

Spiritual Apprentice Book Club Homework – Week 10 - Tar Body Focus

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Review areas of your life and honestly note where you have developed toxic or limiting patterns that may contribute to your tar body.

Review Paragraph's 5, 6, & 7 from Chapter Twelve

- 1) Make a list of what you store in your tar body. You'll know what or who will go on the list because it will be things or people you hold resentment or un-forgiveness towards or with those you share unhealthy relationships (with both people and things). More examples may include: 'hate towards aunt Debbie', jealousy of other's success, self-sabotage patterns, and/or twelve years of 'un-detoxed' pain meds you took for back surgery.
- 2) Next to each person, or things' name, write the first words or thoughts that come to you. Don't think about it, just go with what comes up.
- 3) Do any of your thoughts or words feed the tar body, and so perpetuate the pattern? If so, how can you change those thoughts or patterns of speech to nourish and feed your Lightbody? Write the new patterns down for each person or thing, now. Are you guided to use any tools? – For example: Point in Creation, or Erase and Place Love There.