

Spiritual Apprentice Book Club Homework – Week 4

The Reiki Apprentice - ©Tuesday May Thomas www.tuesdaymaythomas.com

1) How easy is it for you to let go of control & receive from others?

Do you view 'receiving' as a form of weakness or strength? Explain ->

2) When is the last time you consciously sought out and received healing by way of an unconventional healing modality, if ever? If you never have, would you? Which form of healing are you most drawn to?

3) Have you ever been in awkward, unintended 'sexual situations' that you feel a victim of? Were you able to make peace with the other person/people, and the situation? If so, how did you do it? If not, what would you want to tell them now?

4) Have you ever experienced sleep paralysis? Explain.

5) Do you believe in other worldly beings? Have you ever experienced any forms of visitation? Explain