



What Do You Want to Transform?

In these Love Pages you will create more clarity about what you're here to transform. Hopefully you've been practicing the [meditation in Unit 1](#). You may have signed up for this course because you believed you wanted to transform one thing, but as you consistently practice the meditation something else may emerge or your original desire begins to refine itself. Whatever the case, use the following to go deeper into what you need, based on where you're at and who you are today.

Begin with 5 minutes of deep breathing. Let your mind settle and relax into the present moment. Ask each question first inside your Being, and pause before you write down your response. Not knowing what you're here to transform can be just as powerful as knowing. Or you may have a vague feeling but don't yet know how to articulate it. Write what you feel. Go back inside and breath for just a minute for each question. It only takes a little bit of time to resettle.



1) What challenge do you have that you want to transform?

2) What impact has this challenge had on your life, past and present?

3) Is this the first time in your life you're focusing on transforming this challenge, or is this the next big step in transforming it?

4) How does your challenge show up in your life?

5) How do you feel about it?

6) How do you think and feel towards yourself for having this challenge?

7) How do you want to feel?

8) How do your shadow and light support your challenge?

9) How do your shadow and light support your desire to shift it?

10) Continue to practice the Unit 1 meditation each day, and write in the space below any communications, insights, questions, direction or impressions you receive about your challenge or from it.