



MODULE THREE

Be Guided

Class Four: Reflection & Integration



**"LIFE WILL GIVE YOU WHATEVER
EXPERIENCE IS MOST HELPFUL
FOR THE EVOLUTION OF YOUR
CONSCIOUSNESS. HOW DO YOU
KNOW THIS IS THE EXPERIENCE
YOU NEED? BECAUSE THIS IS THE
EXPERIENCE YOU ARE HAVING AT
THE MOMENT."**

Eckhart Tolle





WELCOME TO MODULE THREE, CLASS FOUR.

Be Guided: Reflection & Integration.

In this class we will cover:

- + Reflective questions to help you integrate what you have started learning and practising since the course commenced.
- + The tools, practices or principles which have been supporting you most deeply, and what you would like to continue implementing.
- + Questions to help you see what shifts or changes you have made so far, so that you can acknowledge your progress.
- + The areas where you may be getting stuck, holding back or not showing up in the way you desire, and the changes you now want to make to help you move forward.



TUNE IN



What has been the most significant learning or discovery you have made about yourself during Module Three?

What is one inner shift you have noticed or felt within yourself?

What is one change you have made that you are the most proud of?



TUNE IN



What habits, rituals or practices have you started implementing through Module Three that have helped you feel more in tune with yourself?

What benefits or inner shifts have you experienced from implementing them?

Which of these habits, rituals or practices feel most important for you to continue implementing?



TUNE IN



Which principles, tools or practices from Module Three have you been wanting to implement, but you have not yet started?

What has been stopping you or holding you back from implementing them?

Choose one of these practices to begin implementing this week. Write it below and describe how you are going to practise this.



TUNE IN



What is one way you have been healing, opening and awakening your heart, and what practices or principles from Week 9 most helped you with that?

What is one way you have become more in tune with your intuition, and what practices or principles from Week 10 most helped you with that?

What is one way you have been practising surrender and trust, and what practices or principles from Week 11 most helped you with that?



TUNE IN



Reflect on how you have approached the coursework through Module Three. What has worked for you and helped you gain the most from it?

Reflect over your entire Slow Down & Tune In journey. What have been the biggest shifts, learnings or changes you have experienced?



TUNE IN



What are your areas of focus for this Reflection & Integration week? What do you want to practise, work on, implement or do?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE THREE - CLASS FOUR.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and
share about your insights,
realisations, learnings or
practices from this week.



