

Your Story

1. Which elements of the Yin Journey resonate deeply for you? Do you know why? Elaborate....

2. Which elements do you recognize as underdeveloped in your current story? Do you know why? Explain....

3. What are the biggest monsters you have faced in your story so far? How have you conquered them? What are some of the ones still awaiting you? How might you address them?

4. Maturity can't be achieved without facing the inevitability of death – our loved ones' and our own. Describe your experiences with death to date. How do you relate those experiences to the idea of discovering “that which is below the surface, in the dark, in our deep unconscious?”