

Three Ways to Picture Self

Directions: Reflect on the diagram and respond to the prompts.



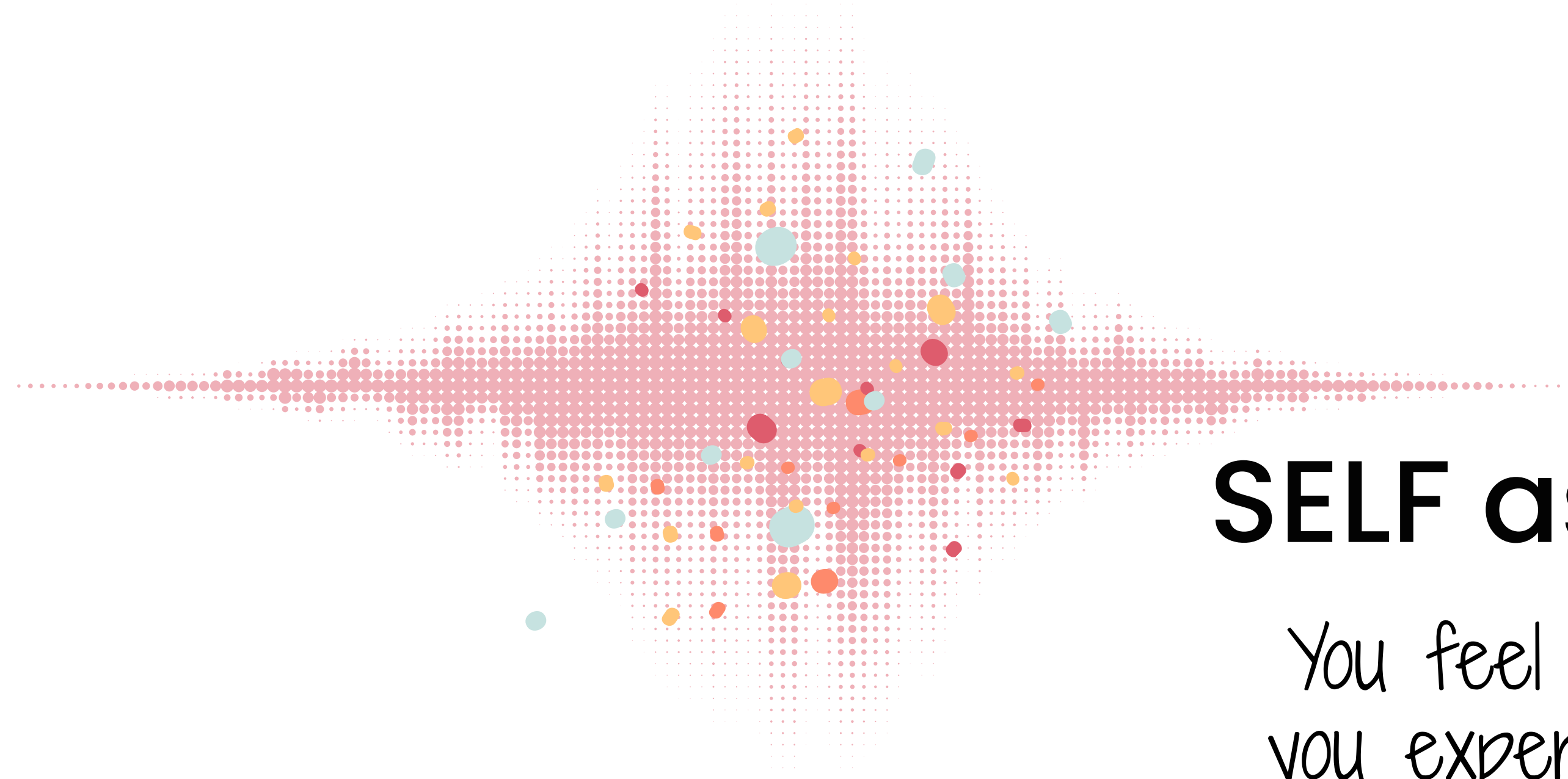
SELF as ENTITY

You have a Self. It's an orienting point, an anchor inside, supporting and caring for your parts. Maybe you came to the planet with this Self, maybe it emerged and developed after you were born.



SELF as FIELD

You don't have a Self. You participate in a larger, more expansive consciousness. As you merge with this larger Self, your parts are healed and transformed.



SELF as ENERGY

You feel Self inside you, but it's not a 'thing.' Instead, you experience a powerful energy that leads, supports, and cares for your parts.

Which of the three instantly pulls me in?
Why?

What combination of the three do I experience?
Explain.

Here's what Self is for me.
Draw or describe.

Here are questions that come up for me now.
Make a list.