

SUGGESTED GPE ASSIGNMENT

Here are some points for you to think about:

- * As you perform the Breathing Protocol in the Preparatory Phase of the Meditation, you inhale through the nose slowly and deeply; then you exhale through the mouth by letting all the air out or emptying your lungs. While you breathe you think of receiving God's love as you inhale and releasing human stress as you exhale. You try this for at least one week and practice at least once a day. You should keep track of your experiences. We will discuss about this process during the follow-up session.
- * As GPE Practitioners we will see one of the biggest challenges or obstacles would be its simplicity. This program is so easy and simple in which people may say, "Is that it?" or "It doesn't have much to offer!" The true essence of this gift is the fact that it depends on how each person sees the GPE, and he/she gets exactly what he/she expects or perceives. I may see the GPE as an ordinary or worthless product, but you look at it and find the beauty and values of this gift. I see a piece of rock, but you see a precious gemstone. Why?
- * If someone takes the GPE document and applies this Meditation technique without the Opening of the Intuitive Potential, he/she may not feel or observe any effects. However, in this particular scenario we may have 2 possible outcomes. What are they?