

Forgiveness
Mirabai Devi Membership Program
May 2018

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 and of whom you are in reaction to.

2. What is your relationship to this person? Who do they remind you of? Do they remind you a parent, grandparent, sibling or other family member?

3. How far back does this reaction and pattern go? How old were you when it started?

4. What behaviors are exhibited by this current person in your life (what do they say or do that bothers you)?

5. Do you recognize any similar behaviors within yourself? If so, which ones do you recognize?

6. Do you feel any physical sensations in your body when you react? If so, what are those sensations?

7. Have you practiced forgiveness for this situation (internally between yourself and that individual)? Have you practiced the Forgiveness Prayers by Howard Wills? How often do you practice them (daily, weekly, monthly, etc)?

8. Practice the forgiveness prayers that are included in this month's program. Record your feelings in your journal throughout the month. List those feelings here. Are you becoming more neutral and less reactive to this person?

9. Are you practicing self-inquiry to look at when you are triggered, where your triggers are coming from and how often these triggers are present in your life? How often are you practicing this self-inquiry (ie: each time you are triggered or not often?)

10. What awareness are you gaining of how this situation is affecting your body and your health?

11. How are you judging this person or situation? Are you able to take your projections and expectations off this person and see them in a neutral light?

12. 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 that are needed to be learned?

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