

## Spiritual Apprentice Book Club Homework – Week 13

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This week you are invited to be a mystic grid bender.

- 1) Just as I was confronted with my 'tampon dilemma' in Chapter Sixteen, what are you ready and willing to shift your fear based beliefs around? In other words, where have you placed so much fear and polarity, that it literally has power over you, and causes you to fear for your well-being -> (in my world it was 'un-organic tampon = instant cancer')?

You can start with something small. Remember it doesn't mean you have to stop 'using' said item, it just means when you run into a situation whereby that is the only option, you do not allow fear to rule you. Instead, you embody your inner mystic grid bender and shift 'time and space' from the inside out.

This can be with people, places and things. Make a list.

- 2) Do you believe that EVERYTHING is ENERGY? Why, or why not? - Explain->
- 3) Do you believe you CAN and DO influence your environment with your unconscious and conscious thoughts, words, beliefs, & knowing? Why, or how do you know this?- Explain.