



THE INWARD JOURNEY

COURSE COMPANION JOURNAL





THE INWARD JOURNEY

LESSON 1

WELCOME AND INTRODUCTIONS

LESSON 1: PRACTICE



REFLECTION DESK OPTION 2

🌐 CREATIVE: WITNESSING LIFE OFF THE HAMSTER WHEEL

Go for a walk in your home, yard, or a public space. Using your phone or preferred camera, capture a few images of moments happening “off the hamster wheel.”

This may be a picture of a bird singing in a low tree branch; your toddler marveling at ice melting; or an open field that evokes a sense of stillness. Draw or print out and paste the images in the space below.

LESSON 1: PRACTICE



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LESSON 2

OUR LENS ON LIFE

LESSON 2: PRACTICE



REFLECTION DESK OPTION 2

🎨 CREATIVE: IMAGINING GOD

Draw what you thought God looked like when you were a child.

Next, put word bubbles around your image with the kind of prayers you prayed to God as a child.

Journal about how this reflects your view of God today.



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LESSON 3

THE SELF GOD HAD IN MIND

LESSON 3: **PREPARE**



MY TRUE SELF, MY FALSE SELF

Reflect on the phrase “true self” or “the self God had in mind.”

Reflect on the phrase “false self” or “the self you became instead.”

In the past week, when have you experienced your true self? When have you experienced your false self?

LESSON 3: PRACTICE



REFLECTION DESK OPTION 1

» STRAIGHT-FORWARD: OBSERVATIONS ON TRUE SELF-FALSE SELF

We are going to start this practice by folding the following page in half. These halves will serve as two columns.

In the right column, note the places, situations, and experiences in your life right now where you feel your true self fully expressed in the world.

In the left column, note the ways and places that you observe your false self in the world. Between these two columns, note any cultural messages or family stories that create barriers to your true self.

Once you've finished filling out the columns, spend some time looking over the chart you created. Without any self-judgment or harshness, just notice where you are on your inward journey.

LESSON 3: PRACTICE



REFLECTION DESK OPTION 2

🎨 CREATIVE: DEEP REST

Sketch out the scene from a time when you completely let go and rested deeply.

Feel free to include what was happening that allowed you to get to this place of ease. Detail how this state of being felt in your body, heart, and mind.



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LESSON 4

A NEW WORLD VIEW

LESSON 4: **PREPARE**



LESSON 4: PRACTICE



REFLECTION DESK OPTION 2

🎨 CREATIVE: TRAPEZES AND TRANSITIONS

Draw a trapeze bar with platforms to its left and right.

Under the left platform, list or draw moments of your life that you might call “trapeze bar moments.” “Trapeze bar moments” may be decisions about where to live; who to marry; or what job to take.

Beneath your trapeze bar, draw or list life experiences that felt like letting go of your trapeze bar and hovering in the air. “Letting go moments” could be leaving for college; leaving a relationship; or moving.

Under the right platform, list or draw what you would love to swing toward next.



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LESSON 5

*EMOTIONAL PROGRAMS
FOR HAPPINESS*

LESSON 5: PRACTICE



REFLECTION DESK OPTION 2

🌐 CREATIVE: MY WILDERNESS

Revisit a significant time in your life when you found yourself in the wilderness after making a conscious choice to move from bondage to freedom.

Draw this wilderness as if it were a physical place. Were you in a desert? A densely wooded forest? Outer space?



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LESSON 6

*EMOTIONAL PROGRAMS
FOR HAPPINESS CONT.*

LESSON 6: PRACTICE



REFLECTION DESK OPTION 2

🎲 CREATIVE: POWER PLAY

We've all fallen under the influence of power. We've also probably been a source of power either in our families, at work, or in our communities.

During this exercise, we return to the two kinds of power Greg discussed in this lesson. We invite you to reflect on the many aspects of power and how you want to create spaciousness around your views of power.

1. On the following page, draw two columns.
2. On the left side put the words: "POWER OVER." This section has the quality of energy that includes coercion and compliance.
3. On the right side put the words "POWER WITH." This column has the quality of energy that includes collaboration and partnership.
4. Start out by listing words that capture the essence of both types of power under their respective columns.
5. Next, nominate and write down the names of people who "fit" under each column.
6. Lastly, turn your attention toward yourself. Note where and with whom you have exercised each type of power.

LESSON 6: PRACTICE



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LESSON 7

*INTRODUCTION TO
SPIRITUAL PRACTICE*



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LESSON 8

FULLNESS OF LIFE

LESSON 8: **PREPARE**



NOTES

