

A NEW EARTH ONLINE CLASS

COMPANION GUIDE

CHAPTER 10

1. Chapter 10 opens with a scientific description of how the universe came into existence 15 billion years ago, how it is expanding and how, at some point, its expansion will reverse *“and finally return to the unmanifested, the inconceivable nothingness out of which it came—and perhaps repeat the cycles of birth, expansion, contraction, and death again and again. ... The coming into manifestation of the world as well as its return to the unmanifested—its expansion and contraction—are two universal movements that we could call the outgoing and the return home. Those two movements are reflected throughout the universe in many ways, such as in the incessant expansion and contraction of your heart, as well as in the inhalation and exhalation of your breath”* (p. 279-282). Take a few moments now and feel the universal movements of the “return home” and the “outgoing” as you inhale and exhale. Feel yourself connected to all humans, to all life forms and to the universe as a whole with each breath. This week, as you engage in your work and home life, bring this awareness to your breath, especially when anxiety, worry or negativity arises. Does the “story of me” change when you consciously breathe in this manner?

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2. Awakened doing is the alignment of your outer purpose—*what you do*—with your inner purpose—awakening and staying awake. There are three modalities of awakened doing: acceptance, enjoyment and enthusiasm. *“Each one represents a certain vibrational frequency of consciousness. You need to be vigilant to make sure that one of them operates whenever you are engaged in doing anything at all—from the most simple task to the most complex. If you are not in the state of either acceptance, enjoyment, or enthusiasm, look closely and you will find that you are creating suffering for yourself and others”* (p. 295). This week, stay vigilant as you go about your daily tasks. What is your state of consciousness? Write about what you find operating in your daily activities.

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3. ***“Whatever you cannot enjoy doing, you can at least accept that this is what you have to do. Acceptance means: For now, this is what this situation, this moment, requires me to do, and so I do it willingly. ... Performing an action in the state of acceptance means you are at peace while you do it. ... If you can neither enjoy nor bring acceptance to what you do—stop. Otherwise, you are not taking responsibility for the only thing you can really take responsibility for, which also happens to be one thing that really matters: your state of consciousness”*** (p. 296). Make a list here of things you hate to do. This week, see if you can perform these actions in a state of acceptance. If you cannot bring acceptance to what you do, ask yourself if you cannot do it or if you are not willing to do it. If indeed you are unable to bring acceptance to what you are doing, consider no longer engaging in that activity.

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4. Now make a list of a number of everyday, routine activities that you perform frequently.

“Include activities that you may consider uninteresting, boring, tedious, irritating, or stressful. But don’t include anything that you hate or detest doing. That’s a case either for acceptance or for stopping what you do. The list may include traveling to and from work, buying groceries, doing your laundry, or anything that you find tedious or stressful in your daily work. Then, whenever you are engaged in those activities, let them be a vehicle for alertness. Be absolutely present in what you do and sense the alert, alive stillness within you in the background of the activity” (p. 299). Write your list here. This week, see if you can bring a state of heightened awareness to these activities and, by doing so, find enjoyment—the joy of Being—in whatever you do.

5. *A New Earth* ends with these words: *“A new species is arising on the planet. It is arising now, and you are it!”* (p. 309). Do you recognize within yourself qualities that belong to this new species? What are they? How can you continue to nurture them?

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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?