Philosophical Homework: A Resource for Wisdom

From: The Sage-ing® Legacy Workbook

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Purpose of the exercise:
When we engage in this inquiry as elders, with a long range durative view, we are able to share our perspective and create a legacy from our life as we encounter our mortality.

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

Questions for contemplation- allow your mind to wander, fanning your imagination:

- Why am I here?
- What is my place and my purpose in the universe?
- What are my beliefs about

  God?.....

  My Soul?...

  The Afterlife?...

  Reincarnation?...
- If I were to be an Elder Delegate to another planet, what might I say about life as a human?
- If I could take a part of life with me as I leave this world – a piece of who I am or an experience of this human world – what might that be?
- If I am no longer alive in my body, what might I be?