usual behavior, “No” if it rarely or never does, or “Needs Attention” if you wish to improve.

Inner Life

- I tend to focus on my own needs, sometimes at the expense of others.
- I I maintain regular practices that deepen my attunement with the higher Self.
- I I approach my practices enthusiastically, with a desire to go deeper.
- I I stay inwardly focused during practice.
- I I feel uplifted when I practice with others who share my aspirations.
- I I dedicate time to being alone and in silence.
- I My practices lead me to a sense of inner peace.
- I I remain patient, even when inner progress feels slow.

Yes No Needs Attention

☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Daily Life

- I remain inwardly serene when faced with challenges or unexpected change.
- I am content with what life gives me, without longing for more.
- I strive to see life’s situations from a higher, more expansive perspective.
- I recognize and honor a sacred presence in all life forms.

☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Relationships

- I seek out and nurture friendships with those who share my values and ideals.
- I relate to others in a spirit of harmony, even when our views or goals differ.
- I offer my time, knowledge, and support when needed.
- I treat others with kindness and respect, even when we disagree.

☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Faith

- I seek divine guidance in all circumstances.
- I accept challenges as opportunities to align with divine will.
- I test and then trust inner guidance even when the path ahead is unclear.
- I express gratitude for life’s challenges as well as its blessings.

☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐