

## Spiritual Apprentice Book Club Homework – Week 9

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### POINT IN CREATION FOCUS

- 1) Have you ever been bullied?  
By who, when, and what for (weight/looks-gender/sexuality/nationality/skin color/-work title/finances etc)?
- 2) What 'negative' memories from your youth act as re-occurring-replays in your mind? Do they have power over you? Do they serve your peace, or do the replay of memories dredge up uncomfortable feelings?
- 4) Do you feel like a victim in any area of your life?
- 3) Are you ready to consciously and actively release the memory of pain, hurt, and shame from your mind and body in any of the above areas?

### WRITTEN WORK

Write a list of three 'negative' or unhealthy patterns, habits, and/or 're-occurring memory-replays' from the past. In your journal, practice writing 'point in creation' affirmations. Begin each sentence with "I go to the point in creation of \_\_\_\_\_."... And then fill in the blank. Extra points\* Once you've written them out, recite them aloud while looking at your reflection in the mirror.