



# YOUR DIVINE TIMELINE

What did your divine/spiritual life look like when you were growing up?

1. Was your family religious/spiritual?

2. List any practices, rituals, holidays you practiced as a family:  
(ex. Kwanza, Christmas, full moon trance parties, tooth fairy, nightly prayer, “none, but my mother insisted I get married in a church”, fish sticks on Fridays during Lent, circumcision, etc.)

3. Did you believe in God?

4. Was “God” taught to you as something or someone that was within you?

5. What did God or spirit look like to you, or what was your relationship with him/her

- at 5 years old?

- At 10?

- At 15?

- At 20?

- (If you're there yet...) at 25?

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· What does Source look like to you now?

6. How often do you connect to this God/Force/Universe?

a) 5 minutes of meditation in the morning.

b) All day, every day, constantly yammering, I can't shut the heck up, She's my bestie!

c) I go to a meditation class once a week.

d) Counting yoga, or...?

e) Gosh, I really want to, really I should do more, but like, um, sometimes it's a lot and I'm really into it, like, especially during and right after a retreat or a workshop, but then life comes in, and you know, well, it gets busy and I forget. Oh sh\*\* I can't lie about this right, because that would be like, the \*worst\* form of karma, lying about your connection to your divine! OMG, I wish it were more. OMG is OMG, like, taking God's name in vein? Does that count? Or is that, like, serious bad karma points.

f) It depends on whether my team is in the Superbowl.

g) Does time watching the Oprah Network factor into this?

h) Church. Sunday. Like my motha taught me, dawg.

i) Who?

j) Whatever combo of the above is your individual, perfect answer, which is exactly right.

(Hint: J.)