

Spiritual Accounting

Mantra prayer to begin: *"I know all that I need to live a creative, purposeful and inspiring life."*

Repeat this until you begin to sense that this is true.

How to listen to this knowing: (Taken from Rev. David Alexander- New Thought For Living)

- Stop long enough to listen. Contemplate what this means to you and write it down.
- Listen long enough to hear. Contemplate what this means to you and write it down.
- Hear long enough to embody. Contemplate what this means to you and write it down.

With this new understanding of how to listen for the answers- contemplate the following:

My spiritual accounting of the year that has ended: (Use the questions or let your own insights guide you.)

- What is already enriched and blossomed in me?
- What circumstances, relationships or events were instrumental to this enrichment?
- What amazing things have I learned about myself?
- How has this impacted my relationship with others and the world?
- What did I let go of that was not serving my highest good?

My spiritual intention for the year that is coming: (Use the questions or let your own insights guide you.)

- What do I need to let go of that is no longer serving me?
- What needs healing (grievances, self-judgments, etc.) in order to live more from my own Divineness? (Be specific and remember to ask for Help to heal and let go.)
- What is beginning to take root in me that I want to nurture and give life to?
- What positive daily rituals will I add that will help me live from my Divine Nature more consistently?
- Write a prayer that you can say every morning and every evening that reflects your heart's desire to be open to divine truth, guidance and healing.

My vision for the year:

I would like to experience _____ in my life.

To discover what unconscious beliefs might be blocking this from entering, fill in the blanks until you get to the core of what false ideas you have that needs to be healed.

"I want _____ but I don't want _____."

"I don't want _____ means I believe _____."

"I give this to Divine Spirit to be healed and corrected for me. Thank you."

Repeat this for every experience you would like to have for the up-coming year.