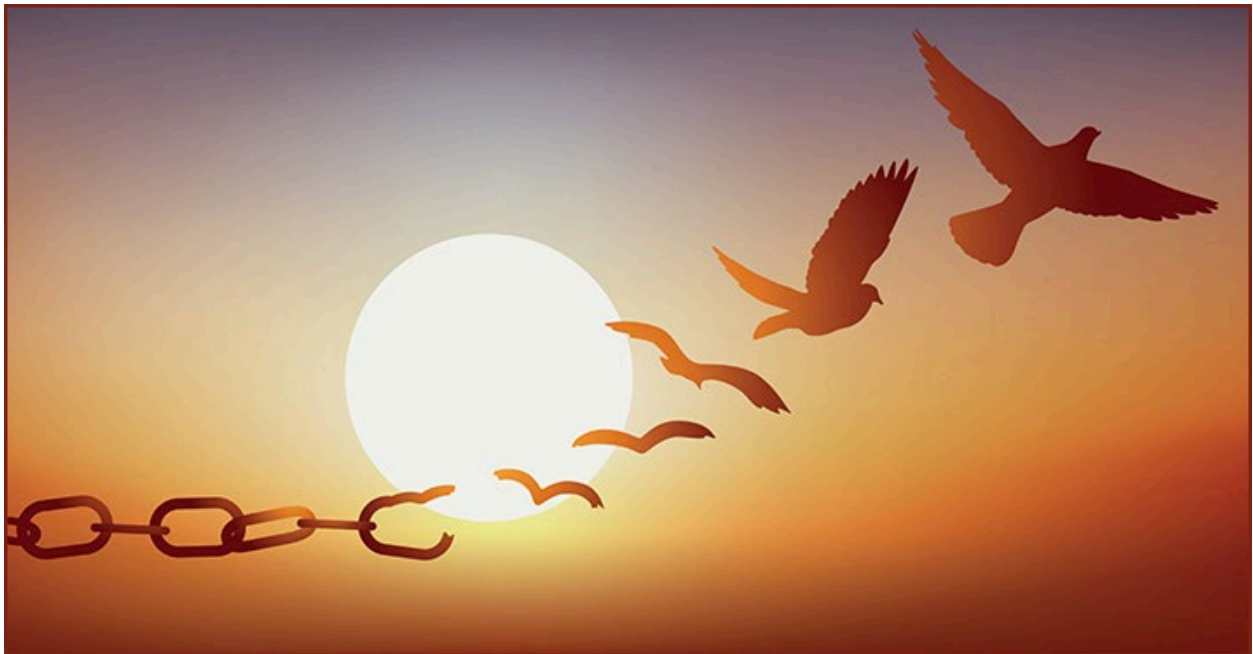


# Stumbling Blocks and Keys to Demonstration

*Heart Centered Metaphysics* defines a stumbling block as a self-imposed limitation or reaction to external events or feelings.

With compassion, identify one stumbling block you face now, or that you have faced in the past.



What tools and spiritual practices might help you work through this stumbling block? Circle all that you have not yet tried. Commit to trying one of these in the next 48 hours.

Consciousness/self-awareness

Creative power of thoughts and feelings

Denials/affirmations

Divine ideas (such as peace, prosperity, concentration, realization, or any of the 12 powers – faith, strength, wisdom, love, power, imagination, will, understanding, order, zeal, release, life)

Forgiveness/change of mind (repentance)

Gratitude/praise/blessing/appreciation

Joy/cheerfulness

Meditation/silence

Non-attachment

Non-resistance

Oneness

Patience

Prayer (by myself/with a partner/with Silent Unity)

The word/spoken word/chanting/singing

Visualization/seeing the good