

Choosing Higher Consciousness Mirabai Devi Membership Program

Premium Package: Written Exercise

Journal: If you haven't started a journal for this program, now is the perfect time to do so. It's helpful to write out your experiences and homework over the course of the year. For this month's class, feel free to begin by walking through the following written exercise.

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

Observation, reflection, and inquiry are important steps in the process of growth and awareness. Without judgment, reflect on patterns, allow information to float to the surface, and write down your answers to the questions below:

1. During the guided visualization and teaching, what general initial impressions came to you? What images, themes and information came into your awareness?

2. What ways do you intuitively feel like you connect with your higher self currently?

3. Reflect on a specific time or circumstance when you felt like you received guidance or knowledge from a deeper place within. As you revisit that moment, connect with how you know you were receiving inner guidance and knowing. Jot down a few insights.

4. How might you creatively apply this understanding and Higher Self consciousness in your life currently? Where might you be seeking inner guidance? Are there places where you can imagine this happening and what it might look like?

5. What is your relationship to the process of trust?

6. What do you need to bring in to begin to trust your Higher Self more deeply? If needed, what resources and supports might assist you externally in this process? What can you do internally to support yourself?

7. If this resonates, let's imagine fine tuning your spiritual practice routine for the month. Consider how you might deepen your relationship with your Higher Self by applying spiritual practices. Which practice(s) appeals to you as you try this on. Pick one or two new things to try and note them here.

(For example, you might set a specific intention before you chant. Or you might ask for your pranayama to address specific areas to clear what holds you back from connecting with yourself more deeply.)

8. As you watch the Light Transmission video, trust that you don't have to do anything to receive the Light. Now imagine the same is true for your Higher Self connection. Trust that it's there. Play with this and write out your experience.

9. What do you feel blocks you from connecting with your Higher Self? What theme would you like to specifically work on this month? (I.e. Self worth, self love, judgment, criticism, etc.)

10. If it feels right to you, make a personal commitment to your Higher Self to connect, to listen, to trust. You're invited to write out a brief statement to your Higher Self here:

– BONUS LIST –

Specific prayers and spiritual practices to use to connect with the Higher Self:

- Forgiveness prayers and affirmations
- Clear blockages to higher self connection
- Practice being in a state of loving consciousness
- Conduct self worth practices
- Clear denial patterns, old belief systems, imprints, family lineage Karma
- Set boundaries
- Take space for yourself
- Practice an internal relationship with the self
- Cultivate a spiritual practice of self inquiry and self clearing
- Balance your nervous system through Pranayama
- Open to inner peace, joy and fulfillment
- Strengthen your physical systems
- Practice positivity for the healing effect on the body
- Release charged emotions to support healing and longevity
- Develop an inner fortification and strengthening process