

Freedom from Separation: Seeing God in Others
Mirabai Devi Membership Program
January 2019

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 are your current spiritual practices to you do to develop Oneness with God?

2. What spiritual practices have you tried in the past to attain Oneness with God? Which ones have you tried that haven't worked? Which ones do work?

3. What attitude are you taking in your spiritual life towards your progress? Where are you at along your path?

4. What is your perspective of attaining union with your Higher Self or God-Self? What does that mean to you?

5. What would you say are your blockages to attaining Oneness with God??

6. How would you define the Veil of separation and what is your experience of it in your own life and consciousness? And do you have Awareness of it?

7. How much time do you dedicate to your self-realization awakening practices? Daily? Weekly? Monthly?

8. Have you ever had a glimpse of Oneness or Unity Consciousness? Is so, can you please describe your experience.

9. If not, what do you imagine would happen if you had the experience of Oneness or Unity Consciousness? What would you imagine would change in your life if you did?

10. Merging with your Self would require giving up some of your ego. Is this something that you are willing to do? Have you ever experienced a burning longing/desire for God?
