



CHOOSE SPIRIT NOW

**JOURNALING**  
**TRACK NEGATIVE REACTION**



- What negative feelings/emotions come up for you that cause you to cling on to certain negative behaviors and patterns?  
Example: Insecurity causes me to berate myself with my thoughts and gossip about others to take the attention off of myself.
- If you can't readily think of these, then carry a small notebook around with you this week, and when negative feelings/emotions arise write them down and notice how they trigger certain behaviors or reactions in you. Write down your reactions.
- Can you track these back to the past? Can you see how your reaction to a situation in the present might be based on a your reaction to a similar situation from your past?
- Can you make a conscious effort to change your habitual reactions through the practice of yoga in your daily life? Utilizing "How Yoga prepares us for dealing with Ego in real life." and "Yoga leading us off the Ego track to nowhere."
- Some of this is learned behavior from a parent or friend. Example: In my marriage I find that I "think" things are supposed to be done a certain way, things that I've learned from my Mom. In talking it out with my husband I realize that just because my Mom wanted things to be done a certain way, didn't mean that it had to be done that way. Once I was able to let my guard down enough to look at these things, I realized that it was just a silly belief that I could let go of. This relieved a lot of stress in my life as I, one-by-one, let go of these learned beliefs of how things were supposed to be done around the house.
- What holds me back from experiencing the Peace of God?
- What is more important to me than experiencing the Peace of God? self-pity, fear, hate, etc



- Did you notice resistance (tension, extra sensations) during the yoga practice in some parts of the body?
- What mental/emotional tension might you be holding in these areas behind the physical tension?
- Can you see Ego, the negative thought system, as the culprit behind all resistance, resistance in the form of physical tension or resistance in the form of mental tension?