

FOUNDATIONS DAY TEN ASSIGNMENT

Think of something you want but do not have (it can be an object, experience, interaction, etc).
Why do you want this thing?

Why do you believe you don't have it?

How do you believe you will feel if you get it?

Have you ever felt this feeling before? _____

When and why?

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How do you feel now because you do not have this?

Is there a way for you to feel this way without having this? How could you generate that feeling without having this?

Would you consider the possibility that if you could generate this feeling, before manifesting this desire, the thing you desire would then come into your experience *because* of this feeling?

If you could generate this feeling permanently, without ever manifesting this desire, would it matter if the desire was in your experience at all?
