

**Purely Being**

✦ **Meditation Journal**  
**Eternal Life** ✦ ✦

*Purely Being Guided Meditations*



# Meditation Reflection Questions:

## **1.How would you spend your time IF...**

You had eternity in perfect health to live on Earth? (i.e. time is perfectly abundant and not a limiting factor in your experience)

You had only one year to live?

Only \*this\* moment mattered, existed, and was relevant to you? (i.e. anything beyond the present felt irrelevant or unimportant)

**2. What timescale do you personally operate from? How does it feel and impact your life?**

**3. Which of these perspectives feel the best to you and why? What does each one reveal about you?**

**4. Are there any ideas, feelings, or experiences you uncovered in this exercise that you would like to carry forward into your life?**

**5. How will you do this?**



