



# DIVINE CALLING IN + CONTEMPLATION

Lets playfully explore, discover and open ourselves to a version of the Force you may have not yet considered.

Your Divine is distinct. Your divine is for YOU and you alone. If you still want to rock it out with Jesus or whoever your guy or gal is, that works too—this will only deepen your connection.

**Put on some music. (Check out the BHN playlists if you need some high-vibing juju as a soundtrack.)** Set aside a little time, and for goodness sakes, make this rich, juicy and FUN.

**1. List any influences of Gods, angels, Goddesses, (positive or negative) currently in your life:** (There is no wrong answer. ex. ArchAngel Michael, Mother Mary, White Light, Ganesh, my Higher self, nature.)

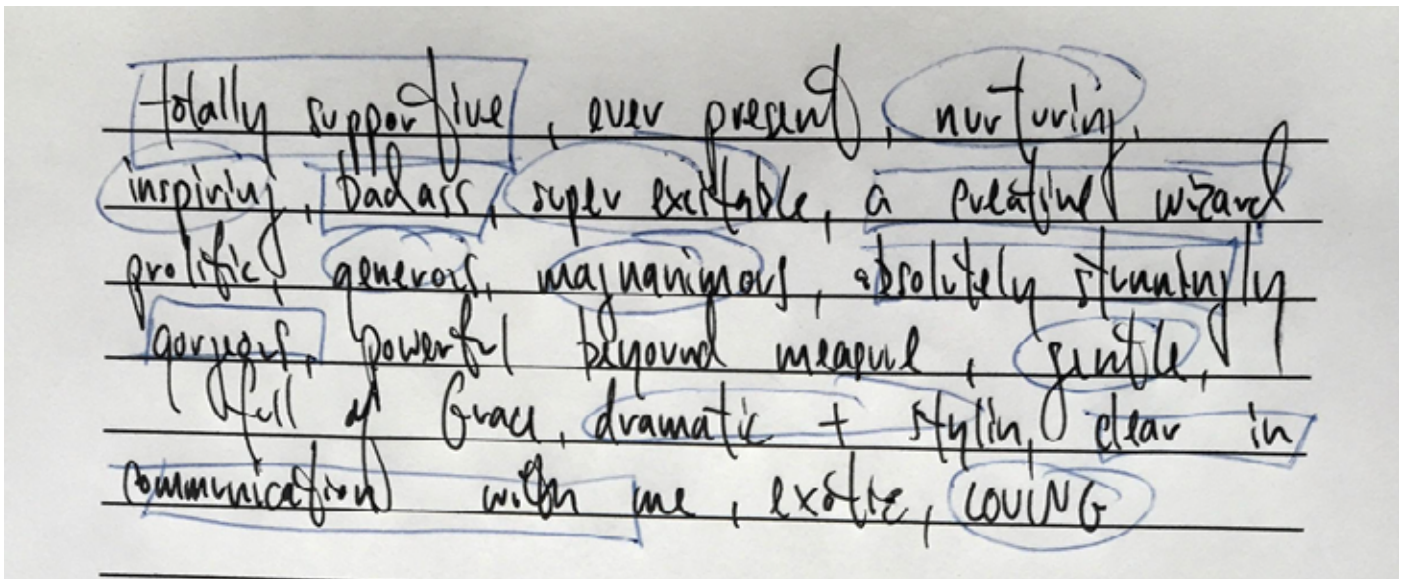
**2. For each of these influences, list a couple of words describing these heavenly beings:** (ex. omnipotent, peaceful, gentle, powerful, demanding, loving)

**3. Divine aside: What are YOUR greatest strengths as a person? Name a few.** (ex. I'm kind. I have great taste. I'm sharp-witted. I know how to give.)

4. **What are some qualities of life you *most want* to bring in:**  
(ex. peace, happiness, confidence, sexiness, prosperity, flexibility, community.)

5. **Go back over your answers from 2 and 4. Notice the difference between the list of qualities of the Divine influences you *currently* have in your life + the list of qualities you want to bring in to your OWN. Seeing the difference, and noticing the gaps. Write out a HUGE long list of what you WANT the qualities of your divine to be. Feel free to include or leave out answers from 2 and 4.**

6. Go back over the list in #5. In it, draw a box over any answers that lean toward or feel masculine + then draw a circle over any words that feel more feminine. If a word is neutral, you may leave it as is. So, your answers might look like this:



7. Now count up how many squares + circles you have. Part of what's important in our communication with the Divine Force is making sure we understand that He/She holds both aspects of the Divine Masculine + Divine Feminine.

Now, that doesn't have to be a 50/50 split, but we definitely need to be aware that we have both. The truth of life is that we are always going to be leading from both sides of masculine and feminine, and if we don't have a divine relationship or intention or example for both sides of the spectrum, that area of our life could feel judged or out-of-whack. If all your words are soft, flowy, angelic, pastel colored balloons of light and love-- that's all well and good, but if you're having trouble, say, motivating to work, it could be that your divine masculine needs a little energetic muscle, get what I'm saying?

8. Go back again to your answers at #5 and see if you can round out any parts of your masculine or feminine that feel lopsided. If you know or sense that you are needing more masculine or feminine energy in your life, you can lopsided it on purpose: ramp up the aspects of the Divine in the spaces you need help. Add some more qualities now.

**9. Super quick + easy: Drop into your heart, and repeat the following to your internal Divine:**

**I love getting to know you.  
Thank you for being with me.  
You're the bomb.  
Please come out and play some more.  
A to the men.**

Fantastic. Spiritual high-fives all around.

