

Root Memes that Act as Barriers to Connection

Name: _____ Date: _____

What personal memes might be keeping you from feeling more connected to nature, to others, and to your own True Self? List them below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

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Now that you have identified some of those root memes, pick the one that seems the most prominent or the most significant, and answer the following questions:

What is the nature of the problem meme/habit? (What do I hope to achieve in thinking/behaving this way? What is my Intention?)

How is the problem maintained? (Which behaviors do I want to change? Is there a way to change how I think about it so that it is no longer a problem?)

Why do I engage in this meme/habit in the first place? (Why is this behavior important to me? What would I lose if I let it go? What would I gain? What is my motivation for continuing this belief/meme?)

Practice this exercise whenever you feel disconnected from others, from nature, and from yourself. The more often you practice it, the easier it will become to re-connect.