

Spiritual Apprenticeship Book Club Homework – Week 1

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

1) When did your Spiritual Apprenticeship begin? - >

When did you start becoming aware/conscious of your environment and your relationship with it?

2) In what ways were you spiritual as a child?

(seeing ghosts or angels, talking to invisible friends, recognizing your intuition, performing 'ceremonies' etc)

3) When was the first time you experienced guilt? Did those feelings ever get resolved? If not, how have they affected your life?

4) 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?

5) Name three words that describe you as a child.

6) 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?