



Riding the Phoenix Part II

Session Four Homework

Your Inner Self is like your inner explorer vessel, the interior capsule that allows your consciousness to excavate your emotional, psychological and psychic history as well as ascend into the realm of your archetypal patterns. Your Inner Self is in the business of your empowerment – seeking to upload into your consciousness memories of experiences that left you feeling disempowered, perhaps through a situation that humiliated you. Such experiences always have narrative consequences: They continue to control you, to talk to you, to crawl like reptiles through your mind and emotions.

Your Inner Self is focused on your survival and your empowerment. It's this aspect of its nature that has led to that stage of narcissism so easily recognized in us, the "It's all about me" stage. We are meant to progress through that stage – EMPHASIS on progress THROUGH that stage. We are not meant to reside in that stage. And yet, many do, as the Inner Self has a strong and powerful shadow. Thus, your homework:

On the LIGHT side: Describe your intuitive voice. How do you recognize an intuitive hit?

Shadow: What causes you to not follow an intuitive hit? How do you rationalize that? (This is a form of self-DISEmpowerment.). I such choice, as an example, is the intuitive hit we all get about "I know I should exercise more" or "I really shouldn't eat this" – and then we tell ourselves, "Just this once" or "I'll walk tomorrow".

On the LIGHT side: Describe empowering creative ideas – no matter how small or insignificant you may feel they are – from art to cooking to a new hair style. The focus is on identifying the "spring of new water" that is always flowing through you that you are meant to drink from.

Shadow: How often do you dismiss these ideas and again, what reasons do you give yourself for not engaging with "newness"?

On the LIGHT side: Pay attention to the opportunities that arise each day to empower another person in some way: Compliments, offering hope, compassion, wisdom, love, patience.

Shadow: How often do you hesitate – if you do – and why?

On the LIGHT side: Identify what you do in your daily routine that personally empowers you.

Shadow: What in your life/relationships continues to intimate/disempower you and why.

That should keep you busy until our next session.

Love,
Caroline