

Staying in the Light in a World of Instability

Mirabai Devi Membership Program

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. Write down the areas in your life where you're currently feeling fear or panic. This could include financial and income, career and work, housing situation, relationships, etc.

2. Write down any areas in your body where you're currently carrying stress or feeling constriction or pain. This may include lower back, shoulder stress, stomach/digestive, etc.

3. Do you have awareness around what the cause or causes of these fears are? Are they coming from triggers from your past? Are they coming from young places and ages within your inner child that feel unsafe, hurt or insecure?

4. How have these different traumatic events impacted your inner child? How have these impacts been reflected in your life? Do past traumatic events still impact your life now?

5. What spiritual practices have worked for you? Which have you tried that help you to transform and transmute fear into positivity?

6. What person or people in your life have been positive influences for you? Are they available for you to reach out to for support during these challenging times?

7. Exercise: Now take a deep breath, tap into the fear and contraction and breathe into your chakras down your legs and into the earth to slow everything down, slow your energy down, slow everything in your being down. Breathe and Release the fear into the Earth. Now Look at the underlying causes of these fears, and place your attention upon them. Listen to what comes up and write down where these causes are coming from.

8. Place your self-love and self-healing onto these areas within you to transmute these fears and see the causes and different lessons that come from them, so that you may learn and grow from this.

9. Wrap your inner child in a mantle of love and protection. Hold the inner child with nurturing love. Ask him or her what he or she needs and what would help to create safety and make the child feel loved. Write down the child's needs and what would be most helpful for them to take care of their needs.

10. Now listen to this month's Guided Visualization focused on the Inner Child. Wrap your Inner Child with Love and do the Practice to help your Inner Child.