

11.3b Possessions as Aids to Connection

Name: _____ Date: _____

In Session 7.3, find your list of *Ways I'd Like to Feel Connected*. How many of those have to do with material possessions? Look for items on the list in Session 7.3 that are material possessions that help you to feel a spiritual, divine, inspiring, or numinous connection to nature, to your loved ones, and to yourself. When you have identified those items, list them below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

What did you learn about yourself from doing these lists? What did you learn about your relationship to material goods?