

Gateways to Transformation

Using the *Gateways* Inventory

Visitors to the Starwalkers site are welcome to use the *Gateways to Transformation* inventory free of charge, with no obligation. The questions asked are key questions for anyone's growth and transformation.

Ideally, however, one should complete the inventory in the context of participating in one of the Starwalkers' programs:

When participants join the "Community Living Program," they begin the program with the "Experiencing Starwalkers" retreat, and by completing the inventory and discussing discoveries about themselves with an advisor.

Participants may choose to complete the inventory and then discuss discoveries with a mentor chosen from Starwalkers advisers in a one day, eight hour session.

Starwalkers
Gateways to Transformation

Please answer the questions in the following categories:

I. Deep Connection

Describe relationships that you have, with others, with the natural world, with a transcendent being. Are they deeply loving and caring? Have close connections been broken? Why? How could you reunite these connections? Do you feel truly seen and known? Are connections what you want them to be? How could they be different? How could you help them to be different, more meaningful? As you answer, keep in mind that the connections are with other people, the natural world and with transcendence.

II. Silence and Solitude

Are there moments and spaces in your life when you are silent, when you have down time? If not, why not? Do you always seek to be busy, surrounded by sound? Are you afraid of silence and solitude? How might silence and solitude (meditation, reflection, being alone you're your thoughts, still body) enrich your life?

III. Meaning and Purpose

What are the important principles upon which you base your being and doing in life?
What would you really like to do and be in your life? What are your greatest strengths?
What are your gifts? What activities in your life now do you consider of greatest worth?
If you are not now living a life of greatest purpose and meaning, consistent with your principles, gifts, and strengths, what is one step that you could take to start living that life?

IV. Emotions

List emotions you have experienced:

How do you express your emotions? Do you think that you express anger in a healthy way? Describe the happiest moments in your life. Why were they happy? What do you deeply enjoy doing? Are you as happy as you think you could be? What could you do to be happier?

What have you grown to understand about yourself by fully experiencing the emotions you have? How might your emotions provide a richer pathway to self-understanding and growth? AS you answer this last question, keep in mind particular emotions, such as joy or loss, for example.

V. Physical

Describe your body, including what you like about your body as well as what you want to be different. Also include in your description an explanation of the role of disease and other afflictions in your life. If there is something that you want to be different about your body, ask yourself if it's because of messages about "perfect bodies" from society, or from a desire within to be physically healthy and whole (integration of mind, body and spirit). Are you as physically healthy, active, and whole as you would like, and how could you be more physically healthy, active and whole?

VI. Intellectual

Describe how you come to know things? Are you confident as a thinker, and why are you confident, or not? What engages your mind, your intellect? What questions do you have, what answers do you seek? What ideas do you embrace? What theories have taken shape in your inquiries? Are you comfortable with ambiguity or do you seek greater certainty?

VII. Creativity

Describe how you are creative, how you have been creative in the past. What are areas where you would like to experiment being creative? How could you be more creative in your daily life, even doing mundane tasks?

VIII. Transcendence

Have you experienced the transcendent and spiritual ecstasy in your life? Describe this experience. When, how and where have you pushed yourself beyond your own limits? What was this experience like? What are ways that you “get outside yourself” or “stand outside of the everyday” or achieve a higher state of consciousness or look at things from another perspective? What aspects of your world and your being could be enriched by transcendent moments?

