



Questions to reflect on your past experiences;

- ④ *"This philosophy of chasing profit, alone is a contemporary form of "misguided religion."...in the Posthumous Realm of the fourth dimension, a currency is in use because the inhabitants there feel the need of it.. In the fifth dimensional world, there is an economy based on a sort of exchange system... in the 6th dimension value are no longer measured in money, but the amount of gratitude a person receives- spiritual currency... in the worlds above that, the economic system is one of divine light." (pg107) We now live in the third dimension when money and wealth matters to majority of us. What are a few ways you can live in harmony while cherishing the spiritual currencies like in the other worlds?*

- ④ *"Unless you have the strong determination to change yourself, change will not happen. Straighten out your mind and start anew. Motivate yourself: be determined to establish the kingdom of God within. This is the starting point, which in Buddhism is called "bodhi-mind" or bodhicitta, in Sanskrit. Shakyamuni Buddha emphasized the importance of this aspiration to achieve enlightenment." (pg111) Think of one goal you have; take the time to think about what your motivation is to achieve this goal. What kind of attitude should you have to accomplish this goal? What are possible obstacles that can come your way? How can you prepare yourself to persevere through those obstacles? Are there ways you can make the process of achieving this goal a little easier? Be specific.*

- ④ *There are three inventions of God; will, time, and the concept of happiness and progress. "Time has two meanings... "relative time" and "absolute time..." depending on how much Truth a person digests and assimilates in that one hour, a lifetime can expand infinitely... This reflects Einstein's theory of relativity in relation to the Truth." (pg136) For some people, an enlightening experience which occurred in a short amount of "relative time" can equate to living in eternity in "absolute time." While studying the Truth, how else can you make sure you are using time as productively as possible for your spiritual growth?*

- ④ *Although there is the Eightfold Path, La Mu's Threefold Path is a simple way to begin the practice of self-reflection. "The first step is self-reflection on love. See if you gave love to others today... The second teaching was "Reflect on your day today and see whether or not you were able to attune your mind to God and to your guardian and guiding spirits who are closer to God"... reflect on the harmony of your mind... third, reflect on what you have learned during this day... reflect on whether you learned as much as you could today." (pg140) Self-reflection does not necessarily have to be formal; it can be as simple as the thoughts you have before you go to bed. How much time do you take to self-reflect? How can you assure you practice self-reflection regularly?*