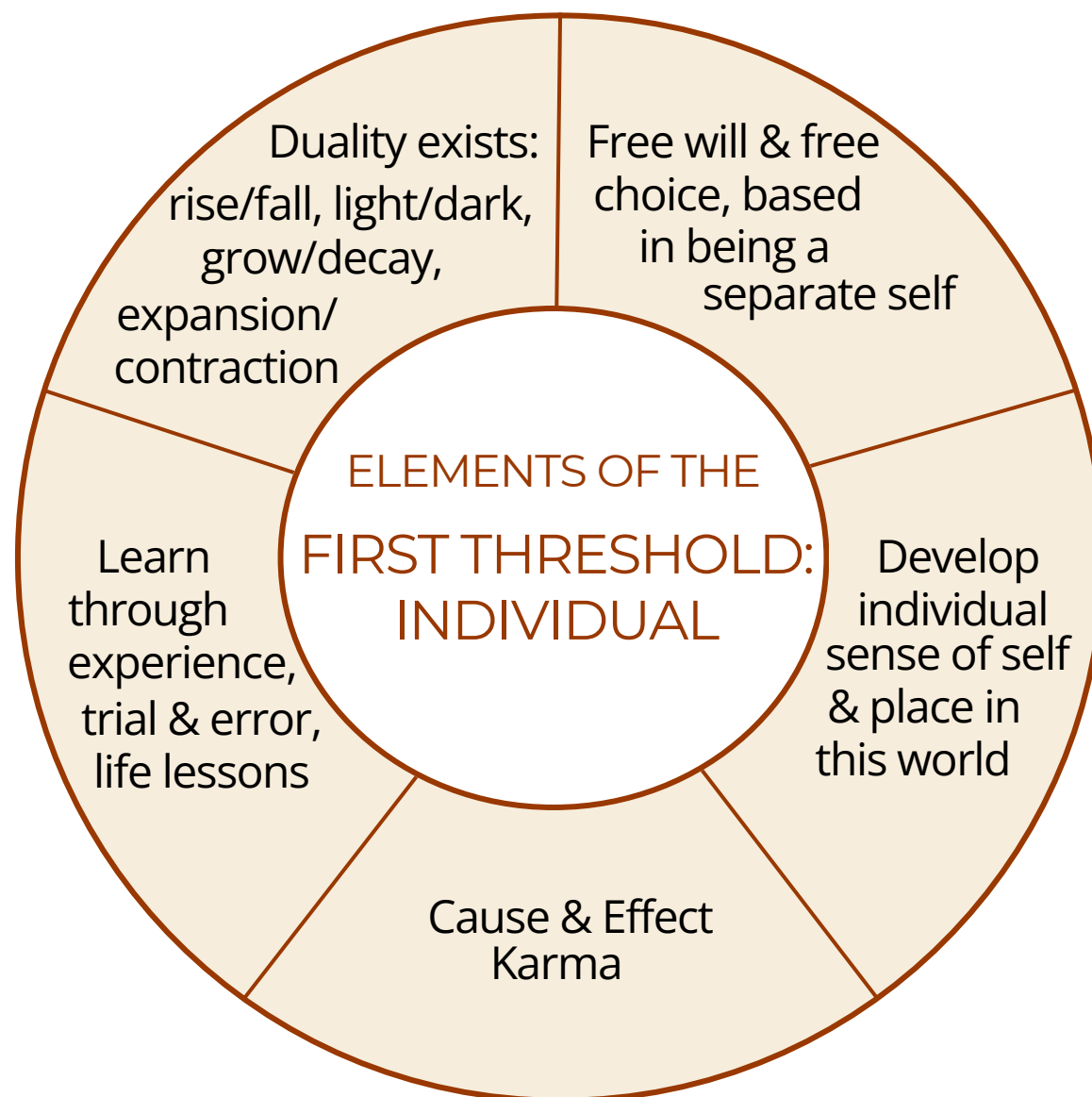


PART 1

FIRST THRESHOLD: THE INDIVIDUAL

REFLECTIONS & DEEPENING

In her teaching, Patricia Albere introduced key elements of the design of our individual existence in the First Threshold.



What else would you add to illuminate the design and elements of our individual existence?



PART 1

FIRST THRESHOLD: THE INDIVIDUAL

REFLECTIONS & DEEPENING

Use the questions below to continue exploring and illuminating the First Threshold so that it comes more alive.

Do you see any limitations to this first threshold, for individuals or for life in general?

What is the nature of being an individual in this first threshold? For example: What are you focused on? What does it look like to succeed here?

What are the ways to relate within this first threshold? How is unity experienced?