

## Chapters From the Farmhouse Journal:

### Questions for Self-Reflection or Study Group Discussion

#### **Preface:**

In your own relationships, is there anyone whom you can recognize as having been a “teacher” for you? What important lessons have you learned from your experience with them? Have you reached the point where you can give thanks in your own heart for their service to you?

#### **Chapter One:**

Has there been a time in your life when you felt like you were choosing to make a trusting leap from certainty into the unknown? Can you trace the results, as in learning to fly, or landing gently someplace else, or both?

#### **Chapter Two:**

Can you think of a physical place where you have experienced inner peace and quiet? Put yourself back into that place, see it, feel it, hear it, smell it. What might happen in your life if you spent a few minutes each day visiting that place in your mind?

#### **Chapter Three:**

Has there been an occasion in your life when the words of a book or the words on a sign made an impression and held significant meaning for you?

Can you remember a time when continuing to love entailed letting go?

#### **Chapter Four:**

Has there ever been a time when a prayer you have prayed, large or small, was answered in such a way that you could trace the hand of a higher power at work?

What house has played a special role in your life?

#### **Chapter Five:**

What difficult times in your life can you now look back on and notice the pro’s as well as the con’s? Can you discover blessing mixed in with the challenges?

When and where has significant *shift* occurred in your life, and what made up the inner and outer process of it coming about?

#### **Chapter Six:**

What is the wolf at your door? Imagine yourself sitting down to tea with it: facing it, despite the fear or discomfort of doing that. How does it change when you do that?

#### **Chapter Seven:**

Has anyone ever spoken to you encouraging words that made a significant and lasting impact?

What tools have come into your life to assist in your evolution of personal growth and consciousness?

Are there any practices in your life that you have *cultivated over time* and thereby noticed an *increased effectiveness*?

#### **Chapter Eight:**

“Important things happen when you are doing nothing.” Do you have time and space in your life to “do nothing”? If so, what gifts have you noticed in those times? If not, how can you create even a little of that?

**Chapter Nine:**

In what ways do you come home to yourself, make yourself welcome? Find a quiet time to put pen to paper and write without stopping to edit or judge the thoughts that come up.

**Chapter Ten:**

Has there been (or is there now) an elder in your life to befriend... to whom you have listened (can listen), from whom you have learned, (can learn)?

**Chapter Eleven:**

Has there ever been an occasion in your life when just the right person showed up at just the right time? Have you ever found something worthwhile that came from what at first seemed like a failure?

**Chapter Twelve:**

Do you recognize ways in which you make your own life more difficult, or do you blame the difficulties on others?

Do you have a tendency to sweep your negative emotions under the rug in order to carry on positively? How might you change that habit into one more conducive to healing and wholeness?

**Chapter Thirteen:**

If life can be compared to riding a bicycle, what is it in your life that gives you forward movement? What steers your days? What brings you back into balance?

**Chapter Fourteen:**

Are there any incidences in your own life of taking things into your own hands only to have a laugh at the outcome? Have you ever shared in a teachable moment that was so gentle that it was a Divine Joke?

**Chapter Fifteen:**

Have you ever experienced such a sudden shift in your own perception that it became a defining "aha moment" for you? What enabled the shift?

Is there an area in which you feel you have failed? If you viewed that same area from the perspective of your own best friend, with eyes of compassion and understanding, how might that change your perception?

**Chapter Sixteen:**

Have you ever experienced a *Eureka!* moment in your life, a sudden realization that brought either inner or outer resolution to a situation?

Are you aware of the "ambiance" or energy flow or your living space, your work space, and how it might be affecting you? Is there something that needs to change?

What animal(s), if any, have significance to you? What attributes do they have from which you can draw inspiration or strength?

**Chapter Seventeen:**

Has there been or is there now some situation in your life in which you are "making do" when perhaps you should be taking more affirmative action?

Have you ever experienced "evidence of angels" at work around you?

**Chapter Eighteen:**

What spoken or unspoken paradigms do you hold to in your way of being in the world? Can they be traced deep inside to an incident from or an atmosphere of your childhood, something that happened, or did not happen? Are they true in themselves, or do you give them truth? Do they serve you well now? This is deep, inner work, and calls for sustained attention, inner excavation and stark honesty with oneself. Blessings on your journey, should you choose to begin (or continue) it!

**Chapter Nineteen:**

Who are the people in your life who have shown up at just the right times with a message that you desperately needed? For whom have *you* shown up as a messenger of hope?

**Chapter Twenty:**

Being able to say “No” is something that many of us have had a difficult time learning. In what areas of your life have you needed or wanted to say “No”? Have you succeeded or not? Either way, what has been the result?

What “seed of an idea” has sprouted in your life? What are the results? What seed may be ready to sprout currently? Can you envision the intended results?

**Chapter Twenty-One:**

What experiences of total immersion in the present moment have you noticed in your life? Sometimes these are referred to as “mountaintop experiences” because of the nature of feeling high above our daily lives. What practice can you initiate (or continue) in order to tap into that kind of experience on a consistent basis? How might that affect your daily life?

In our thoughts and in our behavior, we have choices: the high road or the low road. What current situations in your life are calling for such a choice from you? What choice will you make? What will empower you in sustaining that choice?

**Chapter Twenty-Two:**

Have you ever enrolled in the School of Aloneness? What did you learn there?

Is a daily meditation practice something that you do, or think you would like to do? What will help you to put this in place? (Hint: you find time to brush your teeth every day. It doesn’t have to be huge. It does need to be every day.)

If you collected all of your life’s blessings and gifts and put them in a pile with all of your heartaches, disappointments and failures, what might you notice? What connections might be forthcoming? For what possible life purpose have you been and are you being sculpted?

**Addendum:**

How do you practice daily gratitude?

What pastimes, hobbies, or endeavors have you wanted to try but haven’t begun yet? What is holding you back from trying them? How can you find a way to begin?

To download a free copy of this study guide, visit [www.LauraLanderAuthor.com](http://www.LauraLanderAuthor.com)

**Chapters From the Farmhouse Journal**, Tales of Synchronicity and Grace

is an encouraging and inspirational narrative of the process of conscious endings and new beginnings. Read **\*\*FREE EXCERPT\*\*** and subscribe to FREE weekly Morning Coffee Meditations at [www.LauraLanderAuthor.com](http://www.LauraLanderAuthor.com)