

Samskaras
Mirabai Devi Membership Program
March 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 areas of your life are you experiencing negative emotions, fears, insecurities or emotional challenges? For example, relationships, financial fears, career, depression, fear of the dark, etc.

2. Take the time now to stop and reflect upon where the physical suffering is coming from. When did the physical suffering begin? Is this something that you inherited from parents or family? Is this from early childhood? For example, any form of pain or condition in the body.

3. Do you experience any physical pain or sensations in your body? Please list these areas. For example, back pain, knee or hip pain, digestion pain, headaches or migraines, blockage, etc.

4. Take the time now to stop and reflect upon where the physical suffering is coming from. When did the physical suffering begin? Is this something that you inherited from parents or grandparents? Is this from early childhood.

5. Now scan through your life and make a list of all the patterns that you'd like to change or that are causing you challenges. These include areas that are keeping you in limitation where you're not able to move on with your life. For example, manifesting the same partner, the same pattern with new partners in intimate relationships, etc.

6. List any past trauma and how it relates with the patterns. Are they linked? For example, you were dropped as a baby and you have a fear that you don't feel held by people.

7. How are these patterns, belief systems, emotions, and traumas impacting your relationships, whether it's your relationship with family or an intimate relationship?

8. What patterns or belief systems have been created in your relationships that you'd like to change or break free from?

9. What spiritual practices are you currently doing? This includes meditation, breath work, mantras, forgiveness prayers, guided visualizations, prayers, Light transmissions, vibrational healing, NLP, EFT and more.

10. What are your systems in place to be aware of these patterns as they arise? What support system do you have in place to remain in neutrality when presented with an old pattern situation. For example, the forgiveness prayers or mantra to neutralize.

11. If you've been working on an old pattern or belief system but still seem stuck, have you offered this issue to the Light or have you reached out to Mirabai to have a private session to help work through the cause of the samskaras?
