

Documenting our own 'Book of Law'

This activity will provide the guidance you need to begin and continue to document your own 'Book of Law' as part of increasing your own awareness about how your dream was programmed.

It is a good idea to do this in a separate journal or notebook – you may name it The Book of Law, and add your name. The idea is that in this record, you document every law, agreement or belief that you become aware of for a period of one year !!! (Yes that seems like an awful long time – yet if you take how many years you've been on the planet, it is that much programming that needs to be investigated for whether it is truly serving you or not. Not an easy and certainly not a quick process)

To help you along there are some suggestions to follow for both Chapter heading and also subtopic's for your Book of Law. And as it is after all your book, feel free to make up your own heading, and use words and phrases that you personally can relate to.

Personal Agreements : Your Body and Your Self

- Personal Appearance
- Health and Diet
- Masculinity and Femininity

Social Arrangements: Your Family and Friends

- Love and Sex
- Marriage and Family
- Friendship and Social Interactions

Spiritual Agreements: Faith, Life and Higher Meaning

- Religion, Faith and Spirituality (or not)
- Death and Loss
- Nature, Animals and All Forms of Life

Documenting our own 'Book of Law'

Finances and Vocation : Work and Career

- Unique Skills and Talents
- Money and Financial Management
- Success and Failure

As mentioned, these are just some starter ideas. You may wish to use the 'Wheel of Life' Module that is in Phase 3 of this development program as a guideline if that is more helpful. Or just make up what is relevant and makes sense to the self. The key step is the next one. This is where the exploration of what was learnt about the self is unpacked. One way to get started on this is to ask "good or bad". Or "right or wrong" questions for each topic.

EXAMPLES : What is good or bad, right or wrong, about

- My personal appearance?
- My personality?
- Being a woman or a man?
- Being married or not?
- Having children or not?
- Making money or not?
- Being successful or not?
- My spirituality and practices of faith or not?
- My job or profession?

Or, you can reflect upon your own domestication when you were a child

- How did other people hook your attention?
- How were you rewarded? By whom?
- How were you punished? By whom?

Documenting our own 'Book of Law'

- What did you do to hook the attention of others?
- What did you do to avoid being punished?
- What did you do to get a reward (or recognition)?

List a minimum of four of the most important values you learned from:

- Parents, siblings and other family members or carers
- School or your faith
- Baby-sitters or other adults who were influential
- Friends and acquaintances
- Society at large

Do you agree with any of these values?

- As a child, were you punished if you didn't honour these values?
- As an adult, do you punish yourself for failing to honour any of these values?

Make a list of the self-abusive agreements you have made with yourself (when and what for you beat yourself up)

Make a list of the self-nurturing, self-loving agreements you have made with yourself (when you are kind and nurture yourself)

As you become aware of any other agreements, record them in your Book of Law.