

Letting Go of Control  
Mirabai Devi Membership Program  
October 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 some areas of your life that you feel you are trying to control (ie: relationships, people, situations, etc):

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2. Take one situation in your life that is challenging or that you're trying to change. Use this as your focus for this month. What is this situation? Who are the people in this situation? Write down what you feel would be the best end result and what would you like to see happen?

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3. Using your situation from Question #2, close your eyes and let the situation play out in your mind *the way you would like to see it play out*. Breathe deeply into the situation. How does it feel within your body? Describe what you're feeling.

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4. Using your chosen situation, close your eyes and let the situation play out in your mind either the way it's actually playing out –or- visualize the possible obstacles that you might face that will be out of your control. Breathe deeply into the situation. How does it feel within your body? Describe what you're feeling.

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5. What are the physical challenges or obstacles? Who are the people, if other than the original ones listed above?

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6. Write down the expectations and attachments you have within this situation.

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7. What are your fears that come up if the outcome of this situation does not materialize the way you want it? What are you afraid of losing? What are your disappointments?

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8. Now close your eyes and take some deep breaths. Let go of everything and feel the presence of this moment. Feel what it is like to let go of the attachments in this situation. Let go of the situation altogether and allow yourself to come from a loving place, from your heart. Describe what you're feeling.

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9. What are the practices that you can commit to doing over the course of this month that will help to cleanse and release blockages to releasing control?

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10. Listen to this month's guided visualization. After the recording is complete and you've come back from a meditative state, write down the information you were provided by your Divine Light Being team, Angels, Masters or Avatars.

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11. How can you take the information from the guided visualization into your situation? And how can you take this information into your every day life?

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## **Spiritual Practices for Releasing Control**

Now that you've answered these questions, let talk about some daily spiritual practices. 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?

Keep a journal throughout the month and note how the following practices are helping you:

- Start each day with prayer to release control
- Practice the monthly mantra for 40 days (*108 2x day minimum*)
- Practice the Affirmation
- Practice the Personal Cleansing Prayer by Howard Wills  
(*5x each morning and 5x each evening*)

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