

Material Possessions as Aids to Connection

Name: _____ Date: _____

In Session 7.3, find your list of Ways I'd Like to Feel Connected. How many of those have to do with material possessions? In other words, you are looking for items on the list in Session 7.3 that are material possessions that help you to feel a spiritual, divine, or numinous connection to nature, to your loved ones, and to yourself. When you have identified those items, list them below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What did you learn about yourself from doing these lists? What did you learn about your relationship to material goods?
