

Exercise: Connect With Your True Self

The purpose of this exercise is to help you to connect with your true self, to acknowledge your divinity, and to begin to align with your inner power.

Exercise:

To start, find a comfortable and quiet space where you won't be disturbed. Have the provided journal sheet and a pen ready.

Begin with a few deep breaths to help calm, relax, and center yourself. Inhale slowly, hold for a moment, and exhale fully.

Read through the content in this module as a reminder of your divinity, purpose, and the concept of awakening.

Close your eyes and take a few more deep breaths. Imagine a warm, loving light surrounding you, representing your true self and divine essence.

Open your eyes and start journaling your responses to the following questions:

- How does the idea of being a soul in a human experience (a soul in a physical body) resonate with you?
- What emotions or feelings arise when you consider that you are an extension of source energy?
- How does it feel to know that you have a powerful connection to your Higher Self and the Spiritual world?
- Reflect on moments in your life when you've felt aligned with your true self, with who you really are. What were you doing, and how did it feel? (Hint- Moments where you felt love, joy, peace, or gratitude, where you felt really good, are moments where you were aligned with your true self.)
- What are some ways you can consciously connect with source energy throughout your day?

Create a visual expression of what this looks like for you. It is creating a visual representation of your true self, source energy, and/or your connection to the Spiritual world. You can then look at this as a reminder of who you really are. This image will help you to feel empowered, whole, connected, worthy, loved, etc.