

Questions for Reflection
Talk 4, Series 10

Here are some ideas for your reflection during the week:

1) First: Please tell a story of your own stealing, including your state of mind, your life circumstances, your justification, your feelings afterwards and your feelings about it now when you have more clarity.

2) Second: Regarding your own stealing event as related in #1, do you feel the need for a repair? Repairs can be directly to the party involved or if that is not possible you can make a repair internally in your heart. When you broaden your conception of stealing, you may have a whole list of occasions that qualify and make amends for the whole list. Acknowledging and apologizing for passed wrong behavior can be infinitely cleansing and freeing and enlightening. Take this opportunity as part of our study to accomplish this for yourself.

3) Third: Sometimes our habits can serve as a form of entrenched stealing from our own sense of wholeness and well-being. Most of us have habits (as distinguished from daily routines or practices). Think about yours. See if you can pinpoint the ways in which they leak energy, clarity and presence from you.

4) Fourth: Have you ever had something stolen from you? Re-think that event and see if you can name the feelings and sensations that arose in you as a result.

5) Fifth: How do you steal from the planet? Can you make a vow to cease in at least one way?