

# THE DIVINE UNION WITHIN

*Week #10  
Journey to  
Circle of  
Light Beings &  
Your Pain Body*



GATHER IN DOME OF LIGHT

1.

DESCRIBE YOUR JOURNEY TO CIRCLE OF LIGHT BEINGS. HOW DID YOU EXPERIENCE/SEE YOUR PAIN BODY?





2.

WRITE DOWN AS YOU GO ABOUT YOUR WEEK ANYTIME YOU FIND YOURSELF ACTIVATED IN OR FEEDING YOUR PAIN BODY. DO YOU CAUSE DRAMA IF THINGS ARE QUIET AND STILL? DO YOU FEED IT WITH NEGATIVE THOUGHTS, OR LOOK FOR SOMETHING TO GET STRESS A POWERFUL AND TRANSFORMATIVE WORK.





3.

NOTICE IF YOU HAVE A TENDENCY TO PUT YOURSELF DOWN EVEN MORE, WHEN YOU SEE YOURSELF DOING THIS? WRITE ABOUT IT.




4.

TRY TO BE GENTLE AND BEFRIEND YOURSELF, AND NOT FEED THE PAIN BODY, HUNGRY FOR A FIX, A NEGATIVE THOUGHT. OUR PAIN BODIES HAVE KEPT US FEELING SAFE AND PROTECTED, AND NOW IT'S TIME TO FREE OURSELVES GRADUALLY, STEP BY STEP, AND PEEL AWAY THE FALSE LAYERS OF THE PAINFUL ILLUSIONS OF "SELF".

OBSERVE YOURSELF, AND JOURNAL ABOUT WHAT YOU'RE DISCOVERING. NO JUDGMENTS!! THAT'S THE NURTURING FOOD WE NEED TO SLOWLY WEAN OURSELVES FROM IT.







BE AWARE OF YOUR RELATIONSHIP TO YOUR “PAIN BODY”.  
WHEN YOU WANT TO FEED IT WITH WORRY, ANXIETY,  
FEAR ETC.. SEE YOURSELF AS SEPARATE FROM IT.

**YOU ARE A VIBRANT BEING OF LIGHT!**