

* BEING HUMAN SERIES *

① INTRO

→ Mary Magdalene Resurrection by Maggie Watterson
→ 'Siddhartha' by H. Adams Beck

UNDERSTANDING AILMENTS OF THE METAPHYSICAL KIND } the mental, the emotional, the spiritual } we are not sinful, we strive to grow

THERE IS NO WRONG OR RIGHT : WE SHOULD KNOW THAT WE KNOW NOTHING.

THERE IS NO SPIRITUAL AUTHORITY - BECAUSE THE INNER VOICE IN THE HEART IS YOUR OWN.

LOVE for the self, for other, for All } that is all we ever can practice + seek

we seek because our soul is hard-wired to GROW : the better we understand our self, the closer we come to our wholeness

EXERCISE: START TO FINISH

↳ write down 3-10 sentences about WHO you were when you started this journey?

↳ write down 3-10 sentences about WHO are you now nearly 6 months into this journey?

the so-called 7 powers of wrath are SEVEN OF THE BLUEPRINT OF WHAT IT MEANS TO BE HUMAN!

① these 7 elements are not contained within us in equal measure it can be understood as the impractical's list of the ego
↳ what makes life hard
↳ what makes us suffer
↳ what makes us human

② these 7 powers can hold us captive for hours, days, weeks, months, years... if they become conscious though, it makes an informative list, easier to come back to as guidance

EXERCISE: the 7 journal - for the coming & deals ahead, journal continuously!

- look at these 7 and feel into your body : what draws your attention, what resonates with you?
- now take the top 3 (or all of them) and write them down on a list of your own
- what situation can you name that reminds you of that power?
 - ↳ what did it make you feel?
 - ↳ where in your body did you feel it?
 - ↳ do you think this still holds you captive?
 - ↳ if yes, why?
 - ↳ if no, how did you work through it?
 - ↳ does this power serve a purpose? does it keep you safe from the unknown? what purpose does it have to keep this power alive within your life?
 - ↳ would you want to let it go?
 - ↳ would you consciously work with it + come back to choose love when it comes up?

The 1st form is DARKNESS

- heaviness, depression, helplessness, loneliness, trapped, constricted, out of control

The 2nd form is DESIRE

- craving, clinging, attachment for the past / the future / the past
"IF... THEN" or "wanting to be where I am not"

The 3rd form is IGNORANCE

- lack of awareness, unconscious about something not a deficit (sometimes) valuable to healing not get to grasp it
"WE CAN ONLY SEE SO MUCH"
unconscious states we fall into + act from that are not valuable

The 4th form is ZEAL FOR DEATH

- or GLUTTONY
or unconscious SUICIDE
choices that endanger our longevity / health
EXCESS IS ALWAYS HARMFUL, BALANCE IS KEY

The 5th form is the REALM OF THE FLESH

- entirely identifying with the body can trip us up
lustful people, relishing all matter, zest for living / food / experience
it can be a triumph to develop this
what is important is to NOT FORGET WE HAVE A SOUL

The 6th form is the FOOLISH WISDOM OF THE FLESH

- "SLOTH"
the body as a scapegoat for our vices / coping mechanisms
a reluctance to do what's good for us (unhealthy habits)

The 7th form is WISDOM OF THE WRATHFUL PERSON

- a compulsion of rage
anger can devour us, is like poison for our body + soul
it can be necessary + freeing