



UPDATING HUMANITY WORKSHOP

Field Guide: Self Reflection Form

Section 4: The Big Opportunity

1. We offered our view of the Main Goal for Updating Humanity in your time. Do you personally agree with it? Why or why not? Does the main goal we offered provide an upgrade to those of you that are a part of it, when compared to other ideas you have heard of or believed in? Why or why not?

2. Was there anything in Section #4 that left you feeling disappointed? If so, please let yourself feel into that disappointment, giving any comfort and support to those layers of you, as needed. Can you put words here to that disappointment? Can you put words of consoling to yourself here, to address the layers of you that are disappointed? Let yourself address as much as possible all layers and facets of disappointment you are aware of. After all, there is much to be loved about some of the promises made by 20th Century Spirituality... that is why it is so captivating for so many. Promises of a utopian society that spans the full globe lead many to leave their lives and livelihoods behind. 21st Century Enlightenment replaces those deceptive false promises with realistic, intellectually honest pathways for more greatness within self, and within all of humanity. But there are no promises made about what that will mean for self, or for anyone else. And after the unrealistic false hope of those outdated beliefs, that can require some compassion, grace and love for self, at multiple levels. Freeing up space for truth, and authentic unconditional love.

3. What are your views, for yourself, of what success looks like? Do you have any expectations of what you believe this will mean for others you know personally, if anything? What outcome for self would make you the very happiest? Ask yourself, what steps or actions would assist you in personally apply this workshop in your life to increase the chances of that outcome? Do you have authority over those steps? If not, re-write/re-create them so that all of them only require your participating, and no one else's.

4. Please write down any concerns you have regarding the Big Opportunity. Ask yourself, are there things you sense should be added, edited or removed? *Engage your own levels of soulfulness here. This step of the field guide engages your creator energy, your sense of visionary, pioneering blueprints for a better human and a better humanity. It can get more complicated than one imagines.* For any changes you offered here, do they feel possible, realistic? What level of transcendence is required for success (high/miracle-level, medium/bonus-level, low/"a little luck will suffice")? Anything you want to add to your updates to increase the likelihood of success? Is there any part of your updated Big Opportunity where you or others are acting like a higher authority than an individual or group? Does your version of success require asserting your authority over another, overriding their authority over self? How do you justify that? Is it rationale? Does it seem benevolent? Any chance it could turn into an ugly override of another's free will? Re-write as needed.

5. Any other notes and insights you want to record here?