DISCOVERING YOUR SACRED LOVERS WITHIN

WEEK 5: HEALING EMOTIONAL SUFFERING THROUGH A NEW SPIRITUALITY

STUDY GUIDE

What are some of the strengths and challenges in spirituality for those with a strong Hero-type inner male?

_____

_____

_____

_____

_____

_____

_____

_____

What are some of the strengths and challenges in spirituality for those with a strong Provider-type inner male?

_____

_____

_____

_____

_____

_____

_____

_____

TIZIANADELLAROVERE
Copyright © 2008 www.tizianadellarovere.com

What are some of the strengths and challenges in spirituality for those with a strong Humanitarian-type inner female?

What are some of the strengths and challenges in spirituality for those with a strong Mystic-type inner female?

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

Why is it that many people who have been hurt tend to associate love with abuse (and abuse with love)? What is the mechanism through which this happens?

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

Practice: Identifying negative beliefs about the Feminine

Feminine (negative)	Feminine (positive)
Women (negative)	Women (positive)

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

Write a sentence about all that is positive that you wrote about women and the feminine:

The healthy feminine is _____

_____

_____

_____

_____

What I like about women is _____

_____

_____

_____

_____

Practice (continued): Connecting with your inner female

Write down your experience of connecting with your healthy, loving inner female:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

We use "Divine Mother" to indicate the Divine deep within _____ and "Divine Father" as the Divine in _____.

Any thoughts about Tiziana's personal journey through religion and spirituality:

_____

_____

_____

_____

_____

_____

_____

_____

_____

Four reasons why you need to be in touch with your inner feminine in order to be rooted in your spiritual nature:

1. _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

(Four reasons why you need to be in touch with your inner feminine in order to be rooted in your spiritual nature):

2. _____

_____

_____

_____

_____

_____

_____

_____

3. _____

_____

_____

_____

_____

_____

_____

_____

_____

4. _____

_____

_____

_____

_____

_____

_____

_____

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

Practice: Connecting with your Inner Feminine through silence

Write down your experience:

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

What are the three roles of the inner masculine in your spiritual life?

1. _____

2. _____

3. _____

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

Why is it so important to bring your masculine and feminine together in your spirituality?

What do we mean by "Divine Love"?

What is the difference between the spirituality of *The Sacred Lovers Within* as compared to transcendent spirituality?

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

What are some consequences of removing the feminine aspect of God/The Divine?

What are your thoughts about restoring the feminine aspect of God/The Divine?

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com

Write down any questions you'd like to ponder during the week:

TIZIANADellaRovere
Copyright © 2008 www.tizianadellarovere.com