



Module 2: Assumptions and Worldview

Exercise 2-3 Examining Assumptions

Have a look at your core assumptions about the nature of the Universe. Really give the exercise some thought. In order to shift our perception of our life stories, deeply and completely, so that we can move into gratitude and away from anger and self-pity, we must take on some absolutes. Can you accept as absolutely true the proposed assumptions for the remainder of this course? Can you move into this framework with your mind and allow your heart to let go of the armor that has protected it all these years? Are you ready to open to the wonder that is you, and accept that everything in your life has served you?

When I look deeply at my core beliefs, I believe that (checkboxes are clickable):

| Yes | No | Maybe | <u>Prevailing consensus beliefs:</u> |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | It is a mechanistic Universe. It does not know I exist. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | What I think and where I put my attention has no relevance to my reality. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | My fate is determined. I am a victim of circumstance. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Time is inflexible. It drives everything in life. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | We are separate, isolated beings. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Humanity is on a downward spiral. |

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| Yes | No | Maybe | <u>Proposed Assumptions:</u> |
|-----|----|-------|---|
| | | | It is a conscious loving Universe. |
| | | | I am loved unconditionally by the Universe. It gives me everything I ask for. |
| | | | I create my reality by the power of my consciousness. |
| | | | Circumstance is divine, and guides me on my journey. |
| | | | Time is malleable. There is only Now. |
| | | | All of Creation is One. We are the Conscious Loving Universe. |
| | | | Humanity is on an upward spiral. |

Journal (Express your thoughts in the gray area below. When done, click outside the gray area to save your work.):