

Manifesting Abundance
Mirabai Devi Membership Program
September 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. List the areas of your life where you are living in lack and limitation (ie: health, relationships, finances, etc).

2. How does this lack and limitation impact your everyday life?

3. List the things you want to manifest and the types of abundance you would like to magnetize towards yourself.

4. Pick your top priority on your list – the one thing that most tugs at your heart to manifest - and focus on it for this month.

5. What changes can you make in your life your life now to attract this top priority into your field? What steps can you choose to take toward creating it?

7. Do you have a job? Is it a job that you enjoy? Are you in career or job that feeds your soul? Is it providing peace of heart? If not, are you staying in this position for financial security?

8. What are the practices that you can do to cleanse and release blockages and make space for these newly abundant manifestations to present themselves to you?

9. Picture what your life would look like with these changes made and with your newly abundant reality fulfilled.

10. How does it feel in your body? (ie: comfortable, uncomfortable, etc). Does your body need to adapt to it or is it automatically great?

10. Is there any reflection that a friend or a therapist or your Higher Self could give you that would help you to see something that you have not already seen yet as a block?

Solutions for Manifesting Abundance

Now that you've answered these questions, let talk about some solutions. Once you've re-examined how you're currently conducting your life, ask yourself:

Is there anything you can change in your life to create greater support and bring about solutions for change that you may not have thought about above that require you to be creative and think outside of the box? For example:

On a Practical Level:

- Create a Vision Board
- Place the manifestation affirmations around your house
- Create a Manifestation scrapbook
- Find a manifestation partner or support group of friends
- Rooting out belief systems that create the opposite
 - Make a list of what family/lineage told you
 - List your core belief systems
 - Private Session work with a spiritual teacher like Mirabai to transmute negative thought patterns

On a Spiritual Level:

- Start each day with prayer to set intentions for manifestations
- Practice Lakshmi Mantra for 40 days (108 2x day minimum)
- Practice the Manifestation Affirmation

Note: See this month's mantra page for both the Lakshmi Mantra and the Affirmation