

## 6.4 Reflections on the Tree of Life Meditation

Name: \_\_\_\_\_ Date: \_\_\_\_\_

During the Tree of Life Meditation, you were asked to reflect on how you are like all that exists. Which of the answers to that question are also personal truths from your own True Self? Answer below:

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The meditation also asked you to describe how you are different from all that exists. Are any of these differences barriers to living in your True Self? How?

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The meditation asked you to think about how you can I be more at peace with all that exists. Did your answers to this question reflect any of your own personal core values?

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The meditation asked you to reflect on the teachings your senses give to you. Did one sense seem to predominate over all the others? Which one? What teachings did you learn from that sense?

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## 6.4 Reflections on the Tree of Life Meditation

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The meditation asked you to reflect on which teachings your dreams give to you. What do these teaching have in common with your own personal truths? What teachings from your dreams are different from your own personal truths?

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The meditation asked you to reflect on how closely your dreams match your reality. Would you like your dreams to become more real? If so, why? If not, why not?

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Did you learn anything from your centering tree while doing this meditation? If so, describe what you learned below:

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