

My Soul Awakening Experiences Worksheet

After you practice the Soul Awakening Meditation, which you can find on Page 70 in the book, take a few moments to go even deeper into your experience. Ask yourself these questions:

What was it like to fully surrender to the divine flow of the Universe?

What was it like to visit the stillness and silence in your Soul?

What was it like to awaken it? What was it like to commune with Spirit?

Write your answers here. Don't filter or censor your experiences—just write. Feel free to add your insights on a daily basis as you continue to connect to the Divine with a daily practice.

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2. _____
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9. _____
10. _____

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