

## FOUNDATIONS

### DAY SEVENTEEN ASSIGNMENT

For this exercise you will need a quiet space and 15 minutes of uninterrupted time. If you have done this many times before, do it again now. This now moment is unique and there is something for you in this process.

Write a simple question below for your Inner Self. Some ideas are: Who am I? How do you feel about me? What do you want me to know about you?

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After you have written your question, close your eyes and relax. Take ten breaths, lengthening the inhale and exhale slightly with each one. Follow each breath with your mind as the air comes in and out. If you feel peaceful and relaxed after ten breaths, open your eyes. If you do not feel relaxed then count another five breaths. Do this in increments of five this until your mind and body are calm and relaxed.

Open your eyes, pick up your pen, and begin to write what ever answer comes to your question. Do not edit the words. Simply write down exactly what comes into your mind.

Dear \_\_\_\_\_,  
(your name)

The Teachings Of *Joshua*

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