



CHOOSE SPIRIT NOW

JOURNALING
HOMESICK FOR OUR TRUE HOME



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- When something seemingly “bad” happens can you notice a desire to get “home”, away from all the seeming “problems” in your life?
- Your actual physical home can still contain “strife” too, so we are talking about a metaphysical home besides your physical home.
- Do you notice yourself longing for a place where nothing can be found but pure unconditional love, away from all the hates and judgments of the world?
- Do you notice a place inside yourself that knows beyond a shadow of a doubt that a place like this exists?
- Can you see how everything you think you want in life is just a poor substitute for what you already have in abundance in your True Nature which is your True Home?
{This doesn't mean you can't have things, it just means don't get attached to them and expect them to fulfill you in some way.}
- When a situation is perceived as negative or any negative thoughts, feelings, or emotions arise write them down and recognize the Ego at work. This doesn't have to exactly make sense yet.