

Inner Listening

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. Have you been able to create a calming space so you might go inward to hear your inner voice? If so, where is this space? Is it a meditation area? If not, do you have access to a quiet space in your home or in nature?

2. How do you set the mood and tone when you go in to listen to your inner voice? Are you anxious, are you pushing too hard, or are you expecting results too quickly? If so, what relaxation practices can you use to help ease into and open into the process?

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4. What pranayama and breath work exercises or practices do you use to quiet your body and mind?

5. Have you asked the Divine Voice to reveal itself to you in the silence? If so, have you been asking questions and receiving answers? What kinds of answers have you been receiving?

6. What type of guidance do you receive when you get answers? Is it about an event in your life (ie: relationship), a destination (ie: moving to a new city), etc.?

7. Is the guidance typically encouraging and uplifting? Or does it just boost your ego? Can you tell the difference between the two? Does it make you feel unworthy or worthy? Does it affect your lovability?

8. Write down the things that block you from hearing your inner voice or following your gut instinct? For example, it might be self-doubt, self-judgment or criticism, feeling anxious, etc.

9. What happens when you listen to your intuition or gut instincts? How do you feel? Can you give an example of this? And in this example, did you notice that when you listened to your guidance that the outcome of your situation became more expansive and opened up *more* easily for you?

10. Once you saw the above example that this affected your life in a positive manner, did you continue to listen to your gut intuition on a regular basis? Or do you tend to suppress it more often?

11. If you tend to not listen to your intuition and you've been suppressing it, can you forgive yourself and move forward and change the pattern?

12. We invite you to spend time this month on a guided visualization journey. Listen to this month's visualization several times throughout the month to go more deeply into this topic.

13. If you are ready to go more deeply into the practice of how to listen to your inner voice, Mirabai has included a special, extended and more advanced module designed specifically for inner listening practices.

