

## Cleansing & Healing Family Patterns Mirabai Devi Membership Program

### Premium Package: Written Exercise

*Journal: Start a journal for this program. 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.*

If you are uncertain what belief systems your family and lineage possess, listen to the guided visualization again, examine each family member and feel into what they embody. Write these patterns in your journal and print out this exercise sheet. Write down your answers here. Below are some examples of family and lineage patterns and belief systems:

Father - anger, judgment, criticism, control, addictions, etc.

Mother – control, depression, lack of trust, judgment, low self-esteem, etc.

Grandparents - fear, despair, inadequacies, abuse, etc.

Siblings - unworthiness, control, addictions, etc.

Awareness is the first step in changing a belief system or pattern. Examine your family patterns and write down your answers to the questions below:

1. What are my family and lineage belief systems and patterns?

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2. What are my father's belief's systems and patterns?

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3. What are my mother's belief systems and patterns?

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4. What are my grandparent's belief systems and patterns?

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5. What are my sibling's belief systems and patterns?

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6. Of these family and lineage patterns what is it that I'm carrying?

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7. In what situations or environments do you find yourself adopting these patterns & belief systems?

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8. List a situational example of when you have played out a family pattern?

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9. How does this family belief system and pattern work for you in your life?

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10. Does this family pattern still serve you or do you want to change it?

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11. If you were looking at this situation objectively from the outside and guiding someone else who had these patterns, what would you tell them the lessons that are needed to be learned?

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12. If you were to learn these lessons, what would be the positive changes that you'd experience in your life as a result of these lessons?

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