



# reality school *contemplation sheet*

## *Breathing in Something New Meditation*

by Story Waters

### Questions to ask your heart

What effect do you believe that invoking an incantation such as this meditation can have on your life? Where does its power come from?

How do you feel about 'something new' being something unknown? How do you feel about letting go of control in that way?

What do you imagine is beyond what you have known yourself to be? What is unexplored *within* you?

Explore the idea that the only thing you will ever meet is more of your Self? What does it mean that you are only ever opening to yourself?

What fears are there around so powerfully calling the unknown to manifest in your life?

Contemplate the idea that what you experience as your Self is only ever your idea of it, and as you change that idea so you will change the experience. How does it feel to be that which is determining your vessel of experience?

What 'old energy patterns' that you have been carrying are you ready to release / fall away?

What stuck energies / emotions do you feel in your present?

Is there anything about your present reality that you do not want to believe that you are creating?

What in your life does it feel like you are giving birth to at this time? What are you in the process of creating – both inside and outside of yourself?

How do you imagine the new world that you are entering to be? What elements of it are you most excited about? What aspects of it are you most fearful about?

Are you really ready for everything to change, including your very sense of self? How does it feel to imagine throwing your life in the air like a deck of cards?

What is it to be no more and no less than the choice of yourself? What if you are the only person who can tell you who you are?

Is there anything negative or to be worried about in not knowing who you are?

What is it you are wanting to birth into this world? What are you wanting to create?

### Resource

*BreathingInSomethingNew.mp3*



Welcome to this reality school contemplation sheet for the mp3 listed above. It is recommended that you listen to the recording on its own before reading this sheet so that you can fully immerse yourself in its journey. You can then use the questions on this sheet to explore the themes of the recording in more depth. The more you put in to answering these questions in an entirely honest and vulnerable way, the more you will benefit.

Download the mp3 at : [realityschool.org](http://realityschool.org)

What does 'sharing your expansion of Self' look like to those around you?

*Want more? This is taken from the 11+ hour **Awakening into Freedom Consciousness** mp3/pdf collection of Freedom Circle broadcasts which is available in the reality school store.*

[www.realityschool.org](http://www.realityschool.org)  
© Story Waters