

~ Home work – *Self Work* ~

Describe *Your* Realistic dreams and plans in *Life ...*

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)

~~~~~

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

What are your challenges?

And

Accomplishments?

What’s the first year plan,

5 year, 10, 20, 40 ...

~~~~~

The experiences of Deep meditation soon becomes

“Ineffable”

Mere Words simply can Not describe the Un-Describable

Your will experience one of Life’s Deepest aspects...

That is

A Deepening of one’s own ‘Witin-ness’

This Ineffable experience is Deeper most percieve

~~~~~

**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.  
Morning is a time for Noble Silence and Meditation...  
Focusing the concentrated mind on... Nothing...  
But Within-ness  
The End of the day is best for contemplation

~~~~~

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...

~~~~~

**For those that paid for full Correspondence  
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**