

Healing Relationships  
Mirabai Devi Membership Program  
February 2019

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. What relationships (past or present) are you wanting to heal?

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2. What have you tried in the past to heal your relationships? Which techniques have you tried that didn't work? Which ones do work?

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3. What attitudes and steps are you taking in your relationships to break old past patterns? Where are you at with forming new positive changes within yourself and in your relationships?

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4. What are the steps you are taking to attain peace, harmony and flow in your relationships? What relationships are reciprocal? Which ones are not mutual or in the highest good of either person?

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5. List your main blockages in your relationships (ie: do you carry anger, jealousy, doubt or mistrust, unworthiness, etc).

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6. How would you define your level of separation from others in your life? How do you keep others at a distance or away from you?

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7. How much time do you dedicate to healing your relationships (both with others and Self)? Daily? Weekly? Monthly?

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8. Have you ever had a harmonious, easy relationship with few triggers with another person? If so, describe your experience.

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9. What are the similar patterns that you find as a common thread in all of your relationships? For Example: Picking a spouse or partner who cheats on you. Recreating your parents in all of your intimate partners and trying to heal the old patterns with them.

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10. Do you hold fear(s) that you may outgrow your current spouse, partner or friend?

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