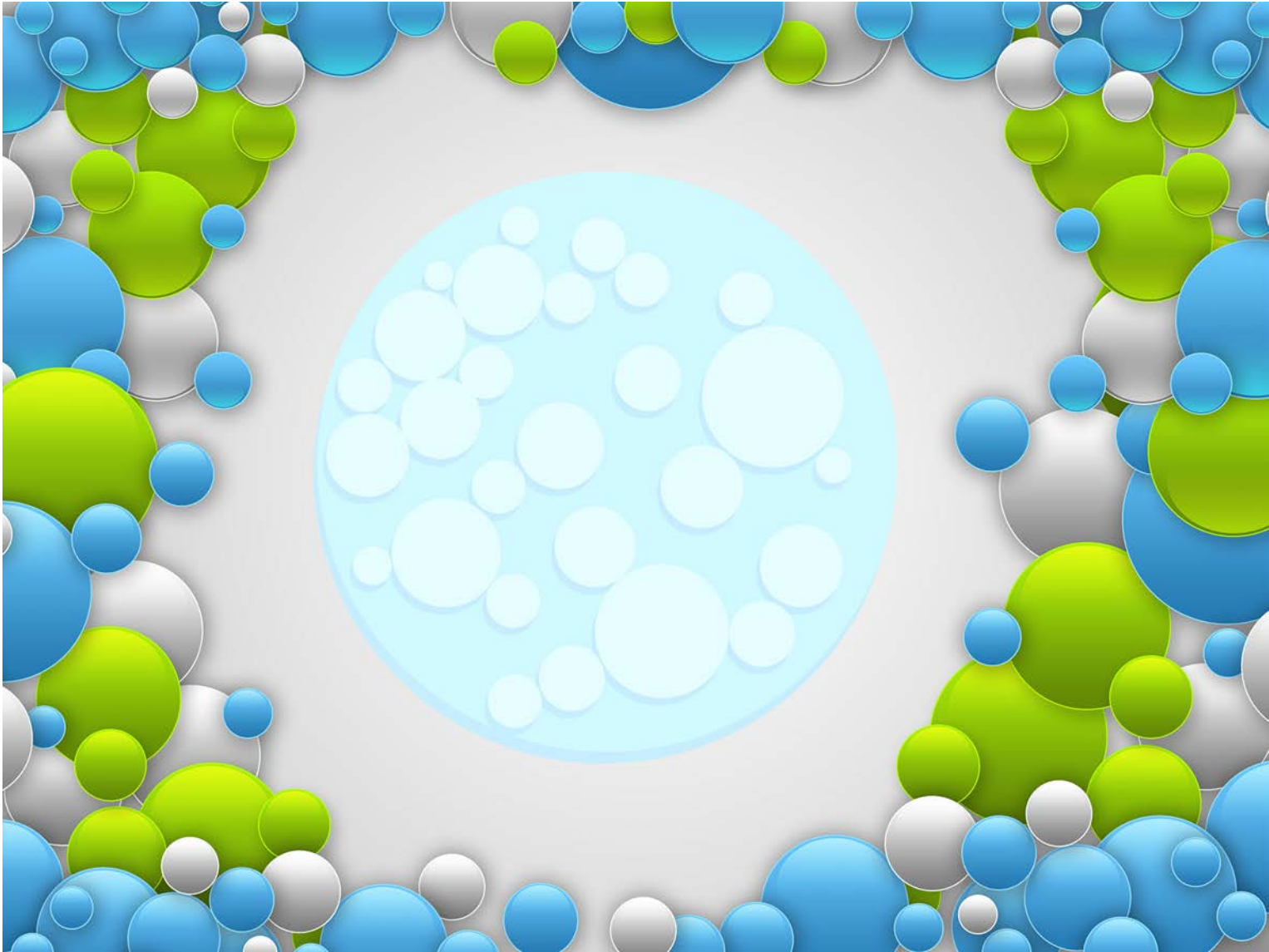
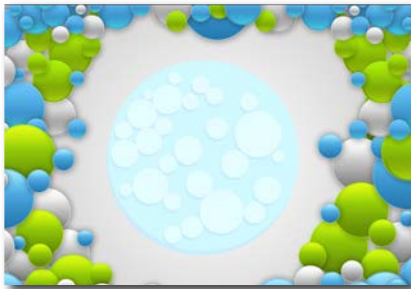


Filter Bubbles Worksheet



Be Conscious of Filter Bubbles: A Spiritual Practice

Think about your current spiritual/religious beliefs. Ask yourself the following questions:



- Were they imposed upon you by someone else?
- Did you accept those teachings and beliefs without questioning them?
- Were you expected to subscribe to a particular teaching or belief system without your consent?
- What experiences have you had that could be described as a ‘Spiritual Filter Bubble’ and what kind of ‘bubbles’ were they?
- How can you “burst” your spiritual “Filter Bubbles” to experience greater spiritual growth and enrichment — and still practice a high degree of discernment in your conscious awareness?

Note your experiences and record your observations. Using the worksheet, imagine the large bubble in the center as your “Filter Bubble” and identify what is inside it, as well as where the ideas/concepts/ beliefs/attitudes originated. The various smaller bubbles represent different areas (i.e., religious/spiritual beliefs; family of origin beliefs; interests; hobbies; etc.) Then label some of the outer bubbles of influence, identifying areas you would like to explore, and set a plan in motion to consciously expand your bubble!

Revisit this spiritual practice whenever you have a sense that you have settled into a ‘filter bubble’ of religious, spiritual, psychological or philosophical belief – or any other kind of belief that has been imposed on you by an outside agency.

We encourage you to consider Eli Pariser’s advice when it comes to ‘bubble bursting!’:

“By constantly moving the flashlight of your attention to the perimeter of your understanding, you enlarge your sense of the world.” (Eli Pariser, *The Filter Bubble: What the Internet is Hiding From You.*)