

Spiritual Apprentice Book Club Homework – Week 18

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Bookclub! This week we read Chapters Twenty-Two & Twenty-Three. In Chapter Twenty-Two we made a connection with a new tool – ‘The Energy Letter’. The Energy Letter is an energetic component your healing journey. The practice is writing a letter from your Higher Self to a person/place/thing as it’s Higher Self. The free expression of your voice and release of that which needs to be communicated is what creates the correct conditions for change, transformation, healing, and spiritual growth.

View the video on Energy Letters at your homework page on guidelines to drafting your Energy Letters

In Chapter Twenty-Three we encounter same sex, well.... SEX! And the homework associated here resides in a few questions below. You are invited to consider how your Root Male/Root Father, Root Female/Root Mother energies have played apart in your experience of being a sexual being.

- 1) Have you ever been attracted to the opposite ‘sex’? If you have been gay your whole life, the same question applies.
- 2) If the answer to the above question is Yes, what did that attraction spark in you?
- 3) Did you, or could you ever see yourself initiating or reciprocating that attraction?