

Self-Worth
Mirabai Devi Membership Program
August 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. Write down the name of a person in your life who triggers you or where you feel that you are not worthy in relation to this person. This could be a partner, parent, sibling, child, grandparent, friend, teacher, boss or other:

2. What is your relationship to this person? If this person is outside of your family, do they remind you of one of your family members? _____

3. What does this person do that triggers you? Is it in what they say and do or in how they say and do it? (Is it their tone, words or actions)?

4. What feelings and sensations arise within you when you are around this person? Do you react or respond to them? And if so....how?

5. If you go inside and look within at your own reaction and feel into why its such a trigger for you, do you get any clear insight as to where the feelings inside of you are coming from? ie. what happened to you originally in your life to create this wound, pattern or feeling?

6. How did this originate in your life? Who is the person or the people that you first formed the pattern and feelings with and do you need to make peace with them now, or did you ever make peace with them?

7. What inside of you can you make peace with, so that whatever on the outside is bothering you, wont bother you as much, or at all.

8. What have you projected onto the person or people that you have felt unworthy around? Now can forgive them, unravel the projections within you and release them from their part.

9. If you were looking at this situation objectively from the outside and guiding someone else who had these patterns, what would you tell them the lessons are that needed to be learned?

10. If you were now to learn these lessons, what would be the positive changes that you'd experience in your life as a result of learning these lessons?
