

# The Bridge Book Club 2023 - Intermisive Course

## InterMission #1!

- 1. Read.** Chapter 1 – *Absence of Mortifying Doubts* & Chapter 2 – *Sense of Imortality*.
- 2. Insights.** Select one passage of each chapter that drew your attention. Explain why you've found them relevant/important.
- 3. Real-life connections.** Find real-life examples that relate to these chapters.
- 4. Answer the following questions** (no need to share):
  - Chapter 1: Have you got any fears, doubts or fobias that prevent you from manifesting yourself fully, with confidence? Explain.
  - Chapter 2: What is your earliest memory of having the conviction of being a consciousness? Write your thoughts, sentiments and ideas.
- 5. Mind Saturation Technique.** Reflect on the theme for 30 minutes **everyday**. Make notes. Write any ideas, feelings, memories, images, sensations.