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PART VI



PART VI: CRISES AND CROSSROADS

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CRISES PAST

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Worksheet 1

Take a moment to center yourself. Calm your mind, steady your thoughts, and expand your awareness—either with a practice you know or the audio recording of the Introspection Gateway exercise. This inner stillness will help you quiet distracting emotions and attune your consciousness to a higher state of awareness as you begin to look at the challenges in your life.



What are three significant crises in my past that still stand out in my memory?

Take a moment to write them down. Focus on the events that most affected your sense of identity, safety, or purpose—those that, in hindsight, influenced the direction of your life.

1) _____

2) _____

3) _____



What emotions did I experience at the time?

What were your first reactions? Did you feel disappointment, anger, confusion, or something else entirely?

1) _____

2) _____

3) _____



How did I respond to each crisis at that time?

What decisions or actions did you make in response to each situation? Did you seek support, or did you feel isolated in your experience?

1) _____

2) _____

3) _____



What lessons did these experiences teach me?

In what ways did they change you or influence how you see yourself and your life? What insights stand out now, with the perspective time has given you?

1) _____

2) _____

3) _____



How do those lessons continue to inspire me today?

Do they still influence how you respond to difficulty, make decisions, or relate to others? In what ways are they still guiding your path?



RELATIONSHIP CHALLENGES: REFLECTIONS

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Worksheet 2

The next two exercises invite you to reflect on the relationships—personal, familial, professional, or within your wider community—that are demanding the most of you now. Some may simply feel unsettled; others may be at a breaking point. Both are worthy of your honest attention. • Take time again to center yourself, calm your thoughts and steady your feelings. This inner stillness will help you approach each question with openness and clarity, allowing insights to arise.



Which of my relationships are currently testing me?

Make a list of those that feel challenging, as well as those in crisis. Then note the nature of the difficulty. Does it arise from: ● misunderstandings, ● unmet expectations, ● past disappointments that still linger, ● outside influences, ● resistance to changes affecting the relationship, ● or from something else entirely?



How are these situations affecting my physical, emotional, and spiritual wellbeing?

Consider their impact on your health, your work, your mood, your spiritual practices, and your ability to feel centered and at peace.



What might these challenges be inviting me to reconsider in these relationships?

Reflect on how they may be prompting you to adjust the way you relate with others.



In what ways are these relationship crises contributing to my personal growth?

Reflect on how they may be helping you become stronger, more grounded, and more self-aware, so you can meet future relationships with greater wisdom and resilience.



Have I experienced betrayal? By whom? How has it affected my ability to trust and move forward?

What has this experience revealed about what you seek in a relationship, what you expect from others, and what you are learning about yourself?



Have I lost someone dear to me?

Who has recently left your life—through death, separation, distance, or estrangement? What emotions are you experiencing?



What does this loss mean in the context of my life?

Reflect on how it is affecting your daily life and emotional balance. What outer and inner adjustments are being asked of you?



How might this loss be pointing me toward a new direction?

Even in its pain, is it creating space for something new to emerge? Is it inviting you to explore possibilities you couldn't have considered before?



What outer resources could help me in meeting these challenges?

Think of friends, mentors, or professionals, as well as supportive communities you can turn to for clarity and perspective.



What inner resources can I draw upon?

Consider the strengths that have sustained you before—qualities such as courage, patience, forgiveness, and the spiritual practices that help you stay centered—and how they might support you now.



In what ways am I taking care of myself?

Reflect on how you treat yourself—with compassion or criticism, with patience or pressure—and notice how these attitudes affect the way you relate to others.



How am I nurturing my relationship with God, the Divine Friend?

If you feel a connection with a higher power, how do prayer, meditation, or other practices help you experience guidance, support, and love at the deepest level?

RELATIONSHIP CHALLENGES: INSIGHTS

PART VI



Worksheet 3

Having reflected on these challenges, step back and consider the insights that are beginning to emerge from them.

- **As you reflect on your current relationship difficulties, what recurring patterns are emerging?**

- **Are there relationships in need of significant transformation, or that are moving toward closure?**

- **Which relationship is most in need of your attention at this time?**

- **What is one specific action you could take today to bring healing, clarity, or loving-kindness to that relationship?**



DEEPENING MY RELATIONSHIP WITH

[NAME] _____

When pain or disappointment clouds a relationship, it's easy to lose sight of what once made it meaningful. If it is one you feel called to nurture rather than release, the following exercise invites you to step back and remember the love that may still be present. As you visualize the relationship most in need of attention, let these questions guide you.

● **What do I appreciate or admire about this person?**

● **What values do we share?**

● **What meaningful experiences have we shared?**

● *What do I receive from this relationship that enriches my life?*

● *What do I contribute to this relationship, and what would I like to offer more consciously going forward?*

● *What am I discovering about myself within this relationship?*

● *What is one specific way I can nourish and strengthen this relationship?*

WORK CHALLENGES: REFLECTIONS

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Worksheet 5

These exercises will help you explore your current work situation and assess whether any aspect of it is reaching a critical point. By looking honestly at these challenges, you can gain clarity about how to approach them constructively. • Before you begin, take a few moments to center yourself and calm your mind, using a practice you already know or with the Introspection Gateway exercise. Inner stillness will help you consider each question with an open mind and heart, allowing you to recognize the lessons these experiences hold.



What situations at work are challenging me right now?

Make a list of the challenges that are pulling you out of your comfort zone. They may be interactions with superiors or colleagues; additional responsibilities; new areas of service or skill requirements; limited human or technological resources; changes in the organizational structure that affect your role; transitions in personnel that alter team dynamics; or even shifts in the workplace itself, e.g., its location, design, or atmosphere. Include any other factors that may be influencing your sense of purpose or security at work at this time.



How are these situations affecting my performance?

Consider their influence on your energy level, concentration, confidence, creativity, and overall productivity.



How are they influencing my mental and emotional wellbeing?

Do you feel secure and valued, or insecure and unappreciated? Are you enthusiastic about new possibilities, or experiencing stress, frustration, or inner unrest? How do these challenges affect your motivation, sense of purpose, or overall enjoyment of your work?



How are these situations affecting the balance between work and the rest of my life?

Consider how they are impacting your health, relationships, personal time, and wellbeing.



What outer resources could help me in this time?

Consider the people, mentors, or professional resources that might offer perspective and encouragement. Are there practical forms of support—training, collaboration, or services—that could strengthen your confidence and help you move forward?



What resources within myself are these situations calling forth?

Are they awakening inner strength and insight you didn't know you possessed until now?



Is my work aligned with my deeper values and direction in life?

What values would you like to see reflected in your work? To what extent are your daily responsibilities and the overall atmosphere and ethics of your workplace in harmony with your core values and life direction?



Let your mind envision the work life of your dreams. What does it include?

Describe here the kind of work you would love to do, the environment in which you would thrive, the relationships that would inspire and support you, and the opportunities that would allow your highest potentials to unfold.

WORK CHALLENGES: INSIGHTS

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Worksheet 6

Having reflected on these challenges, step back and consider the insights that are beginning to emerge.

- Which work situation is most urgently demanding my attention?

- Beneath the surface, what is it asking of me—greater strength, new skills, or a reevaluation of my direction?

- What is one or more steps I could take now to bring my current work situation into closer alignment with my values and priorities?

- What doors in my work life seem to be closing? Which ones are beginning to open?

● *If I were to leave your current work, who could I prepare to carry on your responsibilities?*

● *What new areas would I like to explore?*

∞ INTERLUDE ∞



BREATHE

This may be a good moment to rest and catch your breath. Take some time, even over several days, to let what has emerged settle in. Clarity doesn't always come right away. Whenever you feel ready, continue with the next chapter which turns to questions of health.

HEALTH CHALLENGES: REFLECTIONS

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Worksheet 7

Our health is often the first area in which necessary change becomes evident. Sometimes the challenge is manageable: a nagging pain, a period of low energy, or a minor injury that disrupts daily life. At other times, health issues arrive suddenly and decisively, demanding urgent decisions and forcing us to reevaluate how we live. They remind us that the body is not permanent, that vitality must be consciously nurtured, and that inner strength often reveals itself most clearly when outer strength falters. ● Center yourself again, bringing calmness to the body and stillness to the mind. This inner poise will help you approach each question with greater sensitivity, listening more deeply to what your body and intuition may be telling you.



What health issues am I dealing with right now?

Make a list of the specific concerns you're facing, from minor discomforts such as colds, headaches, or digestive upsets to major crises such as chronic fatigue, injuries, or serious illnesses. Identify which ones feel most pressing or influential in your life at this time.



Have I been noticing changes in my health as the years go by?

Even subtle changes can influence the rhythm of your life. List any variations you've observed, whether in your energy level, mobility, memory, sleep, vision, or hearing. Note any patterns or recurring signals your body may be sending.



How are these challenges or crises influencing my daily choices?

Are they calling you to adjust your pace, simplify your routines, eliminate or adopt new habits, recalibrate your limits, or reconsider your overall priorities?



What external resources can I rely on to support me?

Friends, family, professionals, clinics, support groups, community organizations, or even authentic online resources may provide perspectives and encouragement you hadn't considered. List those you can realistically reach out to in the near future.



What inner resources can I draw upon?

Think of the inner strengths that have carried you through difficulties before. Which of them can you call upon now to support you?



What is my current health situation teaching me?

Reflect on the lessons you're learning from these challenges. What qualities are you developing—such as resilience, patience, or adaptability? What inner strengths are emerging as you navigate them? Think about how these experiences are shaping you and contributing to your growth.

HEALTH CHALLENGES: INSIGHTS

PART VI



Worksheet 8

Having completed your reflections, take a moment to identify what is becoming most clear.

- Which aspect of your health is most urgently demanding your attention?

- What steps could you now today to help improve it?

- As I review my various health issues, do I notice an underlying message or recurring patterns that emerge?

SPIRITUAL CHALLENGES: REFLECTIONS

PART VI



Worksheet 9

A *At times our inner life itself enters a season of testing. Practices that once felt alive may turn dry—doubts arise, and the sense of God’s nearness fades. Sometimes this season follows grief or illness; sometimes it comes when work and family responsibilities overwhelm us; sometimes there is no obvious cause. A spiritual crisis is not failure—it is an invitation to deepen trust, simplify one’s practice, and develop a more intimate relationship with the Divine. • Before you begin, turn your attention within through a practice you know, or through the Introspection Gateway. This inner calm will help you view these challenges with greater intuition.*



What aspects of my inner life feel most in need of renewal right now?

Consider the time you devote to practice, its depth and vitality, the fruits you’re seeing, and your sense of connection with the Divine.



What conditions may be contributing to this sense of dryness or discouragement?

Consider such things as everyday responsibilities and deadlines, general fatigue, illness, over-effort, grief, heartbreak, disappointment with results, conflict with a community or teacher, or neglect of the basics. Try to discern which of these influences are temporary and which may signal a need for lasting adjustment.



Are there beliefs, rituals, or expectations that no longer feel right me?

Ask whether these beliefs or practices still nourish your growth, or if it's time to let them go with gratitude. You might also reflect on what new understanding or approach could take their place.



Is there a trusted friend, mentor, or guide I could speak with for wise counsel?

Who are the people who can help you gain perspective and motivate you to rekindle your enthusiasm before this dryness becomes entrenched?



What resources are available to help me renew my practices?

Consider these and other resources: participating in group meditations or prayer circles, talking with a spiritual friend, listening to uplifting talks or sacred music, visiting inspiring places, taking brief periods of retreat or pilgrimage, and serving others in need. Above all, remember to invoke the grace of God and, if you have one, your Guru.



Which of the above resources can I call upon today?

SPIRITUAL CHALLENGES: INSIGHTS

PART VI



Worksheet 10

Having reflected on these challenges, take a moment to see what is becoming clear within you.

- **What is the most important spiritual challenge you are facing right now?**

- **Are there particular habit patterns or recurring attitudes that are interfering with the quality of your inner life?**

- **Where can you go or what can you do to reopen the channel of inner joy and divine connection?**

EXISTENTIAL CRISES: REFLECTIONS

PART VI



Worksheet 11

There comes a time when life itself confronts us with questions that reach beyond daily concerns. They touch the very meaning of our existence: Who am I? Why am I here? Where am I going? How can I best get there? • If you find yourself in this space, questioning and searching, know that this can be a powerful moment of awakening. The reflections that follow are designed to help you embrace this period of uncertainty, not as something to fear, but as an opportunity for renewal, one that can ultimately bring you closer to understanding what truly matters. • Before you begin, take a few moments to center yourself. Breathe slowly, letting the body relax and the mind grow still. Allow any uneasiness or confusion to settle into inner stillness. From that calm space, open yourself to the deeper insights these reflections may awaken.



What existential questions am I grappling with right now?

Reflect on the doubts or longings that are stirring beneath the surface. Are you wondering about your purpose, where your life is heading, the significance of your efforts, or whether you've been investing your time in what matters most to you?



What personal values, goals, or beliefs are being challenged?

Consider the fundamental assumptions you hold—about success, happiness, love, freedom, or other deeply held convictions—and why you are questioning them at this time. Notice whether your changing perspective is asking for a refinement or a rejection of what you once believed.



Is the existential crises of a spiritual nature?

Have you lost touch with the inner strength or purpose that once sustained you? Are you experiencing a crisis of faith—a loss of attunement with divine will, a waning confidence in your own worth, or doubts about the validity of your path or the integrity of spiritual guides? Do you find yourself questioning long-established forms of devotion and worship that no longer feel pertinent to your way of relating to the Divine?



What does my most meaningful life look like?

Consider the elements that would make your life feel deeply fulfilling: your work, your relationships, your creativity, your service, your spiritual growth, and the contribution you feel called to offer.



What obstacles are holding me back from realizing your dreams?

Consider both external barriers such as finances, responsibilities, or relationships, and internal ones such as fear, doubt, self-judgment, or loss of inspiration and determination.



What support or resources could help me move through these crises?

Are there trusted friends, mentors, spiritual guides, therapists, or other resources you could turn to for guidance?



How is this period of soul searching helping me know myself better?

What is it revealing about your inmost longings and your willingness to acknowledge them? Is a deeper understanding about your purpose or direction beginning to emerge through this questioning?

EXISTENTIAL CRISES: INSIGHTS

PART VI



Worksheet 12

- *If you could ask one question of a truly wise person, what would you ask?*

- *Why does this question matter to you right now, and where might the answer be leading you?*

- *Where—or to whom—might you turn for insight, perspective, or guidance? Or is the answer already beginning to form within you?*

∞ INTERLUDE ∞



The reflections you've just completed may have touched tender emotions or revealed difficult truths about your inner life. Allow your heart to rest and settle, and give yourself space, now and in the days to come, to continue reflecting, especially on those issues that are calling for your immediate attention. Whenever you feel ready, turn to the next section on existential crises.

WORLD CRISES: REFLECTIONS

PART VI



Worksheet 13

The crises of the world may seem far removed from daily life, yet they touch us more deeply than we sometimes admit. The real challenge is to transform awareness of the world's pain into a deeper commitment to inner peace, to service, and to bringing harmony to our daily interactions. • Before you begin, take a few moments to center yourself. Let your breath slow and deepen as you release any heaviness you may feel about the state of the world. Remember that peace begins within you. In that calm and centered state, open your heart to the reflections that follow.



What events are most disturbing to me right now?

Think of local, national, and world events such as natural disasters, economic or political instability, environmental pollution, or other concerns that weigh on your heart. Which of these speaks most deeply to your conscience?



How are they affecting me emotionally?

Do you feel unsettled, angry, disheartened, or moved to act in some way? Are there patterns in how you tend to respond?



How are they are they are they disrupting the rhythm of my daily life?

What, if any, are their practical consequences for you?



What helps me stay informed without losing my inner balance?

How do you manage your consumption of news so as not to be overwhelmed by information and emotions?
What enables you to keep your heart calm, your mind positive and hopeful, and your inner peace intact?



What is one step—however modest—I can take to help those who suffer and to uplift human consciousness?

Take a moment to acknowledge what you may already be doing, practically and inwardly. Then reflect: Is there something more you feel called to contribute?

WORLD CRISES: INSIGHTS

PART VI



Worksheet 14

*Having reflected on these questions, take a moment to recognize
what actions or attitudes are emerging as your next step.*

- Which daily practices helps me remain calm and centered in the face of global challenges?

- What is one simple way I could help meet a need in my local community or among your friends?

- What is one step I can take to support global efforts to relieve human suffering or protect the environment?

- What is one practical way you can help bring greater understanding and harmony into the world?

∞ INTERLUDE ∞



Reflecting on the world's suffering can leave us feeling overwhelmed. If this section has stirred strong feelings, take time to center yourself again. You may not be able to change the world, but your compassion and willingness to help are already a meaningful response.



READERS' INSIGHTS

The section on world crises truly resonated with me—especially the focus on global events. Writing down my thoughts and emotions made those vast, often overwhelming realities feel more tangible and manageable. Putting them into words helped me find a clearer sense of perspective amid so much uncertainty.

—*Anita, Devizes, UK*

CROSSROADS: REFLECTIONS

PART VI



Worksheet 15

Life often brings us to crossroads—moments when we stand between two paths and must choose which way to go. These choices may involve work, relationships, health, values, or spiritual direction. At such times we may feel uncertain or even afraid. Yet every crossroads holds a hidden promise: it invites us to reflect on what matters most and to choose the path that aligns not with who we've been but with who we are striving to become. The reflections that follow are meant to help you approach the decisions you face with greater awareness and confidence • Before you begin, take time to center yourself. You might use the Introspection Gateway to reach a state of inner stillness, focusing your mind at the spiritual eye, the doorway of intuition. From that inner stillness, proceed with the exercises, trusting that the right step will reveal itself in its own time.



What major decisions am I facing?

Take a moment to describe the significant choices before you. These might relate to work, relationships, health, lifestyle, location, creative pursuits—or to other areas of life that feel poised for change. Consider which of them feels most significant or most time-sensitive at this stage of your life.



What possible options are available to me?

List specific choices for each of the crossroads. Writing them down will help you look more carefully at the various possibilities.



What are the risks and rewards of each option?

Each option carries its own advantages and disadvantages. Visualize yourself following each one. What might you gain or lose? Be realistic about the potential drawbacks yet open to the growth each path might offer. Which risks are worth taking?



In each situation, which choice offers the best opportunity for my inner development?

Reflect on which option feels most aligned with your inner values and with the direction you hope your life will take—not merely what seems practical, but what resonates most deeply with your soul.



What guidance, intuition, or insights might I gain from my spiritual practices?

Have you received any signs or inner guidance about your next step? What direction does your heart perceive as right at each of your crossroads?



Who can advise me in making these decisions?

Sometimes we need an impartial perspective to help us see our situation more clearly. Are there trusted friends, mentors, or spiritual guides who could offer perspective or wise counsel? Such guidance may help you discern which choices are most in harmony with your life's dharma.

CROSSROADS: INSIGHTS

PART VI



Worksheet 16

● *What is the primary decision I am facing right now?*

● *Which option feels most in harmony with my values and direction in life?*

● *What's one step I can take now to begin moving in that direction?*
