

## Living On Purpose (LOP)

### Statement Workbook

Adapted from D. Amen's M.D. One Page Miracle

#### In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

7. Reflect on your spiritual development. Do you think it has impaired or enhanced your development? In what ways?

In much the same way other sentient senses compensate for disabled senses... my freedom from mundane expectations fostered my spiritual development. My world was a playground full of adventures - where other people come and go, but I remained enthralled in my curiosity. Alas, free of social attachments, I became attached to the thrill of discoveries and consequently I developed a confidence in my place within Nature.

To compensate for emotional vulnerability, I grew up with a very inquisitive spirit. This has of course enhanced my development as a spiritual being having this human experience in that ~~to~~ tho I still have some emotional weak spots... I have developed spiritual foundations and intellectual capacities which enable me to exercise self-control over mundane matters - or at least understand the phenomena involved in events out of my ability to control.

How has this enhanced my life? I've realized my eternal nature and in that nature I'm given dominion over temporal affairs.