## **WORKSHEET 9.4 SACRED SPACE MEDITATION**

Name \_\_\_\_\_\_ Date \_\_\_\_\_

Achieving Atonement with the Father requires meditation and self-reflection on your own true nature, with a special emphasis on setting aside the opinions of others as to who you are and what you should be. These inner voices that are not your own represent the Father. Although Campbell refers to "the Father," these voices could also be Mother, or Spouse, or Grandparent, or any other significant person in your life who may have tried to change who you are in order to get you to live up to their expectations of who you should be.

The goal of this Sacred Space meditation is to reach Atonement with the Father by setting aside any expectations or obligations put upon you by the Father. When the Father condemns something we think, feel or believe, the tendency is to deny it and suppress it by moving it into the realm of the Shadow. To integrate these suppressed thoughts, feelings and beliefs into the Persona, we must first become aware of their existence, then we must acknowledge it as a part of ourselves. This acknowledgement is the first step towards mastering it and using its power for creative rather than for destructive purposes.

To complete the Sacred Space Meditation, first read over the questions on this worksheet, then go to your own sacred space and contemplate your answers to the guestions. When you feel you have reached a conclusion to the Sacred Space Meditation, remain in your Sacred Space with this worksheet, and write your answers in the spaces below.

What is the voice of the Father in your own life? What elements of your own true nature have you suppressed because you've been told by others you shouldn't express them? List a few of these below.

## WORKSHEET 9.4 SACRED SPACE MEDITATION

Name \_\_\_\_\_\_ Date \_\_\_\_\_

If you have inner voices telling you that it's not safe to express some parts of yourself, or that you should be ashamed of these parts of yourself, who do these voices belong to? Are they yours, or someone else's?

If any of these voices of the Father belong to you, and you are telling yourself not to express these suppressed parts of your own true nature, what are you afraid might happen if you do express them?

What would you need to do in order to set aside these voices of the Father so that you can embrace your own true nature?

## **WORKSHEET 9.4 SACRED SPACE MEDITATION**

PAGE 3 OF 3

 Name
 \_\_\_\_\_\_

Think about the object that you connected to during the Sacred Space Meditation. What was it about this object that attracted you to it?

Think about some of the characteristics of this object. How might these characteristics help you to achieve Atonement with the Father by focusing on your own true inner voice? For example, if you were attracted to a stone, stones are hard and firm, so a stone might suggest being firm in your purpose of trusting your own True Self.

How might your Sacred Space help you to achieve Atonement with the Father and connect to your own True Self?