

**APPENDIX B**  
**REFLECTION QUESTIONS**  
**AND RELATED VIRTUAL PAUSES**

Below are questions that can be reflected upon individually or within a small group. For a more comprehensive set of questions and exercises, please see the workbook and courses at [AngieWinn.com](http://AngieWinn.com). I have also included Virtual Pauses (VP) that are related to the content. You can find those, and ones I have recorded since the writing of this book, on most podcast platforms.

**PART ONE—CHAOS**

**Walls**

1. How have walls or barriers been helpful for you in your life?
2. Describe walls that you have encountered in your life that have kept you out.
3. Describe walls that you have encountered that have allowed you in but kept others out.
4. Are there walls that you have created to keep others out?
5. What walls in your life, your community, our nation or the world do you wish were not there?

VP:

*Episode 27: Seeing Out of the Trench*

*Episode 33: Mining Our Diamond Light Part 1—  
Ceasing to Build the Walls*

*Episode 34: Mining Our Diamond Light Part 2—  
Knocking Down the Walls*

*Episode 35: Mining Our Diamond Light Part 3—  
Walls We Build to Block Others*

**The Great Dismantling**

1. Have you ever experienced a time when things you put your identity into or your comfort in (roles, systems, organizations, ideals), begin to show their holes and dismantle? Describe the circumstance. How did you feel? How did you react?
2. Are there things in our society in which you are beginning to notice holes and indications of dismantling? What are they?

**Blue Blaze**

VP:

*Episode 30: The Practice of Uncovering Peace*

### **The Summit**

1. Where are you right now? Blue blaze trail? White blaze trail? Wilderness? Desert?
2. Have you ever experienced being on a blue blaze trail? Your true self path? How did it feel? What words or images could you use to describe it? How did you feel physically, mentally, emotionally, and spiritually?
3. What keeps you from venturing off the white blaze trail onto a blue blaze trail?

VP:

*Episode 41: Visualizing the Summit*

### **Two-by-Fours**

1. Have you ever experienced the hit of a figurative two-by-four? What was the situation? What was your reaction? Did you hide? Did you strive?

VP:

*Episode 38: Releasing Stress and Trauma*

### **Chaos**

1. How do you experience chaos? If under stress, how do you react? What happens to your body? Mind? Heart/Emotions? Spirit? Relationships?
2. What are the triggers that send you into chaos?
3. Are you able to notice when you are in chaos? What are the indications?
4. What does the chaos of others look like?

VP:

*Episode 15: Faking Rest*

*Episode 19: The Violence of Needing to Perform*

*Episode 22: Meeting Chaos with Chaos*

### **Fire in My Bones**

1. What themes have been consistent in your life related to desires and dreams?
2. How did you discern whether or not those desires and dreams were from outside voices or from your true self connected with God?
3. How did you discern whether or not to move forward?

### **The Well**

VP:

*Episode 7: Transitioning From Old to New*

## **PART TWO—STILLNESS**

## **Body**

1. How do you attend to the first stake of the tent, the body, to get you back to stability?

VP:

*Episode 16: A Walking Pause*

## **Mind**

1. How do you attend to the second stake of the tent, the mind, to get you back to stability?
2. How do you feel about silence and solitude?

VP:

*Episode 8: Silence and Solitude*

*Episode 11: Being Present*

## **Heart**

1. How do you attend to the third stake of the tent, the heart, to get you back to stability?

Letting Go—Think of a time when you were triggered and reacted, either internally or externally, in a way that created more chaos and stress for you and/or those around you.

2. What was the scenario?
3. What triggered you?
4. How did it feel in your body?
5. What memories or part of your story might it have tapped into?
6. Were you consciously or maybe unconsciously desiring a need for control or power? Acceptance and approval? Safety and security?
7. If you had let go of those false programs of happiness, do you think you would have responded differently? How?
8. Put yourself back into that situation. Imagine going through the Pause process. Do you feel led to take any action now?

VP:

*Episode 9: Letting Go to Rise Up*

*Episode 14: Gratefulness in the Moment*

*Episode 24: Resisting Great Love and Sorrow*

*Episode 42: Letting Go: Part 1—*

*Control and Power*

*Episode 43: Letting Go: Part 2—*

*Acceptance and Approval*

*Episode 44: Letting Go: Part 3—*

*Security and Safety*

### **Spirit**

1. How do you attend to the fourth stake of the tent, the spirit, to get you back to stability?

VP:

*Episode 10: Breaking Our Cycle*

*Episode 25: “You Are” Versus “I AM”*

### **Basecamp**

1. How do you experience stability? How does it feel in your body? What happens in your mind? What happens with you emotionally? Spiritually? Relationally?
2. What techniques do you use to get yourself back to stability?
3. How often do you pause as a regular practice, whatever form it looks like for you?
4. When you are experiencing stability, what does your diamond light look like? What are the unique characteristics of your true self?

### **The Flip**

VP:

*Episode 36: Confidence*

## **PART THREE—MOVEMENT**

### **Two Rivers**

1. Do your tendencies more closely resemble the River of Being or the River of Doing?
2. How do you experience each river physically, mentally, emotionally, and spiritually?
3. What are some examples when you have stayed in one river too long?
4. How would your work, interactions, and life change if the two rivers connected?

VP:

*Episode 3: Paddling the River*

### **The Ordinary**

VP:

*Episode 13: Resting in the Moment*

*Episode 18: Finding Stability When We Can't Name Our Chaos*

*Episode 39: The Imperfect Resolution*

### **Expanding My Tent**

1. Think of a time when you experienced stability in motion. How was your whole being integrated as you moved?

2. How were your actions aligned (integrated) with your thoughts, emotions, body, and spirit?
3. How did you know when it was “go time?” (This could be as simple as knowing when to speak out, when to be silent, when to move, when to be still. Even waiting is an action.)
4. What did you have to let go of in order to move with stability?
5. How did you move? Did you move with intention or haphazardly?
6. Where did you move? Did you have a blue blaze trail set out for you?
7. What impact, if any, do you feel you might have made in your own life, in the life of others, or in your surroundings?

### **Resilience**

1. Describe a time when the space between chaos and getting back to stability has been too long. What was the circumstance? How did it affect you and others?
2. What are some indications for you that you are in chaos and need to get back to stability?
3. How do you get back to stability in the moment, or practice resilience?

VP:

*Episode 4: Pausing on the Fly*

*Episode 10: Breaking Our Cycle*

*Episode 17: Resilience—The Space Between*

### **Transcendence**

1. How can you uniquely break down walls or obstacles of others?
2. How can you create a sense of stability for others, regardless of their circumstance?

VP:

*Episode 1: The Sound of the Genuine*

*Episode 12: True Self Transcending*

*Episode 23: Self-Emptying*