

Spiritual Apprentice Book Club Homework – Week 2

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- 1) Describe yourself at age twenty-five.
- 2) Have you ever traveled outside of your birthplace, or country? If so, did you have any mystical encounters there? -> Explain
- 3) When was the first time in your life you remember asking the universe for something and it manifesting for you? -> Describe
- 4) Have you ever displayed partial or full nudity in a public setting? How did it feel?
- 5) Have you ever experienced a Rainbow type of hug, or a similar kind of physical display of closeness in public? ->
 - a. Did you initiate it, did someone else, or was it naturally mutual?
 - b. How did it feel to be that close to another person mentally, physically, emotionally & spiritually?
 - c. Was there any fear about sexual energy 'leaking' through either of you?

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6) If you have never experienced a Rainbow type of hug, is it something you are open to, or is something you fear? Explain. ->

7) Did any of those memories from 'Week One; Questions 4 & 6' (see below for reminder) play into your experience of closeness described in your answer to question #4 above?

Or if you have not experienced public displays of closeness, or any displays of closeness, do those memories 'come up' when you imagine into exploring that kind of intimacy? ->

**For instance, during my first Rainbow hug, I was acutely aware of the fear my grandmother had instilled into me from an early age. This caused me to be overtly cautious about experiencing physical intimacy with my hugger.*

**Q4 Week One- What was the earliest experience that marked you for life? - > What did a parent or guardian tell you as a youth- that informed the way you interacted with others?*

**Q6 Week One- What was your first sexual experience? Was it against your will; did you know what was happening/was it a 'secret'? - > If there was any abuse or manipulation, have you healed from it?*