



"Our lives have various and unique places in the harmony of the divine life"

-Josiah Royce

How would I define my divine life?

What does my divine life look like

SURVIVING

SUCCESSFUL

SIGNIFICANT

How do I believe my divine life is currently?

“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.”

**Anthon St. Maarten,
Divine Living: The Essential Guide To Your True Destiny**

DIVINE LIFE

What are some things I am doing well to support my divine life?

What are some things I wish for to improve my divine life?

What are some things I can do right now to improve or connect to my divine life?



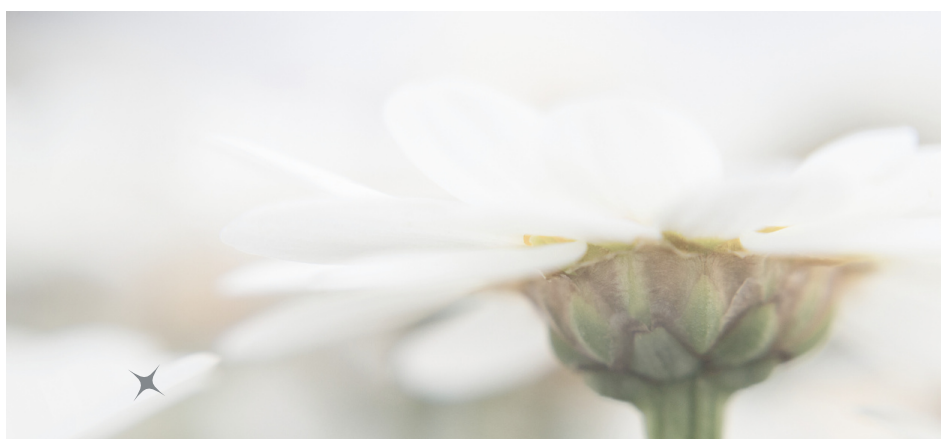
What are some things I don't want as part of my divine life?

What are some things I have overcome within my divine inner world?

What are some things that I hold regret or shame for that are getting in the way of my divine life?

THERE IS A
DIVINE PURPOSE
BEHIND
EVERYTHING –
AND THEREFORE
A DIVINE
PRESENCE IN
EVERYTHING.

Neale Donald Walsch



When I connect to the energy of my divine life...



BODY

What are the physical sensations that arise when I think of my divine life, my worth, my higher power, my purpose?

What are my divine gifts that support my divine life?



MIND

What thoughts or beliefs arise when I think about my divine life or higher power?

How do my thoughts impact how I perceive the world?

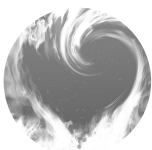
What are some of my beliefs about receiving help from others.



SPIRIT

What things help me go inward and upward toward my divine self and higher power?

How is my divine life being reflected on the outside?



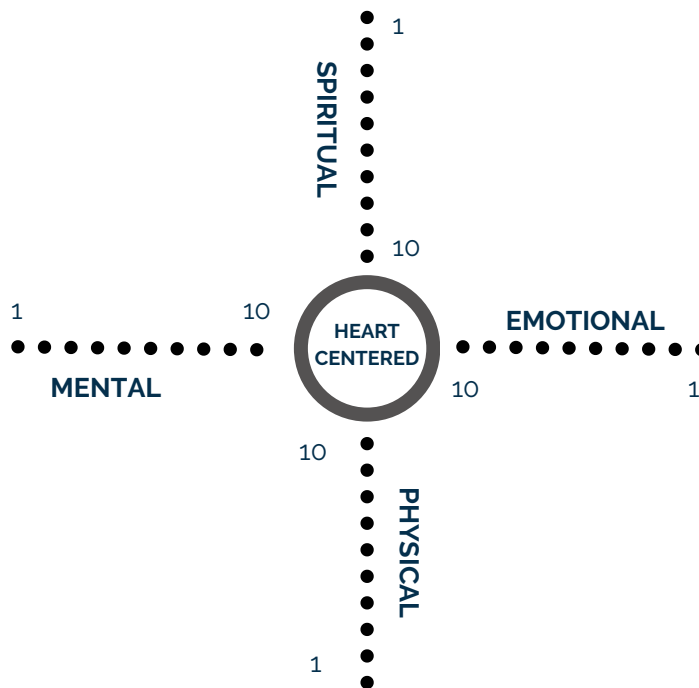
SOUL

What emotions surface when I think about my divine life, both positive and negative?

What emotions am I holding in or burying deep inside?

How does giving away and letting go feel inside me?

Rate your divine life in relation to the four bodies. 1 being unbalanced or in need of support and 10 being fully balanced. Circle the point on each number line and connect all your choices forming a circle. Notice which areas are more or less balanced. Use the ideas below to bring more balance.



BODY

- Connect with your inner child and do an activity they would love.
- Write down anything you feel you have done wrong and then burn it letting it turn into light and letting it go.
- Repeat "you are divine" in the mirror everyday for a week.
- Spend time in a place that feels holy.
- Look others in the eye when you are with the,



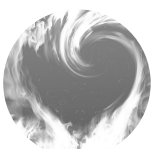
MIND

- Make a timeline with one memory from each year of your life and see if any traumas or hurts need to be addressed.
- Read Not Yet by Dr. Jeff O'Driscoll
- Keep a record of repeated thoughts for at least a week and see if they help you toward your purpose or pull you away from it, simply observe and record,
- Create some goals that support your divine life.
- Watch some YouTube videos about the inner child, the universe, or life purpose.



SPIRIT

- Spend time imagining a heavenly home in complete detail.
- Meditate using the mantra Divine Love or pray to feel Divine Love.
- Fast for 24 hours.
- Sit in silence for 10 minutes and connect with your life purpose.
- Imagine a detailed interaction with The Divine and see what shows up for you.
- Make a connection with at least one stranger every day for a week.



SOUL

- Do a crown chakra meditation or clearing
- Practice feeling forgiven and worthy.
- Create a journal where you record your emotions and dreams you have and hope for.
- Practice what it feels like to be living your life purpose. Invoke all the emotions and notice how those feeling feel in your body.