



## Satsang Month 5: Embracing Your Dharma

### Journaling Prompts . . .

#### Your Dharma Type

My Dharma Type is . . .

What comes up for me about my Dharma Type is . . .

This is helpful about thinking about my work and life through the lens of my Dharma Type:

This freaks me out about it:

This is what I need right now to integrate/accept/understand this and/or move forward:

#### Meditation with Lisa Berkovitz:

What am I witnessing is my constant orientation? How does that come out?

What do I want everyone to have or experience?

What experience or energy in me still needs to be cleared?

What does my Self want me to know?

What is the next step?

#### Generally:

This is how I'm understanding my inner wisdom to guide me in my work (this is the relationship between my inner wisdom and my work):