

## Spiritual Apprentice Book Club Homework – Week 3

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- 1) Have you ever felt physically attracted to someone only to realize later that you were really just attracted to their energy? Who/when?
- 2) What are your thoughts on reincarnation? Do you feel you have been here before? Do you recognize those around you in 'this life' from your past lives? Describe.
- 3) How do 'spiritual people' appear to you? What are their traits? Which of those do you embody? Which do you wish to embody more of- if any?
- 4) What was your first experience with meditation like?
- 5) Have you ever experienced altered states of consciousness; either by way of spirit with ceremony, prayer, or breathwork, etc... Or with ayahuasca, l.s.d., Psilocybin? ->

What was your most most 'spiritual' take away from the experience(s) that still inform your life now?