

**CBI 5776**

***"Becoming Your Best:"***

*A 40-Day Small Group Journey*



*"The goal of spiritual life is not altered states, but altered traits."*

*-Huston Smith*

# **Weekly Reflections and Commitments:** **Supplements to *Increasing Wholeness***

## **Week One: Body- Our Portal to the World (chapters 1-2)**

What is the relationship between breath and holding on to negativity?  
(pp. 4-5)

See: <https://www.youtube.com/watch?v=ZCt4aKJpLus>

How does the awareness of the uniqueness of faces inform your appreciation for the uniqueness of your personality and spirit? (p.14)

What do you see as your distinctive strengths?

Growing: Make one commitment for the week to increasing physical wellbeing: Upping the regularity or duration of your exercise routine; not eating snacks after 8pm; getting a fuller night's sleep more consistently.

For the sake of increasing physical wellbeing, I commit this week to:

At the end of the week:

What was the impact of having sought to fulfill your pledge?

How might you sustain this practice?

What would be the benefits in maintaining this practice?

## **Week Two: Heart—Fueling Engagement**

What surprised you when you “corresponded” with God? How did this exercise change or expand your understanding of the nature of prayer? (pp. 39-41)

When you recited the modeh ani prayer after awaking, what were your first thoughts on gratitude? How did beginning your day with gratitude affect your attitude during the day? (pp. 41-44)

In your quick bibliodrama, who were you? What was the problem you sought to address? What insight did you gain into your own life? (pp. 46-47- consider:

<https://www.youtube.com/watch?v=RBvbUeaLUvg>.)

*Consider for this week a daily exercise in self-expression by writing a letter to God or writing a letter each day to a different loved one with whom you have not spoken in a long time. If the absence of communication is due to a breach, consider giving context that you are writing as an assignment as part of your 40 days of increasing wholeness.*

For the sake of increasing emotional wellbeing, I commit this week to:

At the end of the week:

In what ways did the daily exercise improve your self-understanding and relationships?

How will you sustain this increased emotional wellbeing?

## **Week Three: Mind—Alertness to Reality**

Share a moment when you felt close to God. What does this holy moment convey about the nature of the Divine?

Compose a short reflection on what it means to you to believe in God.

In watching the rise and fall of breath, what thoughts arise? Do these thoughts define you or are they separate from you, or both?



Consider for this week, an exploration of mind by sitting in meditation for 10-30 minutes depending on your experience. Set aside the same time each day. Consider using the “Shalom chant” to gain your breath focus:

[https://www.youtube.com/watch?v=abxz8\\_Yv9DM](https://www.youtube.com/watch?v=abxz8_Yv9DM).

For the sake of mental wellbeing, I commit this week to meditation for \_\_\_\_\_ minutes each day.

At the end of the week, consider: what surprised you about the meditation experience? What did you take from it? How might you sustain this as a practice?

## Week Four: Spirit—Intuitive Wisdom

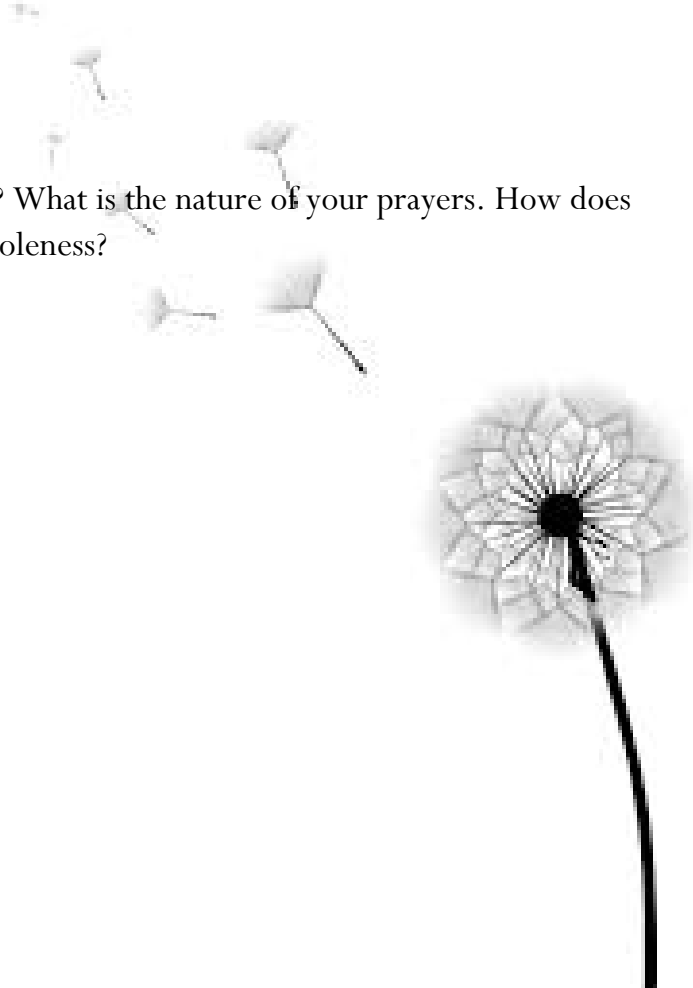
When you listened quietly within before the conjured burning bush, did you hear a calling?

[Consider

<https://www.youtube.com/watch?v=i6-L1790C44>]

What do you make of this inner charge?

When do you pray? What is the nature of your prayers. How does it enhance your wholeness?





For this the fourth week, before you go to sleep in the evening, write down a question. In the morning as a first thought, before you move, consider if there is an answer and if so write it down. It may take a few days. Once you feel that you have an answer, explore in writing what is the nature of the response and how might you reasonably move in that direction. Then, with time remaining, pick a second question, and so on.

I commit this week to explore my intuitive wisdom by writing a question down before I fall asleep and upon awaking intuit an answer.

My first question is:

My second question is:

At the end of the week: The exploration of intuitive insight taught me:

## **Chapter Five: Hand—The Power to Touch**

What was your experience of the chesed meditation?

<https://www.youtube.com/watch?v=Mw4R6VRyRk4>

How did it open you to seeing yourself or others differently?

In writing an ethical will, what surprised you? [p. 119-120]

Did you gain any insights to who you are as a person or how you relate to your family?

What changes do you want to make in your inner or outer relationships?

For this week of “hand” consider the goodness of generosity. Each day choose one act of unanticipated giving, expecting nothing in return.

To grow in my generosity of spirit, this week I will surprise another person each day with a gift, including people I do not know.

At the end of the week, consider: During your week of baseless generosity, what was your most memorable act of giving? How did the acts of generosity affect you?



**Postscript: Inner Peace  
More Balanced and Crafting a Practice**

In listening to “A Final Blessing,” what images and feelings are evoked for you? [<https://www.youtube.com/watch?v=IpluyTWqtik>]

In what ways does the experience allow you to feel more whole?

Describe your observance of the Sabbath. What do you gain from this practice? What elements do you aspire to add?

Choose three memorable ideas from this book that will enable you to achieve greater inner calm, strength and effectiveness. What are they? Why do you think they will be helpful to you?

What practices from this book do you want to incorporate into your life? Do you want to practice them daily? Weekly? Be specific when describing your commitment to yourself and your inner cultivation.

*Reflections upon the completion of the 40-Day Journey...*







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