

Choice Reflection Process



1. Select a situation in your life that you wish to explore.
2. Decide to set out on a journey to find Choice.
3. Pick a reflection to explore in relation to your situation.
4. Macro view of the Reflection
 - Read titles of the reflection.
 - Pause.
 - Notice what meaning, feelings, images, stories or memories come up for you.
5. Take in the essence of the Reflection
 - Read italicized subtitles.
 - Pause.
 - Notice your own responses before reading more.

6. Explore your Inner Terrain in response to the essence of the Reflection by placing yourself at the extremes of the continuum.

- Put all your attention on the left side of the page.
- Imagine yourself fully immersed in that perspective.
- What is happening in your body and how are you feeling?
- Do any judgements, thoughts or images arise?
- Notice if you are drawn to or repelled by this end of the continuum.

Move your attention to the other side of the continuum.

- Put all your attention on the right side of the page.
- Imagine yourself fully immersed in that perspective.
- What is happening in your body and how are you feeling?
- Do any judgements, thoughts or images arise?
- Notice if you are drawn to or repelled by this end of the continuum.

7. Connect compassionately with the Life Qualities that motivate choices made from both orientations on either side of our continuum.

- Identify and write down or draw your Life Qualities that motivate choices made from the left side of the continuum.
- Identify and write down or draw your Life Qualities that motivate choices made from the right side of the continuum.
- Use your Life Quality list if you would find that useful.

8. Diving into the nuances.

- Read the texts written in the book for the body of the reflections on the left and right pages.
- Pause.
- Take your time and soak it in.
- Wrestle with the paradox and nuances that live along the continuum.

9. Personalize the situation you identified in step #2. (Draw images?)

- Write in your own words, and in the first person (i.e. "I choose to _____ because important to me is _____") how you would act, think and/or feel in your selected situation when deeply immersed in the orientation on the **left** side of the continuum.
- Write in your own words, and in the first person (i.e. "I choose to _____ because important to me is _____") how you would act, think and/or feel in your selected situation when deeply immersed in the orientation on the **right** side of the continuum.

10. Cultivating a practice of compassion for the paradox and complexities of being alive.

- Expand your awareness to take in the words and thoughts you've captured on both the left and right pages.
- Notice what happens in your body and how you feel.
- Notice if any judgements come up and where your mind goes.

11. The experience of Choice

- Notice where you are drawn on the continuum.
- Notice where on the continuum you would like to be.
- Ask yourself: What actions would you like to take with this awareness?



