



Exploring the Inner World Worksheet

Many mystics and wisdom teachers tell us that in our lifetimes, when we have had enough of the noise outside of ourselves, we will turn inwards. For some, this happens at the stage of life when things slow down and worldly commitments no longer pull at us in the same ways. For others, it happens much, much earlier. For those of us on an inward journey, the terrain can feel unfamiliar and even dangerous, because we live in a culture that encourages us to avoid and deny our inner life. For those on a seeker's path, it eventually becomes clear that the only jewels worth having are those we find inside our own selves.

When did you decide to begin exploring your inner world? Was there a pivotal life event that made you begin to question the purpose and meaning of your life? Have you always felt, even as a child, that the real mystery is the mystery within?

Take the next 5-7 minutes to engage in automatic writing. This is a strategy to move past the thinking mind and go deeper into yourself. Keep writing even if you feel like you have nothing to say. Write fast, and don't worry about grammar or punctuation.

Journalling Prompt: What made you begin walking the path of inner exploration? Reflect on the ups and downs of your journey so far.



As we engage in this kind of exploration, there will be obstacles from the inside and the outside. Watch this video about these obstacles, and how to overcome them, from the perspective of a Shao Lin monk.

<https://youtu.be/4-079YIasck> (starting at 8:00)

Based on the teachings in the video, try to identify elements in your own life that have become hinderances to the evolution of your consciousness:

Sensual (things you like based on the 5 senses)	
Ill-Will (things you don't like)	
Heaviness/Dullness (feeling imprisoned)	
Restlessness (monkey mind, can't stay in the present)	
Skeptical Doubt (what if this, what if that)	



There are four stages that are suggested to move through the obstacles we all face when on the inner journey.

First, choose a particular area where you are blocked based on what you identified above.

The obstacle I want to overcome is

Next, do some exploratory writing for each of the 4 strategies suggested. Write down whatever comes to mind without editing or attempting to understand with your rational mind.

I now recognize that.....



I am now ready to accept.....

When I investigate my feelings, I notice.....

I will engage in the following practices to help me to non-identify:
