

Questions for Reflection

There are many reflection questions in the book, as well as general prompts for your practice time. Here are a few more you may find helpful:

Space:

- How do you experience three-dimensional space? For example: are you claustrophobic a lot? Do you feel safe/unsafe in space? Do you enjoy being wrapped in a blanket? Use your sensory experience to explore your relationship to space.
- Do you notice when you are feeling expansive and full of equanimity? Describe this experience.
- Do you notice (perhaps in retrospect) when you are in a state of denial and are shut down? Describe this experience.
- What is it like to hold/give space for others?

Water:

- Notice ways that you are drawn to water. Are there ways in which water repels or distresses you?
- Consider the current emphasis on being 'hydrated'. From the perspective of the 5 Wisdom Teachings, what do you think this might be saying to us about what our society needs right now?
- How do you find clarity in your life?
- Notice any tendencies towards being judgmental that you might have. How could these be transformed into compassionate clarity?

Earth:

- Where do you notice abundance in your life? And where do you notice hunger/poverty?
- Practice feeling the earth when you walk. What does being grounded feel like?
- Many church communities talk about not having enough. How does this sit with you? What is the energy behind such a statement?
- Lie down spread eagled. How does this posture feel to you? Notice your reactions.

Air:

- How do you relate to action and activity? To not doing?
- Our society is full of busy-ness, we often value our worth by how much we are doing. How does this social pressure affect you?
- Think about the energy of spring. Many of us live in a place where there is a great contrast between winter and spring. What is the season of 'coming alive' like for you?
- The practice of discernment is how the Christian tradition talks about understanding God's action in the world. Consider how you discern your life's direction.

Fire:

- Do you like to 'sit around the fire'? Describe your experience. What do you notice?
- What have your 'loving' relationships been like? Healthy? Abusive? Nurturing? Unsafe? Humans have a very wide range of experience with relationships that are 'supposed' to be loving. These experiences cloud and color our understanding of love.
- Heat energy warms, makes things go, and destroys. How do you use your fire energy for good?
- How do you express love?