

Name _____ Date _____

The Tempter will test our resolve to become the person we were meant to be. This test might manifest itself in thoughts like, *“I don’t have the time for change,”* or, *“Change is too hard for me,”* or, *“This is the way I’ve always been.”* When such thoughts appear in your consciousness, meditation may help to overcome the Tempter’s Supreme Ordeal and to return to the path that leads to ecospirituality. You should already have practice with meditation before beginning this active meditation. To complete this exercise:

1. Read over the questions below on this worksheet.
2. Find a comfortable outdoor place where you will be undisturbed for the duration of the meditation.
3. Meditate on these questions.
4. When you have completed your meditation, come back to this worksheet and fill in your answers.

How did the Tempter present your Supreme Ordeal to you? What challenges are you currently facing that seem to be blocking your way to living according to your own true nature in your own True Self?

What is the nature of your own Supreme Ordeal?

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What challenges do you face in overcoming your own Supreme Ordeal?

How might the skills you have gained so far on your journey to ecospirituality help you when facing your own Supreme Ordeal?

How might radical (mindful) acceptance help you when facing your own Supreme Ordeal?

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How might meditating in nature help you when facing your own Supreme Ordeal?

What have you learned so far from the Way of the Coyote that might help you to live more fully according to your own True Self?
