

Journal for  
*Living in Process: Basic Truths for  
Living the Path of the Soul*  
by Anne Wilson Schaefer <sup>1</sup>

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**Orientation to Process Living**

This section invites you to shift from outcome-based thinking to experiential living.

- What does 'living in process' mean to me right now?
- Where do I feel pressure to achieve or control outcomes?
- What might it look like to trust my life more deeply?

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<sup>1</sup> *Living in Process* by Anne Wilson Schaefer, (Ballantine Books, 1998, iUniverse, Bloomington, IN, 2018); available at [Amazon.com: Living in Process : Basic Truths for Living the Path of the Soul: 9780345394071: Schaefer, Anne Wilson: Books](https://www.amazon.com/Living-in-Process-Basic-Truths-for-Living-the-Path-of-the-Soul/dp/9780345394071) and other book sellers. Journal created using ChatGPT – April 2026 – [www.lifesjourney.us](http://www.lifesjourney.us)

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### **The Myth of Control**

Explore how control shapes your life and what happens when you loosen its grip.

- Where am I trying to control people, situations, or outcomes?
- What fears arise when I imagine letting go?
- What becomes possible if I release control?

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## Awareness Practice

Awareness is the doorway to transformation.

- What patterns do I notice in my thoughts and reactions?
- When do I feel most present? Most disconnected?
- How can I practice noticing without judgment?

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### **Addiction and Attachment**

Reflect on non-substance addictions like approval, busyness, and certainty.

- What do I rely on to feel safe or validated?
- What habits feel compulsive?
- How do these patterns serve and limit me?

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### **Spiritual Awakening**

Engage the unfolding nature of spiritual life.

- What does awakening mean to me?
- Where am I being invited into deeper trust?
- What practices help me stay open to mystery?

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**Living with Paradox**

Learn to hold tension without needing resolution.

- What contradictions am I experiencing?
- Can I hold both sides with compassion?
- What does this tension teach me?

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