



*Journey to*   
**FREEDOM**

# **FOUNDATION WEEK**

BY JOHN HOMEWOOD | MICHELLE MCCLUNAN

*Journeys of*   
**AWAKENING**  
ONLINE

*Who Are you?*

*Chapter*  
**ONE**

*Who Are you?*

Commitment Contract

I, ..... understand that I am embarking on a powerful, guided encounter with myself.

For the duration of this Journey, I commit to setting a minimum of 30 minutes per day to completing the Journal Exercises in Writing!

I will also create a sacred space for meditation each day.

I further commit to taking excellent care of myself, which includes getting adequate sleep, looking after my diet, exercising/ stretching and pampering myself for the full duration of the course.

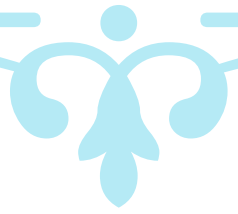
Signed: .....

Date: .....

## *Who are You?*

**Write a page or two about yourself and how you see yourself right now as if you were preparing to see a doctor or a trusted therapist.**

Be as honest as you can, as to how you feel about yourself, your life and the place you are in - physically, mentally, emotionally, spiritually.



*Chapter*  
**ONE**

*Who are You?*

Continued...

Chapter  
ONE

*Who are You?*

**What would you like to be dissolved, resolved or healed in your life story?**

Describe this fully here

*What is Freedom?*

*Chapter*  
**TWO**



Chapter  
TWO

Page 7

*What is Freedom?*

**What does Freedom mean to you?**



## *What is Freedom?*

### **What does Freedom feel like to you?**

Close your eyes and imagine how you would feel, if you were to be truly free.

Where would you feel it in your body?

Perhaps there would be a colour, a texture or an image associated with it.

Describe this below.

### **Create a Freedom Collage**

Instructions on your membership page right at the bottom

*What is Freedom ?*

**What do you believe might be limiting you from being Free right now?**

*What do you Want?*

*Chapter*  
**THREE**



Chapter  
THREE

Page 11

*What do you Want...*

**What do you feel you need, in order to make your life more complete and more fulfilled?**



Chapter  
THREE

Page 12

*What do you Want?*

**Many of us know what we want for others, but what is it that you want for yourself?**

Take a few moments to reflect on your life and then write down answers to the questions below.

Be as honest and authentic as possible. Let go of any limitations or judgements

**What do you really, really, REALLY want?**



Chapter  
THREE

Page 13

*What do you Want...*

**If you had one wild, audacious dream/ vision for your life ,  
what would it be?**

No limitations - no holds barred! Allow you imagination to roam freely.

**How do you believe you would feel if you manifested that Vision?**

Close your eyes and see if you can feel that feeling in your body right now

# *Stumbling Blocks*

## *Chapter* **FOUR**

## *Stumbling Blocks*

**What do you believe your biggest stumbling blocks are to experiencing Freedom, Flow, Abundance, Love and Joy in your life?**

Write about what you believe blocks you - mentally, physically, emotionally, spiritually.

Life is not meant to be a struggle. Yes, we all have challenges, unwanted experiences and lessons to be learnt along the way, but suffering, (believe it or not), is optional.



## *Stumbling Blocks*

**I worry most about / my biggest concerns are:**

Rate from 1 (very little) to 5 (a lot)

Be completely honest here – you won't need to share your findings.

My health/ well-being

My financial situation

The political situation

The global situation

My home

My family

My relationship/s

My work in the world

Ageing

Other



Chapter  
FOUR

Page 17

*Stumbling Blocks*

**Connect briefly with a time recently when you felt blocked, disconnected, flat, possibly despondent or depressed.**

**What does it feel like, in your body, when you bring this to your awareness?**

Write down any colours, textures, images that come to you.

**What was the story you were telling yourself at the time. Be as honest as you can - no judgement**



Chapter  
FOUR

Page 18

## *Stumbling Blocks*

**Connect briefly with a time recently when you felt unrestricted, connected, peaceful, inspired, in the flow.**

**What does it feel like, in your body, when you bring this to your awareness?**

Write down any colours, textures, images that come to you.

**What was the story you were telling yourself at the time?**

*A Broader Perspective*

*Chapter*  
**FIVE**



Chapter  
FIVE

Page 20

*A Broader Perspective*

**If this was the last year you had on earth, would you make any changes to your life and if so, what would they be?**

**How would you choose to invest each precious day of your time in that one year you had left?**



Chapter  
FIVE

Page 21

*A Broader Perspective*

**What unique skills and talents do you have, that you would love to share with the world - (this does not necessarily mean a job!)**

If this is difficult for you, reflect on what people have told you about your special qualities and abilities.

**What would you like to have contributed to the world, by the end of your life?**



Chapter  
FIVE

Page 22

*A Broader Perspective*

**What would you want people to say in your eulogy, after you have passed on?**

Write this in the third person, beginning with your name.

# *Foundation Week Check-in*

What insights have you gained this week and what will you carry forward with you from :

**The Zoom Calls**

**The Matrix Videos**

**The Journal questions**

**The Meditations**

**The Affirmations**

**The Freedom Creative Project**