



CHOOSE SPIRIT NOW

JOURNALING
SET AN INTENTION



- What are you hoping to gain from an online spiritual program such as this?
- What might be going on in your life specifically that you feel you could use some guidance with? However big, however small?
- Notice if there are big questions that you have, or big problems you may be having along your spiritual path or if you simply are looking for another supportive program to keep you on your path, to keep you in your awakening.
- Are you simply looking for a way to let go of stress and find more peace, joy, and love in your daily life?
- Whatever the answer, this program will support you.
- Make a sankalpa, an intention to commit to Self Study and Contemplative Practices in order to awaken to Spiritual fulfillment! This sankalpa is your intention for your life path, not just for this program! If you find yourself not practicing or self-studying, no worries, simply begin again when you are ready.
- Any time you notice resistance coming up for you during this program, label it as Ego, and write it down.