



TALKING POINTS

Regina

Ep.9: Expand Our Thinking about Who We Are and Our Reason for Being

I invite you to take a closer look at who you are beyond what you see in the mirror. Answer the following questions for yourself only or discuss them with friends and family.

You are driving home during a strong thunderstorm. The rain is coming in torrents. The wind is blowing so hard you cannot see. Out of the blue, you become aware of a forceful internal message urging you, Stop NOW! You do. A split second later, a huge oak tree crashes in front of your car, landing right in front of your bumper. Describe what you believe is the wise and loving presence within.

Describe an instance when you discounted your inner wisdom, only to later learn that it was indeed correct.

Explain how the outcome may have been different had you followed your heart in the above situation.

Find a serene space, such as under a tree. Sit and observe the world around you. Note the colors and textures of the flowers and trees and clouds. Listen to the sound of birds and the leaves rustling in the breeze. Focus on your senses to go beyond your mind and into your inner self. Describe how it feels to keep your mind quiet so that you can fully immerse yourself within the present to enjoy your surroundings.
