



Where Are You Now?

Mother teaches that accepting who you are right now can be difficult. At the same time, it's the most important way to empower yourself. It's also going to be a big part of the foundation that will support your transformation. You've identified your challenge or become aware that something exists inside you that's ready to shift. Now you get to shine a light on yourself as you are today, shadow and light.

As you answer the questions below, create a full picture, from the very small to the big stuff. Your life is made up of so much more than a few habits or experiences. Include enough to get a strong sense of yourself in the present time.



1) What's happening in your life right now that feels good?

2) What part do you play in nurturing these things?

3) What's happening in your life right now that isn't working for you?

4) What part do you play in nurturing these things?

5) Can you accept where you are right now, not because you *should*, but because you can feel the presence of acceptance inside?

6) Can you accept how you feel about the challenge you're focused on and the effect it has had on your life?

8) What has your challenge done for you?

9) Has it kept you safe, even if it's an old version of safety?

10) What has been your pay-off for allowing this challenge to stay as long as it has?

11) Mother distills fear into two main categories. One is the fear of not getting what you want, and the other is the fear of losing what you have. Of these two fears, which one would you most associate with your challenge? It could also be a mix of both.

12) Explore the possibility that your challenge and its associated fear create and maintain a programmed reaction in you. Let's say your challenge is that you've been working at a job that provides well for you but offers little to no fulfillment and you want to change that. An example of the fear (not getting what you want) and the programmed reaction would be, "I'll never get to do my dream job because I'm not good enough." Write about how your challenge and fear come together and what's the programmed reaction(s).

13) Can you accept that you have what you need inside to do your part in transforming your challenge, even if you don't know what those things are?

14) Can you accept that Mother Mary has what you need to support your transformation, even if you don't know what that's going to look and feel like?

15) Can you feel some love and compassion for yourself, even if it's only a little?

16) Can you let it be enough to start?