

The Beingness Project Worksheet - Beingness

Let's first look at the definition of Being - /'bēiNG/ noun

1. existence.

synonyms: existence, living, life, animateness, aliveness, reality, actuality, essential nature, lifeblood, vital force

2. the nature or essence of a person.

synonyms: soul, spirit, nature, essence, entity, inner being, inner self verb

3. present participle of be.

Take the time to really explore the definition. Then in the space below, explain and describe how you are “*Being*” in your life?

Notice or recall to mind the “*Being*” of a child, or young pet. How do they embody “*Being*”?

As you mature do you change? What aspects and ways of “*Being*” do you lose, change, shut down, no longer do, etc...?

If you could choose a state of “*Being*” what would that FEEL and BE like?

As you join us this week in the exploration of “Beingness” I invite you to notice and document what you experience as you take part in the daily mediations, Vlog material and Facebook opportunities.

Some things to ponder as you explore and notice -

- *How would your life be affected if you could choose “Being” versus “Stress/Do”?*
- *What would it feel like to shift out of frustration, stress, worry, sadness.., to a state of calm “Being”?*
- *How would your “new” way of “Being” impact those around you?*
- *What might be the ripple effect in your life if you empowered your life with the grace of “Being”?*

Day of the week	How did you feel after meditation?	What were you able to carry into your day?	How did a week of meditation affect your life?
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			

