

Age of Aquarius  
Mirabai Devi Membership Program

Platinum 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. List the aspects of your life where you want to shift or change.

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2. Pick your top priority for change on your list – the one thing that most tugs at your heart - and focus on it for this month.

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3. What does this top priority area currently look like or how does it play out in your life?

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4. Why do you want to change it? What about it do you want to change?

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5. Close your eyes, take a few deep breaths, and visualize what it would look like and feel like to have this new change in your life. Jot down any feelings that come up for you.

6. Now write down how your life will change by living in this new paradigm and by creating this new shift?

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7. Write down the steps you need to take in order to bring these new solutions into your life.

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8. Think about how you want to keep this vision alive in your daily life. This might include creating a vision board, daily affirmations, writing in a journal, doing daily manifestation mantras, and so on. Write down what you'd like to offer to your new paradigm shift.

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9. When you do your daily spiritual practices, do you experience resistance to these practices? Where in your body do you experience this blockage or resistance?

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10. Have you tried spiritual practices to shift or transmute these obstacles or blockages? These practices may include forgiveness prayers, breathwork, guided visualizations, being in nature, mantras, etc?

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11. Now lie down and listen to this month's guided visualization. Place focus on your top priority area, offer it to the Divine Light, and visualize your new paradigm and new solutions already manifested. Feel them in your body and Life as if they are already manifested.