

~ Home work – *Self Work* ~

Describe *Your* Realistic dreams

And if involved with a significant other...

The Dreams and plans of *Life Together*...

Prepare the beginnings of a Personal Journal

The writings one lays down helps to solidify ones understanding,

Then

By expanding upon with deep thoughts thru

Quiet Contemplation and Meditation

This Journaling becomes an essential tool right from the start

Cut and Paste to your 'digital journal'

(Word or basic text documents of choice)

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What are your *Individual* Dreams, goals and personal ambitions?

What are your

and or - each of your challenges?

And

Accomplishments?

What's the first year plan,

5 year, 10, 20, 40 ...

**How did you meet?**

**What was it that attracted you.**

**How will the income and team work be integrated or allocated...?**

**Who is working, cooking, cleaning, buying food...**

**Kids?**

**Pets?**

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The basics of

How to best get along as a couple,

Begins with mutual Love and Respect...

For couples just about to get married,

We should assume there is a big part of that going on

So

I have laid out a course that Integrates

Both

Individual Fulfillment and

the Integration of Two Loving Couples

Weaving the Colorful Tapestry of their Love Life Together

This is steadily accomplished in each and every day together

as together you embark upon three wonderful Journeys.

The best way to Love your mate is to

Love Yourself

The Best way to Know and Understand your Mate, is to

Know and Understand Your Self...

Your True Self.

These Practices I provide will not only enhance *your*

calming focused 'knowing and understanding',

Your partner will be experiencing will be learning and gaining

a Deeper Understanding as well.

These experiences of Deep meditation soon becomes

"Ineffable"

Mere Words simply can Not describe the Un-Describable

But the two of you will not only intimately share your deepest Love...

You will, with just a look, share one of Life's Deepest aspects...

That is

A Deepening of one's own 'Witin-ness'

This Ineffable experience is Deeper than the Deepest Love

Deepening the Depths further of the Truest Loves growing in both

the Spirit Within and Love of All



Work thru a *'Life Review'* as described below:

course-303

~ Review Your Life ~

**If you haven't done this for a few years or longer,
You should set aside a reasonable amount of time to reflect your whole life.**

**Look back on how you felt and dreamed during your life and
How those feelings and dreams are now.**

**Are you where you expected to be, or...
Are you on the way?...**

**Perhaps you are at a crossroads of Life... Again...
You could be facing an uncertain future...**

Or

**You could be facing the same old boring future that you have endured for
far too long...**

**Ether way... It scares you... or at least is very daunting and UN-inspiring.
or somewhere in between...**

**Everything could be going just fine...
Except for that 'mysterious Inner Pull'**

that is screaming subtly from our soul that...

There must be something more to 'It All'...

~ Take some time to casually reflect your whole life ~

Being among the uplifting and inspiring Places

In Nature

may help invigorate ye 'ol memories...

~ After casually reflecting on one's life for a period of time... ~

Then

Sit with pen, paper, keyboard

Even a voice recorder or just video record your voice on your phone ...

Later you can transcribe your verbal notes to your Digital Diary

~ Put down your thoughts of ~

Where you are in your Life's Progress

Where do you want to be

and

How are you going to get there.

It may help to sort of

're-create' a diary of your life...

As you recall each 'new' old memory... Others will pop up...
Jot them down in your digital journal of choice.

This deep process of reviewing one's Life,
Helps us understand ourselves more.

Take special notice of how earlier 'issues' were handled and perceived
Compared to how you would feel about, perceive and
React to similar issues today

By journaling one's 'life'
Allows us to 'stand back from our lives for
a more *objectionable* perspective
We can then put the many components of our life into
a more '*Integrated*' process..
Kind of like the Zen-Psy "Big Mind" process.

Once you've got your "Life" down on print,
It's right there in front of you...
Nothing scary about your life...
Just a few "To Do" lists...
It's All Good... Or at least as it should.

This may take hours for days or weeks.

But it is very necessary.

**You will *then* be able to enjoy the
‘Daily Reflections’**

The end of the day

**Is a particularly valuable time for self-examination, since then we can
Review the full day’s activities and their lessons.**

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**Once you feel you have Thoroughly expressed your ‘life’ in your journal**

*Then*

***Read* your journal...**

**And feel free to go deeper where ever inspired...**

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Email your ‘attached’ or copied Journal entries and

Any Questions so far...

- I study the Introductory Self Work & Life Review Journaling –

Used to help fine tune the Guidance

And to

Integrate into an *optional* ‘Heartfelt Ceremony’ on a Dreamy Maui Beach

~ Personal information ~

that is too 'sensitive' to exchange here is understood.

You may send me an edited version,
but you should create as deep of a Journal
that is inspired to come out.

**Spirituality & Meditation sections are next on
The Main Landing page lays out the entire course,
Each can advance at their own pace
The Spirituality page
<http://mauimarryingman.com/spirituality404>**

**Woven into each new day
The Goal Is to:
Learn - Not to Blame
To *Grow in Wisdom* - Not to Fall into Guilt
To Appreciate Our Strengths
as much as
To Recognize Our Weaknesses.**

We can learn as much, and sometimes even more,
From our *mistakes* as from our good choices