

Spiritual Wills

Adapted From: The Sage-ing® Legacy Workbook

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Purpose of the exercise:

To write Spiritual/Ethical letters passing on the treasures of your Heart.

Begin by asking yourself:

- By what definition of morality have I lived?
- What has been most important in my life?
- What of my life would I like to see endure?

Make a list of people to whom you wish to write Ethical letters.

Now choose one of those people on your list:

- Consider what is the essential thing that you would like to transmit to this person
- Picture the reader of your letter
- Find the voice you want to use
- How do you want to communicate to this person?

- What do you wish to say:

To their body....

To their heart...

To their mind...

To their soul...