



3/3/19 - WEEK 4 – COLLECTIVE PATHOS

Being completely authentic, what is the predominant emotion that occupies your week?

Is this an emotional pattern that you chose, inherited, or do you have no idea how it seeped into the soil of your subconscious?

What is the dominant emotion you notice about your family, culture, country, and humanity as a whole?

How do you live consciously so as to not allow others' emotions to become yours?