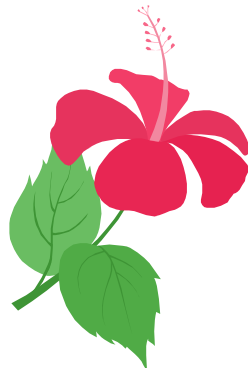


*My
Spiritual
Journey*

A 30 day path to your soul's awakening



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My Spiritual Journey Day 1

Do you believe there is a higher power?

If so, what do you call it?

Think about and describe what this higher power is like:

Do you communicate with this higher power? If so how?

Do you feel your higher power looks after you and grants your desires?

If not, why do you feel that way?

My Spiritual Journey Day 2

Think about the worst thing that ever happened to you.

Describe it:

Why do you think your higher power allowed this to happen?

Were you, or are you angry about it?

Was there a lesson to be learned? If so, what was it?

Do you feel you have learned this lesson?

Are you ready to accept that it was meant to happen, and was for a reason and to thank your higher power for allowing you to experience it?

If not, you may need to work on figuring out what the lesson was. Journal on it until you are ready to release any negative feelings about it.

My Spiritual Journey Day 3

How did you do with yesterday's exercise? It is sometimes difficult to admit the lessons we need to learn. If they were easy the universe wouldn't have to teach them to us via traumatic experiences. So let's turn the tables to something more fun.

What are you passionate about? What could you get so wrapped up in that you forget to eat? Or that you could spend 3 hours with and it only feels like 30 minutes?

When did you develop this interest?

Does this interest enrich your life? If so, how?

Are you able to devote enough time to this to satisfy your soul's yearning? If not, how can you?

My Spiritual Journey Day 4

What does your life purpose seem to be?

What would you like your life purpose to be? Do you feel a calling to do something in the world?

Right now, today, what could you share (life experience) with others that could make a difference in their lives?

We all have valuable life experiences that when shared with others could make a significant change in their lives.

My Spiritual Journey Day 5

Write down a few things that you make you happy.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

How do these things make you feel good about yourself?

Why do they make you feel happy and good about you?

Understanding what makes you feel good about yourself and why helps you to understand yourself better and in return it can help you to better understand others too.

We all want to feel good, we all want to wake up smiling every day and have good things happen.

Acknowledging what makes you feel good or bad and why is a good way to gain greater knowledge and understanding about yourself and what makes you tick.

My Spiritual Journey Day 6

Think about things that make you feel bad (its only for a little while) and list them here.

1.

2.

3.

4.

5.

6.

Why do you think these things make you feel badly?

Were these things that were done to you by someone else? Or things that you have observed either in your own life or in others that make you sad?

Is one of them a personality trait demonstrated by someone else such as conceit or gossiping? If so, is this a trait that perhaps you have exhibited yourself but have yet to admit (maybe even to yourself)?

When you know these things clearly, you are in a better position to create a life that you desire by bringing in more of what makes you happy and avoiding the things that make you feel bad.

My Spiritual Journey Day 7

Try communicating with your angels today. Relax and be in a room alone, have paper and a pencil handy and ask that your angels (and only your highest vibration angels) be present in the room with you. When you feel their presence, ask if they have a message for you or for someone else.

Write here what you received. Their message may come as automatic writing, thoughts, voices, images, intuitive messages.

Date: _____

The Angels' message to _____:

My Spiritual Journey Day 8

The Serenity Prayer:

God grant me the serenity to accept the things I cannot change,
Courage to change the things that I can and the
Wisdom to know the difference.

What does this mean to you and how can you apply this to your life now?

What experience in the past would this prayer have been helpful to have embraced?

My Spiritual Journey Day 9

What fears do you have related to your understanding of God (or the higher power that you believe in)?

Do you have any factual proof that validates any of these fears?

My Spiritual Journey Day 10

What beliefs do you have about taking this Spiritual Journey?

How do you believe it will change your life, if at all?

Do you believe your life will be improved? Or stay the same?

My Spiritual Journey Day 11

Think back to your childhood, what were your spiritual or religious teachings and experiences:

How did they feel to you then?

How do those original teachings feel to you now?

How have your beliefs changed since then?

My Spiritual Journey Day 12

Who are you? Not just your name but who are you at your core? Not who you think you should be, or who you want to be. But who you are right NOW!

If you are of the mindset that you are an extension of the higher power you believe in. How does this resonate with you?

My Spiritual Journey Day 13

List all the ways that you feel you can communicate with your higher power.

How does your higher power communicate with you? Has it changed since Day 1?

My Spiritual Journey Day 14

Go out into nature and find a beautiful tree, stand about 5 feet from the trunk of the tree and either in your mind or out loud ask permission to come forward. When you feel you have permission, walk up and hug the tree, ask if it has a message for you. Trees are full of teachings for us from spirit if we ask and listen for them. Write about your experience here:

My Spiritual Journey Day 15

Think of ways that you can develop a spiritual ritual in the morning or in the evening.

What things would you be able to do?

What would you like to be able to do but feel you can't? Is there another way to get the same effect?

Are you willing to implement a spiritual ritual daily?

If you already do, in what ways can you enhance it?

My Spiritual Journey Day 16

Describe ways that you have witnessed Spirit showing up in your life?

Do you believe you have come across an angel (disguised as a human, who helped you or allowed you to experience a mind shift)?

My Spiritual Journey Day 17

Have you been to a spiritual place (a place you considered to be very sacred)? Describe what it looked like, what it felt like and why you believe you were in a spiritual area?

What other spiritual places would you like to visit and why?

My Spiritual Journey Day 18

Where in your body do you feel Spirit resides? Describe where and why...

If you feel Spirit resides outside of your body, describe where it is you believe it to be.

My Spiritual Journey Day 19

Imagine you have been given the opportunity to sit down with God (your higher power) to talk one on one. You can ask anything and are guaranteed to get a straight answer.

What 3 questions would you ask?

1.

2.

3.

My Spiritual Journey Day 20

Do you ever notice things in a profound way that you just know are a sign from your higher power? Describe the last time that happened, what it was you noticed and what it meant to you? If you don't remember, try to come back to this and write about the next time it happens:

My Spiritual Journey Day 21

When do you feel most spiritually connected to your higher power?

Is it when you are in a church or other spiritual location; when you are in nature; when you are meditating alone, when you pray (if you pray), when you witness a birth???

How can you experience more often the feeling of being connected with your higher power?

My Spiritual Journey Day 22

Ask yourself – what do I want Spirit to know about me?

My Spiritual Journey Day 23

Are you able to fully trust in Spirit to guide you in your daily life?

If so, how would you go about it?

If not, what would need to happen in order for you to have full faith that you are getting guidance from Spirit and to follow it?

My Spiritual Journey Day 24

If you could change one moment in your life, what would it be and how would you change it?

How do you feel your life would be different (if at all) if that moment was changed? Why would you want this?

My Spiritual Journey Day 25

Can you identify a way that you may be limiting yourself in your life?

How has it held you back?

Ask your higher power to assist you in releasing this self imposed limitation.

My Spiritual Journey Day 26

What are your personal development goals and how is Spirit represented in those goals?

Did you discover that your goals do not have a spiritual element?

Have you had these goals before (last year, 5 years ago)? If so, think about why you didn't reach them and how you can use your more developed spirituality now to make a difference.

My Spiritual Journey Day 27

Today, take the time to try and meditate for 15 minutes, ask Spirit to send you a message during your meditation *ask a specific question if you like and then prepare yourself for meditation, bringing yourself back to the present if you find your mind wandering, be open to receiving the message/answer.

Write about your experience, did you receive the message/answer?

*note, you may find that an answer comes a day or two later so be consciously aware of your surroundings and open eyes and ears. 😊

My Spiritual Journey Day 28

Place everything in Spirit's hands for one day. Try your best to have complete faith that Spirit will guide you during this day keeping your best interests in mind. Before making a decision (lunch, which route to take to work etc) ask Spirit to guide you. Write about your experience, did anything out of the ordinary happen? Were you able to let go and trust?

My Spiritual Journey Day 29

Setting up a daily Spiritual Practice

Consider these three things and decide on ways you can accomplish them.

1. Getting Connected- the ability to focus the attention inward in a receptive mode. i.e. meditating in a quiet sacred space, using candles, incense etc, prayer

2. Getting out of the Way - the ability to remove oneself from distractions and focus the attention inward in a receptive mode, the commitment to use the practice despite any diversion, confusion, distraction or lack of progress and the ability to detach from outcomes. i.e. journaling, making a list of problem areas, how can I improve this.. etc.

3. Creating What you Want – Use the Law of Attraction to clarify your desires, align your thoughts, beliefs and actions to those desires and allow them to manifest. i.e. set intentions, vision statement/board, setting goals and action steps etc.

My Spiritual Journey Day 30

How do you feel closer to Spirit now?

Is this a path you wish to continue and build upon after this 30 day journey?

If so, what do you plan to do in the next 30 days?

If not, explore why: