

Meditation: Exploring My Psycho-Spiritual World

From: The Sage-ing® Legacy Workbook

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Purpose of the exercise:

Our goal is to understand the basic underpinnings of this world that helps to direct and focus the way in which we live consciously and, many times, unconsciously.

In this exercise we explore our psycho-spiritual world, where our emotions and our connections to the wholeness of the human and universal experience resides.

This exercise may be used as a **Journaling Exercise** or for **Socialized Meditation**.

Questions for contemplation:

- My **FEARS** are.....
- My **REGRETS** are...
- My **CONSOLATIONS** are...
- My **SATISFACTIONS** are...
- My **HOPES** are...
- I take **DELIGHT** in...
- I find **MEANING** in...
- I want to **BE ASSURED** that...
- I want to **AFFIRM** that...
- I want to offer as **MY SACRED OFFERING**...