

Structured meditation, prayer, contemplation is common in "spiritual" cultures and at "spiritual" stages of less spiritual cultures--such as our right now. Here is a highly useful structure or process for examining a particular stage of your life. Other thinkshets dealing with Ira Progoff's "Intensive Journal" are 813, 821.

1) *Dialogue with Persons.* During this Steppingstone Period were there significant events or relationships with persons who have an inner importance to us in the unfoldment of our life? It is easy to recall in this regard the dramatic encounters of love or anger or abrupt changes that took place; but we should not overlook the more prosaic, everyday relationships that continued through the period.

2) *Dialogue with Works.* Were there any outer activities that became a focus for our energies in a way that held an inner meaning for us? These artworks may be of many kinds, and may include works that were carried through to completion during the period, works that were begun and were life incomplete, and also works that were conceived and planned but were not actually started or given an external form.

3) *Dialogue with the Body.* Were there occurrences or situations during this period that were especially concerned with your relation to the physical aspect of your life? This may include illness, health programs, sensory pleasures, contact with nature, sexuality, athletics, drugs, indulgences and addictions of any kind.

4) *Dialogue with Society.* Was this a period in your life when you were deepening or changing your relation to groups or institutions that have a fundamental connection to your existence? Were you reconsidering old allegiances to country or religion or political party? Were you redefining your identification with your race or your family or social group? Was it a time when events took place in history that involved you in serious questions of personal commitment? Did you find yourself during this time deeply involved in literary or artistic works of past or present time, the artworks of others that brought you into profound consideration of the nature of human existence?

5) *Dialogue with Events.* Was this a time when unexpected, and often unexplained, events took place in your life? Were there situations in which it seemed that life was testing you either with pain, as with physical accidents, or with pleasure, as with unusual good fortune? Were there especially difficult or challenging circumstances during this period, outer and inner pressures that forced you to come to closer grips with the riddles of human existence?

6) *Dream Log.* Do you remember having dreams during this period that stood forth with special force and had striking impact on you? The strength of these might be great enough to cause you to remember them even if you did not record them at the time. On the other hand, many people have kept an unstructured diary at various points in their life in which their dreams are recorded. If you kept such a diary, it may be valuable to consult it now when you are working on your Steppingstone Periods, especially with respect to your dreams.

7) *Twilight Imagery Log.* During this period do you recall having waking visions or other experiences at the twilight level of consciousness? Were there any that had a major impact upon you and influenced your decisions or other actions at the time? As you consider these experiences in the retrospect of the events that have taken place in your life since that time, do any of them seem to have had a prophetic quality, or a symbolic meaning for your life which now suggests itself to you? Consider their *inner correlation* to the movement of your life.

8) *Inner Wisdom Dialogue.* What experiences do you recall in which you recognized a profound truth of human existence that was new to you at that time? Perhaps you did not reach an ultimate answer then, but the question has continued to stir inside of you. Who were the persons who played the largest role in stimulating and deepening your thoughts and feelings at that time? Were they individuals with whom you had direct contact in your life? Were they persons from history whose books you read or whose lifeworks you studied? Or were they persons whose reality lies beyond history in the symbolism and teachings of a great religion or philosophy?

9) *Intersections: Roads Taken & Not Taken.* During this period of your life did you come to crossroads of decision that affected the course of future events in a fundamental way? Perhaps it was an intersection in your life path that depended upon an act of decision which you yourself made. Or perhaps it was an action which you failed to take, which was to that degree a decision made by omission. Perhaps it was an intersection in your life in which the decisive factor was not left within your discretion but was forced upon you. In either case it was a crossroad in your life and the fact that one road was actually taken for whatever reason meant that another road was not taken. Has that untaken road remained a possibility of life that has not been lived?