

Staying in the Light in a World of Instability #2

Mirabai Devi Membership Program

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. Please think about times in your life when you've found yourself in the role of a Martyr. These would be times when you offered to help another individual but became resentful of them, because it took too much out of you. Please write down and list these situations now.

2. Now list how these situations played out. Did you speak to the other individuals about your feelings? Did you share your resentment and even blame them? How did these situations and you sharing, impact your relationships with them?

3. Are there any current areas in your life where you find that you haven't stood up for yourself?

4. Are you feeling resentful toward the person or people in this situation? Is this resentment something you can approach and talk about with the other person? Have you already done this? Please list out who these people or players are and how they responded to your feelings, when you stood up for yourself. Do you teach other people how to treat you? Can you practice this?

5. Think about the times in your life when you've found yourself in the role of The Victim. These would be times when you've placed blame on another individual for life's hand that was dealt to you, even if it was through them. Please write down these situations.

6. How did these situations play out? Did you speak to the other individuals about your feelings? How did it impact your relationships with them?

7. Now write down and list if are there any current areas in your life, where you find that you are blaming another person for a current challenging situation? How are you dealing with it?

8. Think about the times in your life when you've found yourself in the role of a Savior. These would be times, when you've avoided or suppressed deeper and more painful emotions by being useful. This may include coming to another person's rescue and feeling a sense of purpose in a powerless situation. Please write down these situations.

9. Now using the situations above please describe the following: How did these situations play out? Did you go within and uncover your suppressed feelings and your need to feel useful and important? How did it impact your relationships with yourself when you dug deep within and examined this?

10. Are there any current areas in your life where you find that you are not able to fully get your needs met, because the suffering of another outweighs your own needs? Do You have a tendency to put your needs last and prioritize others?

11. Keep a journal throughout the month and write down as you remember more times that you played the Victim, the Martyr and the Savior throughout your Life and identify it, bring awareness to it, so that in the future you can recognize the patterns coming and choose to not play it out.

12. Now listen to this month's Guided Visualization and focus on allowing the Divine Beings to help release some of these patterns.