


THE DIVINE UNION WITHIN



Week #15
North Journey to
The Cavern
of Thoughts

1.

WRITE DOWN SOME OF THE DOMINANT THOUGHTS,
LOOPING THOUGHTS – THAT YOU KNOW ARE NOT
SOURCED FROM YOUR SPIRIT.

LEAVE SPACE BETWEEN EACH LINE; NEXT TO EACH
THOUGHT WRITE THE NAME OF THE PERSON, TEACHER,
FAMILY MEMBER, ETC. WHOSE VOICE THIS REALLY IS.



LOOK AT EACH, AND TURN IT AROUND INTO AN EMPOWERING THOUGHT AND STATEMENT.

2.

(EXAMPLE: WHO ARE YOU TO DARE TO THINK YOU HAVE ANY WISDOM TO SHARE? RE-WRITE: YOU ARE SUCH A COURAGEOUS WOMAN WHO HAS WISDOM TO SHARE IN THE WORLD.)

