

Ask Yourself...

Questions to Ask Yourself as you Ponder Stage 1: **The Undoing**



1. What have you personally experienced in life that you now recognize as classic Stage 1 experiences?
2. In the past, prior to your spiritual journey perhaps, how did you personally deal with Stage 1 experiences? How did that go for you?
3. Does it feel better, or more comforting, to know that Stage 1 is a universal experience for all human beings while we experience ourselves as disconnected from our Source or True Self?
4. Does knowing that Stage 1 exists make you feel more compassionate and hopeful for humankind?
5. Knowing Stage 1 is a Universal experience, can you see how it speaks to the reality of Divinity?