



Re-igniting Your Inner Flame

Workbook 1

Welcome and Congratulations;

I'm so glad you are here. It means that deep within you have been craving the tools and clarity to dive deep within yourself and bring Who You Really Are into the light of day. And all of that desire has served as a request... and here we are. Hopefully, this course will help serve as a solution, or at least the start of one.

It is easy to feel bombarded as a parent, to feel pushed and pulled as you jump from one person's need to another. Only the more you give the less you have to give. And with the less you have to give, the more into the shadow of yourself you fall.

People often say "You can't give water from an empty well." But that can bring up so many confusing thoughts and stresses surrounding time schedules and "how-to's". How do you fill a well? How do you fuel yourself?

How do you gently parent YOURSELF into a space of authenticity, connection, presence and love, so you have the solutions at your fingertips and the ability to gently parent your children into the same space?

This course is about discovery. Discovery of yourself.

It's about freedom.

Freedom from the past that got you here and the future that we can all start imagining and putting too much attention in.

It's about Spirit and how when we connect to the greater whole and get into the practice each day, magical things happen. Life flows differently, we see things differently and life is full of infinite possibility.

Over the next few weeks, you will be offered the opportunity to try out exercises, to follow processes, to try meditations and experiences and to dive deep into Who You Really Are. I'd like to encourage you to jump in, even just for 2-5 minutes a day. 2 minutes of connection is more powerful than 24 hours of disconnection.

We all can fall into patterns and sometimes doing course work falls to the wayside. I know. But that resistance to find five minutes to fill your well means that your day won't go as smoothly as it could. It means that by resisting spiritually aligning to yourself, you hold yourself in the shadows for another day. I really want you to feel free of that resistance as soon as possible. It doesn't need to take too much time. It can be found when breastfeeding, driving, or doing laundry.

In this first section, we'll be looking at acknowledging those moments, and diving into finding Who You Really Are.

Feel free to share your experiences and questions over in the Facebook Group. You aren't alone on this journey, no one can do it for you, and your spiritual source is so excited for everything that's about to flow!

I look forward to hearing more about your journey and I am always here to help. Feel free to contact me for any support you need.

And now, let's begin.

Affirmation:

I shall live deeper. I shall be present in my life.

I shall connect to my Spiritual Source.

The Brain Dump

*This is a stream of subconscious writing exercise,
also often known as "morning pages".*

This page is simply a test run as I encourage you to practice doing the process every day. Get a notebook and for 1-3 pages just let your thoughts spill out on the page. Let them flow without judgement and then don't re-read. The more often you practice this, the easier it becomes and you will get a clear sense of what fills your mind and focus.

I find it takes about 4 days before the veil parts and you start to attune to your spiritual essence, writing from her perspective. She will show up. Honest.

To get started, just write whatever comes to your mind, don't resist it, even grocery lists, to-do lists or "I don't know what to write" are acceptable.

No Judgement, just write. With every word you write, you are telling yourself that connection is what you seek.

Saying Hello- A Ritual

Often, finding your spiritual essence, your divinity, can be as simple as acknowledging it and opening our own side of the gateway, pulling back our side of the veil.

Chose a spot to say good morning to your divinity, your source, whatever you perceive it to be.

(Skip to The Belief Questionaire if you feel cloudy on the issue)

Find a window, a candlelit space, a morning walk, a time for yoga... a ritual space. A small corner where you can drop into yourself and Be... even for those two minutes.

Do this ritual each morning.

Deep breathe 3 times, each time inviting yourself to sink deeper into the moment.

Take another 3 deep breaths and on each breath say a word that resonates with you as Spirit;

Feel the intention of opening a door or inviting Spirit within.

Use the vocabulary test within this workbook to find a word that really resonates, as you will be using this word as a Spiritual Spark through the coming weeks.

When you have your word (or a few words) Write them in the space below.

Practice going to your chosen spot, taking your deep breaths, calling on spirit and saying

Good Morning.. Hello.. I love you. I am Listening.

And then breath again.

This simple meditation, this 2-minute connection exercise can be done in the morning, at night, and whenever you are stressed, upset, or dealing with too much.

Visit the Hidden Sacred Moments exercise within this workbook.

This spot, this connection space, is like a petrol station, where you can refuel.

This ritual, this acknowledgement, is like swinging open a door and allowing fresh air to transform you.

Great things can happen here.

NOTE: Sometimes we can feel physically detached from this experience if we just sit in a pose for meditation during this exercise. Consider incorporating yoga or tai-chi poses in this moment of connection if you feel you need to ground your physical self as well.

My Word for Spiritual Connection



Belief Questionnaire

What is your higher power? Is it within you or outside of you? Did it create you? Does it guide you?

When do you feel connected to that higher power? When have you felt that connection?

Do you feel life is designed or created? Pre-determined or decided?

Do you feel like you are a human having a spiritual experience or a spirit having a human experience?

What happens after we die?

What spiritual stories impacted your life?

What did you believe as a child?

Do you believe the same beliefs that you were raised with?

If not, what was one of the greatest impacts on the change?

Belief Questionnaire

Do you believe in angels or spirit guides?

Have you had a spiritual experience (s) What was it and how did it affect you?

When you were a child were you afraid... if so what of?

Do you connect spiritually to nature?

Do you believe in darkness or simply a lack of light?

Do you try to resist feeling or see emotions as an indicator of your spirit?

Prayer or meditation? Is there a difference? Do you practice either or do you wish to?

What is the purpose of life?

Do you believe in Karma?

Do you believe in Reincarnation?

Belief Questionnaire

Do you believe in Nirvana or Heaven?

What does Spiritual Alignment Feel like to you? (calm and grounded? Exhilarated? Excited? Fulfilling?)

Do you feel loved? Not just from those around you, or your family and friends, do you feel loved by the universe?

What is your deepest belief? (what's your "What I know for sure.")

What's your Ideal Outcome of doing this course?

What patterns hold you where you are? What do you think is your process of homeostasis which you keep coming back to?

Vocabulary Search

Language and the vocabulary we use to communicate are like energy pathways; cords of intention which we feel, send out and connect with what we intend.

Therefore, having terms and words that we connect to surrounding Spirit, and finding ones that resonate with our hearts, is the first step on your individual, unique journey. This is your path. This is your connection. Your life, perceptions, observations and senses have brought you here and you are loved.

A relationship with spirit, is a relationship.

You may view it as a connection to your inner self, a higher being, or an abounding energy force.

How you view it, what you name it, is part of your journey...

So let's embark.

Take a deep breath, and intend connection.

Feel that trust version of yourself... and then look at the words in the lists below. Circle what stands out, what resonates and what feels good.

Look out for feelings of guilt or hesitation in making choices, we'll be looking at them later.

Observe those hesitations, and make the choice you feel pulled to anyway.

What do you have to lose?

This is your experience. Embrace it.

When you have found a word for Spirit, go back to the first exercise and write it in the space provided.

Use the words for Connection for the next exercise

Vocabulary Search

Words for "Spirit"

Spirit
Universe
Om
All That Is
Great Spirit
Nature
Buddha
Yehweh
Divinity
Higher Power
Soul
Source
Higher Self
The One
Oneness
God
Jesus
Energy
Inner Self
Soul
Goddess
Angel
Mother
Holy Father
Gaia
Spirit Guide
Allah
Almighty
Consciousness
Light
Love
Presence
Divine

Words for "Connection"

Connection
Meditation
Prayer
Namaste
Channelling
Lightwork
Energy
Witchcraft
Blessing
Communion
Vibration
Flow
Intention
Alignment
Affirmation
Self-help
Self love
Inner work
Self Care
Presence
Euphoria
Nirvana
Heaven
Dharma
Communicate

*Sometimes words trigger us negatively,
especially from our past.*

*If any of these do that, stroke them out with one line,
so the intention is clear that they are no longer for you.*

Hidden Sacred Moments

You may tell yourself that it's hard to find time to look for that connection. As parents, we are used to telling ourselves the story that we are pressed for time and it's impossible to add another thing to the list.

Yet it's important to start this journey with an understanding that this is more about Be-ing than Do-ing. Spiritual connection isn't scheduled, it is within you already and that practice of saying "Hello, I love you, I'm listening..." to that which you see as your spiritual source, that looking within and connecting can happen at numerous times of the day. It just takes focus.

Below are a few moments we all have which we spend on idle focuses. We replay television programs and movies through our heads without even noticing it. We skim through to-do lists and yesterday's conversations or even give our focus away to negative newstories or television shows, but we have the opportunity to stop, connect and radiate our fullest selves.

Over this week observe yourself in these moments. How can you be more connected within them? Can you feel like the greatest part of yourself within this time? Can you reset your habitual patterns to make room for this connection?

Pick one of the times mentioned and practice using this time of the day as a time of spiritual connection and re-alignment with yourself.

Morning, just before getting out of bed

dishes/kitchen clean up

nursing a child

cooking time

In the bathroom

driving (especially when stuck in traffic)

Time spent on social media

Waiting for children at a class or school

Having a bath/shower

walking with or without children

park visits, when your child is playing

During a child's bathtime

A child's bedtime

Brushing teeth/make-up removal

Your Bedtime

*As an extra challenge
try turning all internet access and
phone access off
for either a whole day this week or
for an hour every day!
You may be surprised at
how you feel.*

Intention Reminders

Write your word of connection on each of these squares, cut them out and place them where you will see them over the coming weeks; your wallet, beside your alarm clock, the bathroom mirror, the remote control, your phone. You can also use post-it notes or create a homescreen with the same intention.

Usually, our patterns are so strong, we need reminders like these to change our patterns.



