The First Half of Life

*You need a very strong container to hold the contents and contradictions that arrive later in life. You ironically need a very strong ego structure to let go of your ego.*

* Write about a necessary fall that you’ve experienced, (for example, loss of a job, reputation, self-image, a relationship). Did that experience teach you about balance? About yourself? About God? What did you learn, and what more do you think you have yet to learn? If you have never let yourself fail or perceived you were never allowed to fail, what impact do you think that is having on your life?
* How would you define unconditional love? Name someone who loved you that way, and describe how you felt. Name someone who offered conditional or demanding love, and describe that experience. Contrast the two and how they affected you. Do you see value for yourself in having been loved in these different ways?
* The voice of our loyal soldier gets us through the first half of life safely,…to learn the sacred “no” to ourselves that gives us dignity, identity, direction, significance and boundaries. We *must* learn these lessons to get off to a good start. Paradoxically, your loyal soldier gives you so much security and validation that you may confuse his voice with the very voice of God. Name the loyal soldier in you. What is he or she trying to protect or obtain? What might your loyal soldier keep you from knowing of experiencing?