

A New Earth Online Class

Companion Guide

CHAPTER 10

6. Go to Your Flower and gather together your favorite quotes from each chapter. If you have not been doing this part of the workbook, take some time now to write out some of your favorite lines or passages from *A New Earth*. Write or type each quote on a note card or on a regular sheet of paper that you then cut into strips—like the message you find in a fortune cookie. Take your quotes and put them in a basket or box. You can pull a quote each morning and use it to guide your day. Or, you can turn to Your Flower at any time when you need a boost of enlightenment. Look at all your quotes now. Can you pick just one or two that sum up the entire book for you? Write them here.

7. Your Chapter 1 Workbook asked, "Are there specific areas of your life that you think will benefit from the lessons of *A New Earth*? How can you incorporate the book's teachings in your life today?" Revisit your answers in your workbook. Are the areas of your life that you specified benefiting from reading the book? How? How are you incorporating the book's teachings into your life?