

Letting Go of Loss
Mirabai Devi Membership Program
April 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 spiritual practices do you use to release loss?

2. How have you tried in the past to get through the loss of your relationships in your life? Has this been on your own, or do you have a support structure?

3. What attitude do you take towards the loss of a relationship, the transition of a loved one, or when people choose to leave your life? What reactions and emotions arise as a result of these losses?

4. What is your perspective of what happens after death?

5. What is your perspective of re-uniting in the afterlife with loved ones who have transitioned?

6. Have you been able to bless people and support them on their journey, when they choose to leave your life and the relationship? Or are you a person who cuts off all ties?

7. Have you ever been able to find a place of forgiveness for those people who have left you? What is your process of forgiveness with the people who have left you? How do you go about your process of forgiveness?

8. As you reflect upon the different losses that you've had in your life, what vulnerabilities and issues did you experience? Did you feel abandonment, loss of control, low self-worth, guilt, regret, shame, blame your self or other issues?

9. When you experienced a loss in the past, were you able to go within and strengthen your relationship with God? Please describe your experience.

10. Have you been able to release or clear any of your past/parallel lives or present life traumas, memories or karma around Loss, that has accumulated, so that you can start/continue to heal?
