



REVIEW ACTIVITY Chapter 11

Some questions to consider:

- Has anyone offended you whom you need to forgive?

- How would you benefit by practicing forgiveness?

- In the past, have you been able to let go of the need to punish yourself?

When have you felt a greater sense of appreciation, wonder, or enjoyment in your life?

What transcendence practices have you regularly engaged in that provided uplifting influences?

What additional transcendent practices would be worth considering?
