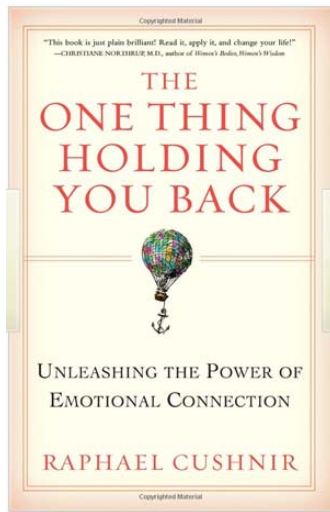


Interview with Raphael Cushnir
Focus Question for Further Reflection



Spiritual World Net
Nurturing Your Walk with Others



*The One Thing Holding You Back:
Unleashing the Power of Emotional
Connection*
by Raphael Cushnir

A GROUNDBREAKING PROGRAM THAT
TEACHES YOU HOW TO ACCESS THE POWER OF
YOUR EMOTIONS AND TRANSFORM YOUR LIFE

“Emotions are so often misunderstood. Cushnir shows us a how to connect with our feelings and move past the obstacles that can block our way.”—DEEPAK CHOPRA, author of *Jesus: A Story of Enlightenment*

Introduction:

The following questions were selected from the book to help you in continuing your reflection on our conversation with Raphael Cushnir on his book and its impact to us as Spiritual Director in the 21st Century facing a world in need that is looking for answers. Please use these questions as a guide for your individual reflection or to start a group dialogue. Remember that you will be able to hear a recording of the interview the day after the meeting at the following web page:

<http://www.lifeinmotioninstitute.com/>

Reflection Questions:

2 X 2 Process	
1.	Turn your attention to your body where you experience your emotion
2.	Keep your attention on the flow of the physical sensation
1.	Slow down your awareness (let emotions arise naturally)
2.	Get microscopic in your awareness (beyond labels & abstractions)

1. Name three people from your work world, present or past, to whom you've had a harsh negative reaction.

2. Name the most objectionable quality of each person.
3. One at a time, conjure each individual in your mind's eye, exhibiting his or her objectionable quality. Then use the 2 X 2 process to identify how this quality makes you feel. Record your feelings below.
4. From exercise above, or from your own innerwork, which feeling do you sense you avoid the most?
5. How might embracing or accepting this feeling or feelings heighten your quality of presence to the invitations of Spirit? How might it be helpful to your directees or companions?

Questions Source:

Adaptation made by Mayra C. Hall on questions provided by Raphael Cushnir on page 77 from his book. Cushnir, Raphael. (2008). *The One Thing Holding You Back: Unleashing the Power of Emotional Connection*. (HarperOne, New York)

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