

Free Worksheets for Spirituality, Evolution & Awakened Consciousness

*GETTING REAL ABOUT SOUL MATURITY
AND SPIRITUAL GROWTH*

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INSIGHT & AWARENESS



For spiritual explorers who feel compelled to ask questions and are inspired to follow where their questions lead them.

Acknowledge What Your Personal Views Are:

These are found throughout the book. Listed in order of appearance. Great journal prompts.

What Are Religions?

What Is Spirituality?

Spirituality is the exploration of the:

Spirituality is acknowledging the importance of:

Spirituality Is

Spirituality Is Not



Spiritual evolution is derived from your:

Attune with truth means:

The reasons why people hurt each other is as varied as people:

When we deny the significance of our uniqueness and the meaningfulness of our natural core essence, we become:

Some demand control by:

Instead of being authentic in our interaction with others, we become:



What do we choose?



Bonus Questions

Your favourite quote and why?

Your favourite illustration and why?



Stepping-Stone Exercise

Section 2 - Chapter 4: Spiritual Evolution Is Derived From Exploration



Imagine you are standing beside a loved one who is thinking about using the stepping-stones to cross a muddy stream, and you can hear their thoughts. You can hear the questions or statements they are prepared to acknowledge and the ones they would struggle to acknowledge or say out loud. You will also be aware of what is motivating their questions and statements, such as fear, beliefs, or control structures.



Listen to their thoughts—their internal questioning.

Acknowledge and have empathy for what is motivating them.

Then answer the questions and advise them.

How would you advise them?

- Stepping-stones represent being truthful on the journey to discover the truth of both their consciousness and unconsciousness. It is a journey that could be confronting.
- The muddy stream represents their energy. Instead of the water pristinely flowing from their origins, it is mixed and heavily burdened with the energy of their soul's unconsciousness: unresolved emotions, fears, embedded belief, control structures, barriers to truth, framework of soul oppression, and the seven deadly sins.
- The other side of the crossing represents unification with truth and growth in their understanding of themselves.

**We give away our best advice, and often allow our own thoughts and internal debates to hold us back.
Take notice of your advice and recognise the significance of your awareness and insight.**

**It is easier to see in others what you refuse to acknowledge within yourself.
Take the advice you would give your loved ones.**

1. *Am I sure I want to get to the other side? Am I willing to accept this is a journey of discovery, or should I stay here? Why bother?*

This is motivated by fear.

a) What do you believe they fear?

b) How will they convince themselves to not bother?

c) Your advice is

2. I don't know what could happen during the crossing or what is on the other side. I need to know before I make a move. Shouldn't I know what to expect before I explore, so I can tell myself what to look for?

This is motivated by control structures and beliefs.

a) What do you believe they want to control?

b) Why is building expectations so important to them?

c) Your advice is

3. *I already know what all this is about, so I don't need to walk on the stepping-stones! I have completed this journey before. I don't need to do it again. I was born with this understanding and have had my enlighten experiences, so I don't need to bother with the exploration, as I already know!*

This is motivated by beliefs.

a) What are they exposing with this attitude?

b) What do you believe they fear losing?

c) Your advice is

4. *I should find out first what the reward or prize is before I make the crossing. Do I want to acknowledge reality? Is it worth the effort? Am I prepared to accept what I find, or should I have an agenda, so I can override anything that doesn't suit me?*
This is motivated by control structures.

a) What do you believe they want as a reward or prize?

b) Why do you think they need an agenda?

c) How are they interacting with reality?

d) Your advice is

5. *This is just a detour from my familiar route that I plan to return to! I only want to accept the parts that are desirable to me. I don't want to acknowledge anything undesirable. If it gets too much, can I reset to what is familiar and pretend I never attempted to cross?*

This is motivated by fear.

a) How will they evaluate what is desirable or undesirable?

b) Why is the familiar so important to them?

c) Your advice is

6. *Is exploring and acknowledging what I find going to get in the way of what I want? I already have plans. Does acknowledging the truth found in an exploration hinder or help me get what I want?*

This is motivated by control structure.

a) What are their priorities?

b) What do you believe happens to most plans?

c) Your advice is

7. *Is acknowledging the truth going to inconvenience me? What could I lose, or are there any difficulties I will have to face because I have acknowledged a truth?*

This is motivated by fear and control structures.

a) What do you believe will be their greatest difficulty?

b) How are they judging the value of truth?

c) Your advice is



8. *Will I be unscathed from the crossing? How does the exploration of myself affect my perception? Can I deny what I've learnt later if it causes me pain, trouble, or exposes too much for my liking? Will I be able to deny my awareness?*

This is motivated by fear and control structures.

a) What do you think they fear?

b) What do you think they want to control?

c) Your advice is

9. *What if I slip and get muddy feet as I attempt to cross? What if this affects what I want to believe or makes me have to deal with issues I want to avoid? Could this cause me grief, and how will it affect me?*

This is motivated by the protection of beliefs, fears, and control structures.

a) What do you think they fear slipping into?

b) What do you think will cause them the greatest grief?

c) Your advice is

10. *What if I get over there to a new awareness and don't like what I can see? What if I don't like the idea of having to be responsible for what I know? What will change if I acknowledge what the crossing exposes to me?*

This is motivated by fear.

a) Why do they fear responsibility for their new awareness or internal knowing?

b) How does this attitude impede their awareness?

c) Your advice is

Remember: We give away our best advice, and often allow our own thoughts and internal debates to hold us back. Take notice of your advice and recognise the significance of your awareness and insight.

**It is easier to see in others what you refuse to acknowledge within yourself.
Take the advice you would give your loved ones.**



SECTION 4

The optional questions within chapter 10 -14.

Write down your answer to the questions, include thoughts, and feelings triggered by these questions.

Without reviewing what you have written, redo the questions at a later date—upon completion of reading each chapter, perhaps after you have finished the entire section or two weeks after you put the book down.

Then compare your answers.

This often highlights what you internally knew or have learnt, enabling you to acknowledge your awareness growth and soul maturity.

Choose the questions you are interested in and leave the rest.

You may do the others another time.

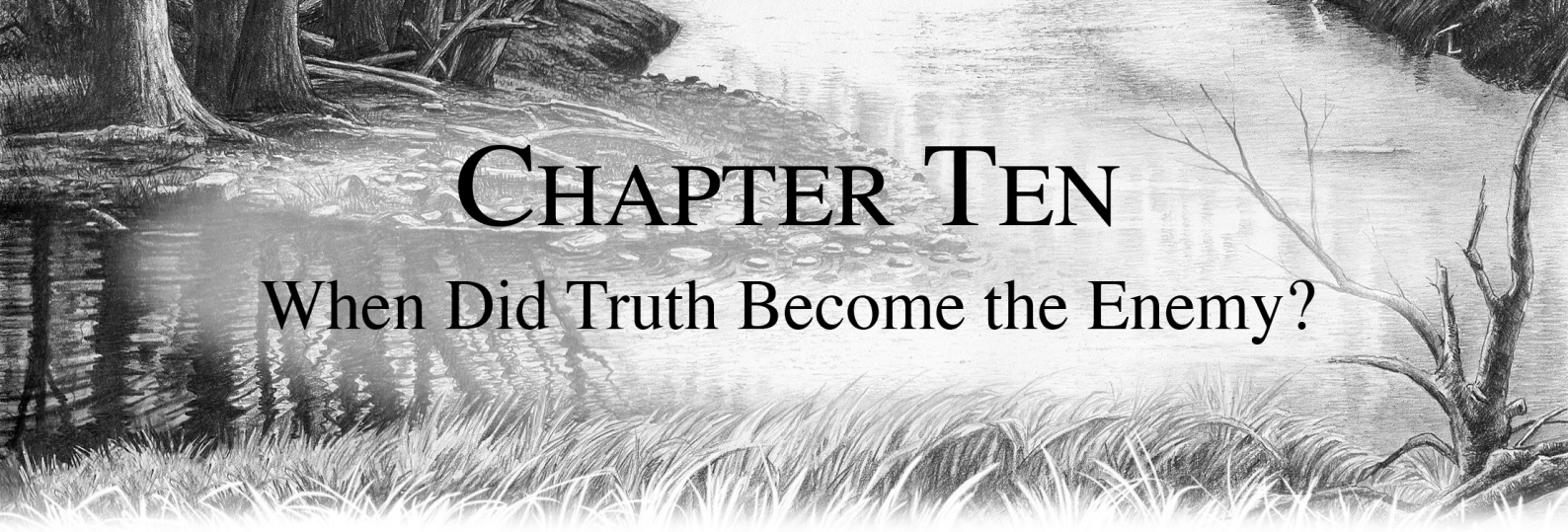
This is a trust-how-you-feel exercise.

This process is used in different formats throughout all the books in the Insight and Awareness Anthology.

Your insight and awareness matters, and it helps to have a process for acknowledging it.

Acknowledge and explore your own thoughts, awareness, and feelings.





CHAPTER TEN

When Did Truth Become the Enemy?

1. When did we allow the fear of expressing our souls—authenticity, to deter us from exploring truth?

2. When did we start denying our unconditional love for the truth of our origins?

3. When did we entrust our soul journey to our soul immaturity?



4. Why do we disassociate from the truth we feel? Identify the feelings you withdraw from and struggle to acknowledge.

5. Why are we complacent about our internal and external reality?

6. Why do we separate from our awareness of our soul's consciousness?

7. Why do we desperately seek validation from those who do not want to feel truth and are willing to deny the essence of their own soul?

8. Why do we camouflage the true essences of our souls?

9. Why are images and illusions more enticing than truth?

10. Why do we ignore our awareness and insightfulness?

11. Why do we desire to control truth?

These are big questions to ask! We often lie to ourselves about the reality of who we are to avoid truthfully answering these types of questions.



12. What is it that we want to control that is more important to us than the truth of our souls?
Our image is one answer. What is another answer?



13. Why do we want to control truth and our own consciousness?
Is it because we find it hard to accept the truth of ourselves and our actions?

14. Why do we desperately seek approval for our performance of unconscious energy, when at the core of our being we are of conscious energy?





15. What are we desperately trying to prove when we deny the truth we feel and the evidence of the consequences of our denial?

16. Are we trying to prove to ourselves that we have control over reality, or that we can control ourselves to be indifferent to reality? What has been the cause and effect of our pursuit of control?

17. What are we trying to prove when we deliberately oppose our own awareness of truth?

18. In what ways do we avoid unconditional love and the reality of being souls with evolutionary potential?

19. Do we deny that we independently choose how we feel about ourselves and what we are doing? How does our denial affect our interactions with each other?

20. Why do we deny ourselves opportunities to explore our codependency on the cyclic patterns of our soul oppression? Why are we willing to protect our codependency on the lies we tell ourselves?

21. Why do we deny responsibility for ourselves, and what does this create?

22. Our acknowledgement of our own truth opens the door to our journey to freedom. What do we need freedom from?

23. Are we forcing ourselves to be disassociated from feeling our own soul truth and the reality of our origins? How do we sustain this disassociation?



24. How long do we want to continue, to devalue truth, and what is the purpose of this?



Indifference, resentment, manipulation, jealousy and the seven deadly sins stem from the devaluation of truth.

25. What unconscious energies would you like to add to the list?

Devaluation of truth creates _____

We remember how it felt to be humiliated, exploited, classed as insignificant, or abused in any way.

26. What would you like to add to the list?

We remember how it felt to be _____



Confronting ourselves is difficult, and it takes a brave soul to acknowledge and grow from all our experiences.

27. Identify the last unconscious energy—negative emotions—you inflicted on another.

a) How did you make them feel because you couldn't restrain your unconscious energy?

b) Identify the purpose—the reason why, you did what you did.

c) Identify the intent—emotions, you wanted to put in motion.

d) Identify the consequences—the wake of your actions.

**Truth is not the enemy; it is our liberator.
Empathy is a balancer and a key element to our ability to evolve.**

CHAPTER TWELVE

When Did Awareness Become the Enemy?

Our framework of soul oppression is sequenced patterns of emotional reactions that incite unconscious behaviour, negative thoughts, and beliefs that stem from the cause and effect of our indifference towards ourselves, others, and reality.

28. Identify a sequenced pattern of emotional reactions that leaves you feeling oppressed.

a) First I

Then I

These trigger

b) Identify some of the thoughts that fuel the emotional ricochet.

**We decide if we value truth or disregard its value,
but truth never devalues or disregards itself.**



Why can't I get what I want?

Everything is against me.

I know how to control, why isn't it working?

Of course I feel resentful, look at what they are doing to me.

What if.....

Why does it always work for them?

I'm just not good enough.

What do I need to do to feel in control of myself?

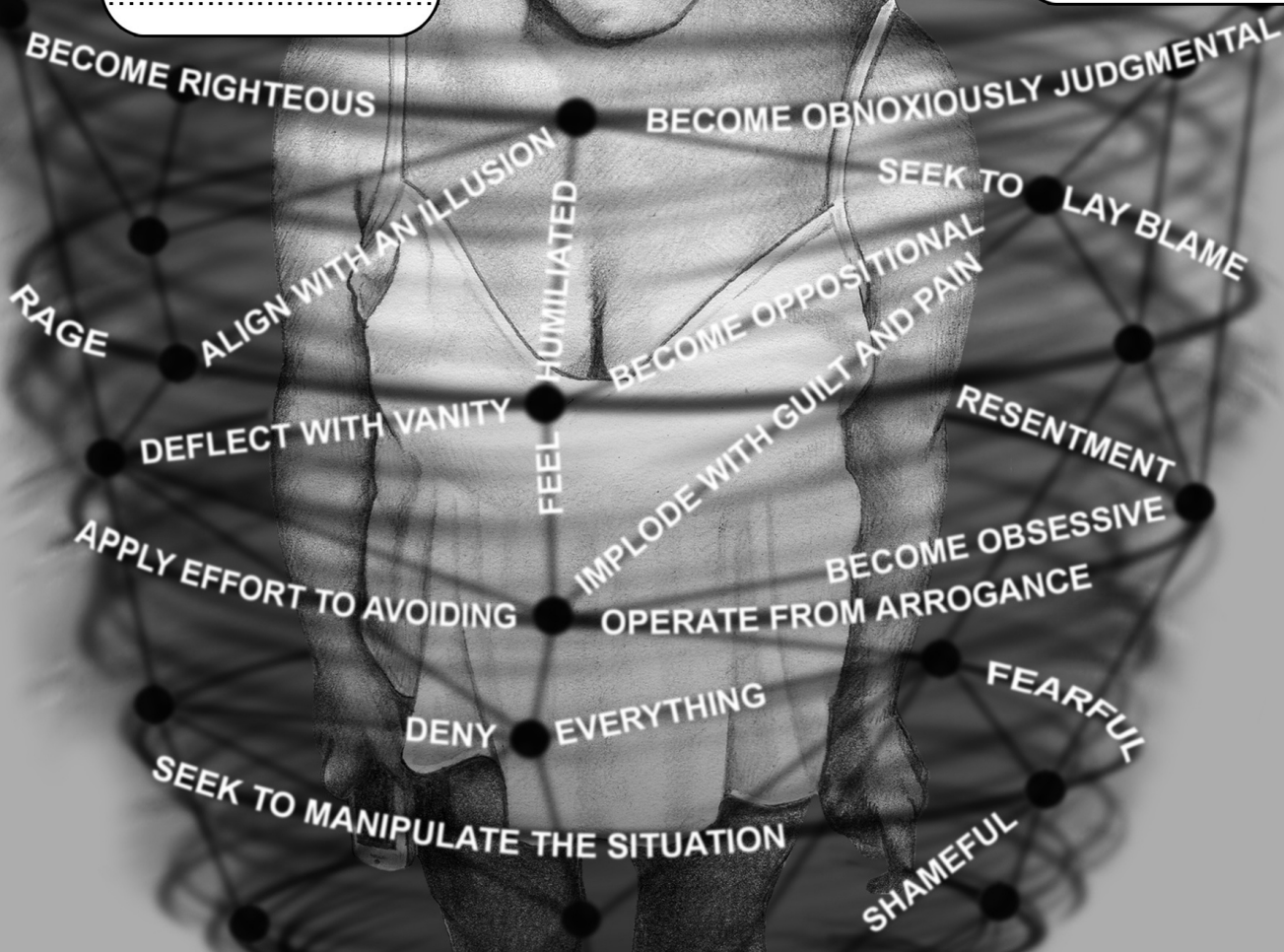
Why me.....

I feel like I am drowning.

If only.....

I should know better.

I always.....



Indifferent towards myself, others and truth.

SOUL DENIAL

What would you add to this vortex?

.....

.....

CHAPTER THIRTEEN

When Did Authenticity Become the Enemy?

Imagine what it would be like if we all had to be honest about the what, why, and how we utilised unconscious energy—unresolved emotions.

29. Pick an unconscious energy: denial, indifference, manipulation, resentment, shame, greed, fear, sabotage, betrayal, judgement, or _____

a) When we use the unconscious energy of _____
how do we devalue truth?

b) What is it that we don't say when utilising _____ ?
"

c) What are the ignored consequences of using _____ ?

When we refuse to acknowledge the reality of the unconscious energy we use, we impair our ability to feel the purity of conscious energy. We create the shadows that shield us from feeling our own natural resonance with truth.



True Source Divine Origin Consciousness—The origins of your soul—The birthplace of your existence—unconditionally loves you and is loyal to the process of the evolution of your soul.

30. How have you reacted to this statement?

a) Identify any unconscious energy—unresolved emotion—you use to reject unconditional love.

b) Identify any conscious energy triggered by your acceptance of being unconditionally loved either by another, yourself, or your origins—True Source Divine Origin Consciousness.



31. Identify a time you exploited—used or purposely manipulated—another person.

a) What did you exploit? Their unconditional love for you, their trust, their integrity, or their loyalty.

b) What was the purpose of the exploitation or manipulation? What result did you want? What was the reason?

c) What was your intent? What were the stepping-stones? How did you think this was going to play out? Why did you believe this would provide you with what you wanted to happen? What were you prepared to forsake in your attempt to achieve the result you wanted?

d) What were the true consequences?

CHAPTER FOURTEEN

When Did Love Become the Enemy?

You will also disappoint yourself. Acknowledge the cause, remain respectful of yourself, and don't tell yourself a story justifying or defending putting yourself down. Instead consider the following options:

- Reset your mind-set. See what has occurred as an opportunity to objectively observe yourself.
- Readapt to your new awareness, and change your approach.
- Reaffirm you are worthy of self-love and an evolving soul—evolving through reconnaissance and truthfulness.
- Realign with the core essences of your soul and nurture yourself through the experience.
- Refocus your intent. Seek to understand and operate with commitment to being of your truth.
- Reconnect, Recover and Rejuvenate.

32. Reconnect with

33. Recover from

34. Rejuvenate your

Unconditional love doesn't come with a result-driven purpose; it is an expression of being witness to the significance of another and ourselves.

We often confuse love with infatuation, idealisms, sacrifice, lust, pity, codependency, and obligation.

35. What would you like to add to the list?

We often confuse love with _____



36. We have the freedom to ignore our awareness of truth, but what does that actually enhance? Does it pacify our control, sustain illusions, or improve our image?



What is perceived as more valuable than truth or love differs from person to person, but there are themes that morph into beliefs. For some:

A. It's the illusion of safeguarding themselves from being hurt, so they can create the illusion of being in control of their vulnerability. *"Love hurt me before, I'm not giving it a chance to do it again."* This leaves them feeling disconnected, unloved, and vulnerable to judgement.

B. It's also the fear of losing something. *"If I acknowledge truth, I will lose my denial—my protection—that shields me from what I fear I cannot cope with. I don't need love, just the illusion of security."* This often leaves them protective of their own misery and loneliness.

C. It is the addiction to self-pity. *"I'm unlovable, no one wants me."* This leaves them wallowing in their self-indulgence, refusing to accept reality.

D. It is desiring control over their perceptions. *"My judgement is truth. If others do what I want, I will love them. If they don't, I'm not wasting my time, or I will pull them into line with punishment."* This approach leaves them narcissistically conducting their interactions with others.

E. It is _____

" _____

_____ "

This leaves them _____

You'll use this response in question 41.

37. What have you tried to safeguard that caused you to devalue truth or love?

a) How do you feel about your answer?

b) What have you learnt from this experience?

c) Identify any fears or beliefs you have uncovered.

38. What have you feared losing that caused you to devalue truth or love?

a) How do you feel about your answer?

b) What have you learnt from this experience?

c) Identify any fears or beliefs you have uncovered.

39. What have you been addicted to that caused you to devalue truth or love?

a) How do you feel about your answer?

b) What have you learnt from this experience?

c) Identify any fears or beliefs.

40. What did you want control over that caused you to devalue truth or love?

a) How do you feel about your answer?

b) What have you learnt from this experience?

c) Identify any fears or beliefs.

41. What have you learnt from your response to E? Has any of it caused you to devalue truth or love?

a) How do you feel about your answer?

b) What have you learnt from this experience?

c) Identify any fears or beliefs.
