Name _____ Date_____

Are you struggling with your own Refusal of the Return? This refusal manifests itself in resistance to the idea of serving others by sharing the knowledge gained while walking the Way of the Coyote. Think about your own Refusal of the Return while answering the following questions.

What is the exact nature of this barrier? Physical or mental? Why?

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Is this barrier a permanent refusal, or a temporary one? Why?

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Is this barrier a pervasive one, touching all aspects of your life, or is it a situation-specific one, touching only one or a few areas of your life?

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Name _____ Date_____

Is this barrier a personal one, having something exclusively to do with you, or is it something external to you?

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Is this barrier something you can change, or is it something you have to accept?

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Is this barrier something you have control over?

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Is this barrier something you can re-frame in order to turn it into aid to connection?

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Now visualize yourself drawing a circle around this barrier in your own mind.
Allow yourself to move from Doing Mode into Being Mode. Simply observe what's going on inside of this imaginary circle you've drawn around your barrier to Crossing the Return Threshold. Write down any observations about it in the exercise on the next page.

Name _____ Date_____

In your mind you've drawn an imaginary circle around your number one barrier to connection. This is the one thing that tempts you to the Refusal of the Return, keeping you from Crossing the Return Threshold. Observe it from Being Mode for a few minutes, and write down any observations you get from your thoughts, feelings, memories or senses about this Refusal of the Return Remember that the Refusal of the Return most often manifests in a desire to be separate from nature. It is embodied in the idea that you are not a part of the natural world, and therefore have no obligation to serve others or the natural world.

Prior to doing this, you may wish to ground and center yourself. It may help to engage in a brief mindful meditation before beginning.

 Use the space below to note your observations.

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