

Freedom from Financial Burdens  
Mirabai Devi Membership Program  
August 2018

Premium Package: Written Exercise

*Journal: If you have not yet started a journal for this program, now is the perfect time to do so. It is helpful to write down your experiences and homework over the course of the year. For this month's class, you can begin by walking through the following written exercise.*

Reflect upon the teaching and guided visualization. Write down these different reflections in your journal and print out this exercise sheet.

Awareness is the first step in changing a belief system or pattern. Examine your patterns and write down your answers to the questions below:

1. What areas in your life are being impacted by financial survival? (ie: health, relationships, etc)

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2. Are you experiencing any physical or emotional problems as a result of financial stressors? Examine your situation and see if you can determine if any physical or emotional problems may be a result of financial issues. Can you identify these areas?

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3. Who is your family or life is being impacted by your financial limitation?

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4. What feelings and sensations arise within you when you think about your financial situation?

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5. Do you live off of a family inheritance? If so, are you living your passion? Or are you feeling inhibited or controlled by your family obligations or situation?

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7. Do you have a job? Is it a job that you enjoy? Are you in career or job that feeds your soul? Is it providing peace of heart? If not, are you staying in this position for financial security?

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8. Are you in the process of changing your job? If so, will this bring you more financial freedom?

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9. If you are experiencing financial stressors, are you still able to focus on your daily spiritual practices? Or are your practices suffering as a result of the extra stressors? If your practice is suffering, what one practice could you commit to on a daily basis during this time? For example: a daily mantra practice, a forgiveness prayer practice, an affirmation practice, a daily silent meditation, etc

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10. Is there an individual (family, friend, or other close individual) who you can reach out to for emotional support so that you may share your concerns, feelings and worries? Is there someone you can reach out to who might be able to help you with financial support? If so, who would that individual (or individuals) be?

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10. If you had \$10 million dollars, what you do with it? What would you with your life that is different than you are doing now?

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Now that you've answered these questions, let talk about some solutions. Once you've re-examined how you're currently conducting your life, ask yourself:

Is there anything you can change in your life to create greater support and bring about solutions for change that you may not have thought about before that require you to be creative and think outside of the box? The goal is to work smarter, not harder. For example:

On a Practical Level:

- Passive income streams
- Investments
- Family Support
- Financial Advisors
- Savings
- Cutting expenses
- Add a roommate
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On a Spiritual Level:

- Start each day with prayer to set intentions for manifestations
- Practice Ganesha Mantra for 40 days (108 2x day minimum)
- Affirmation

***Note: See this month's mantra page for both the Ganesha Mantra and the Affirmation***