

Exercises from
**Fall In Love with the Beloved Within:
Source Speaks**

CHIRAYA DHARMA'S GIFT TO YOU

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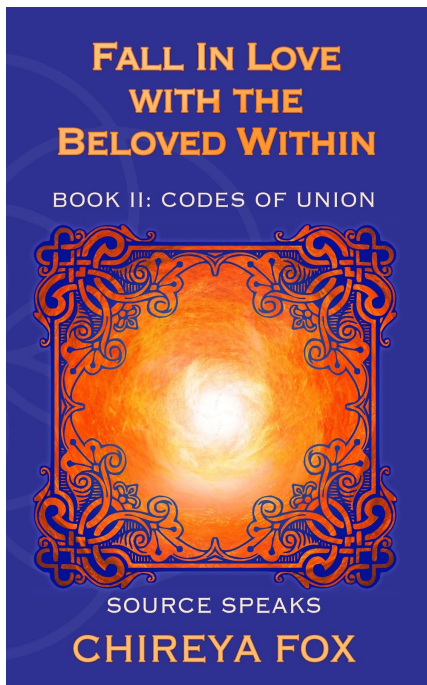
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An Invitation

Hi! Congratulations on taking this step and downloading this worksheet! The exercises here are very potent. Print this out for ease of use, if desired. Take your time with the exercises. Relish them. If you don't already have the book, I recommend getting a copy to support your journey and flesh out your understanding of the exercises. You can buy the book on Amazon.com.

[FOR PRIVATE SESSIONS, AND EVENTS, VISIT CHIRAYADHARMA.COM](https://www.chirayadharmadharma.com)

The first book in the series is *Unlocked & Unleashed: The God Within You*, and you can get that book on Amazon too, [here](#). I recommend getting a copy of this book too, as this material from Source, Divine Mother, and Divine Father all works together to assist us on our journey homeward.

The process of spiritual awakening is unique to each of us, and it does take effort. Your efforts are met by Source and matched, making every step forward you take a positive and powerful acceleration of your energies of awakening. I celebrate and salute you on your journey to self love and discovering the Beloved Within!

Love,

Chiraya Dharma

Interested to know if working with Chiraya Dharma in her private coaching and spiritual healing practice is right for you?

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Exercise 1: Make the Connection

Rest in the knowing that All Is Well. Close your eyes, take a deep breath, and simply allow your mind to rest upon this Ineffable Suchness called awareness. The length of this contemplation doesn't matter as long as as you simply make the connection.

Exercise 2: Feel the Realness

Write down your thoughts and feelings about the experience of connecting with Awareness. Did it feel difficult or easy? Were you distracted? Was there a moment of insight?

Exercise 3: Witness Yourself

Now, stand in front of a mirror. Simply witness yourself. Take a look. Who's there? Then, write about your experience.

Exercise 4: Love Yourself

Rest in the knowing that all is well, as you make the intention to allow Love's Presence back into your life. What comes up for you, as you contemplate unconditionally loving yourself? Are there parts of you that are scared you don't deserve this love? Embrace them. Love them. Let those parts know, whatever has transpired, whatever you have done, whenever others have judged you as guilty or wrong, none of these things can ever take away the Truth that you are Loved absolutely. What would it feel like if this were true? Do emotions arise? Let them.

Exercise 5: Extend Love

Imagine someone you really don't like, or who did something you are still resentful about. Ask yourself, what would it be like if you could shower them with love anyway? What would it feel like to you to open your heart and extend love, even if it feels like they don't deserve it? Even if just for a moment, see if you can open your heart and extend love to this person. Notice what happens to you, inside of you, as

you do this. Do you feel better? Do you feel more peaceful? Do you feel Love? This is the Key—the Master Key — that unlocks all doors. From here it is plain to see that it is not what another does, but what you do that determines whether or not you can feel love’s presence. Write out your experience of Unconditional Love now.

Exercise 6: Overcome Judgment 1

One by one, bring up in your mind three or four people whom you don’t like or who have hurt you in some way.

- Notice your thoughts about them. How do you feel when contemplating them?
- What can you tell from what you are feeling; about the nature of the results you would get from this feeling?
- Are you able to hold a steady stream of unconditional love for them, or does your mind wander to negativity making you feel bad?
- Write out your notes about this process now.

Practice makes perfect! As you calibrate more and more to the Truth of You, which is Love, it will become easier and easier to Return To Love, moment by moment, day by day. Remember—Love is not judging you for not having mastered this yet. Will you judge yourself?

Exercise 7: Overcome Judgment 2

- Make a list of the 10 things or people you hate or dislike most.
- Next to each one, write on a scale of one to ten, how willing you are to become unconditionally loving towards them?

Things I hate or dislike

How willing am I to become unconditionally loving towards them?
(1-not at all, 10-100%)

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- Starting with the easiest one first, practice opening your heart to love as you envision this person, situation or thing melting in this love.
 - Imagine a stream of beautiful Pink Light emanating from your heart, and filling the space around them. (They can receive it or not on the inner planes, as they wish.)
 - Notice how the person, place or thing changes form, begins to smile, or disappears right before your eyes. Notice how you feel.
 - Now, go onto the next most easy to love item, and repeat the process until you have experienced the dynamic healing release of Unconditional Love for each of them. It will become easier to do this with the higher numbers, once you have practiced with the easier ones.
 - Write how this exercise was for you.
 - Did it bring up emotions or anxiety?
 - Did you gain any insight?

Exercise 8: Spiritual Role Models 1

Let's imagine several scenarios in which we might need to leverage the abilities of a powerful spiritual role model to make a high choice?

- Someone cuts in line at the grocery store. What would Mother Teresa do?
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- Your spouse or partner reacts angrily to a situation he or she wanted to be different. What would Buddha do?

-
-
-
- A terrible thing occurs on the news and you feel impacted by it. What would Jesus do?

-
-
-
- You experience a loss of some kind. What would an enlightened sage do?

Exercise 9: Spiritual Role Models 2

Imagine the patience and wisdom of the Dalai Lama, bearing the fruit of compounded momentum for an entire lineage and country. How do you imagine he holds himself with such grace, even under disastrous circumstances? Write your responses.

Exercise 10: Spiritual Role Models 3

Who are some of your favorite role models, either famous or from your personal life? List them out, and note the characteristics you would like to model.

Role Model	Characteristics You'd Like To Model
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, take your responses from SPIRITUAL ROLE MODELS 1, 2 and 3, and turn them into a list of Qualities you feel are aligned with Practicing the Presence. Turn these Qualities into a list of affirmations for yourself: Start each affirmation with the declaration, I AM. Write them out now. Read them aloud daily. 21 days is a good amount of time to make these new thoughts habits of thinking, which lead to actions to empower your life.

I AM: _____

I AM: _____

I AM: _____

I AM: _____

I AM: _____

I AM: _____

I AM: _____

I AM: _____

As you claim this life skill of Practicing the Presence, doors will open to you to show you the way into deeper levels of mentorship with the Power and Presence of Love. Many beings, situations, and circumstances will arise as Love's Agents, to take you on to the next steps of your Heart Centered Curriculum.

Exercise 11; overcoming Reactivity

Become aware you are having a reaction. A conditioned response has arisen. Take note of it. Here are your tools:

- Refrain from judging yourself for having a reaction. Or if you can't, become non-resistant to the fact that you are in judgment of your reactions.
- Let go of attachment to outcome. In other words, don't worry whether you are going to be able to stop the reaction or not. Let it be. Feel the feelings.
- Practice loving yourself now. "Even though I am experiencing this trigger response, I am willing to love myself unconditionally."

Exercise 12: Dissolving Old Thoughtforms

- Allow the mind to rest in the heart. Love the mind with all its busy-ness. Become non-resistant to it.
- Know that all is well as the mind is allowed to let go. The mind will be able to return to its processing. Now, we are going to tune into the heart of Pure Divine Love, which transcends the mind and its machinations.
- Find yourself penetrating the heart, more and more deeply. Imagine you are entering the deepest chambers of the Spiritual Energetic Heart Chakra.

- As you penetrate the deepest layer, you will feel, see or sense a spark of Light. This spark of Light is your original spirit spark which emanates from Source long, long ago—in terms of time.
- Allow this spark of Light to grow and expand, above, below, and all around about your aura now, filling your entire body, mind, emotions and spirit with this Light.
- Imagine that this ever filling love keeps pouring into every crevice of your being. The golden-white sparkly light of your spirit is getting thicker, denser and more palpable as a radiant sun of pure divine love.
- Many things will start to happen as you rest in this love and this light. Your psychic intelligence will begin to kick in more strongly, making you aware of constructs or energetics in your mind-body- spirit complex.
- These now can be shifted through your awareness.
- If you see, sense or feel something “in there” that is not supposed to be there, you can basically love it into oblivion.
- How do you tell if it’s “supposed to be there” or not? Basically, anything that stands out or has any shape or density, especially gray or black, is representing a construct not of your original pure golden light Source nature. You might sense, feel, see, or hear this energy. Some may even smell it. We are simply allowing the Power and Presence of Love to melt away anything that is “not us.”

Remember, these constructs of the mind are causative to their own particular brand of chaos in our lives. They become like little magnets to experience, coded with the frequencies of the thoughts that created them. That’s why we practice awareness and shifting our attention back to love. Make it a daily habit.

Exercise 13: Imagine Yourself as a Source Streaming Human Angel

Imagine yourself as a Source Streaming Human Angel. Imagine you can see and feel the entire array of past experiences, wisdom and knowledge displayed behind you. In your multidimensional awareness, whatever strand of information you focus on comes to life.

- What stands out as important for you to know about your past? Whatever you are shown, will have some significance to your path of healing right now. Write your responses.

- Now imagine that an entire array of possibilities is spread out before you. Imagine that you can see or feel these possibilities as lines of light in varying shades of dark to light. As you scan them, one stands out brighter than the rest. Place your attention on that one, and intend to receive information about this life possibility before you. What does it tell you? Write your responses.

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- Know that this is a probable or possible timeline for you. As you stay aligned with the Power of Love's Presence in you, you are more and more likely to ride the wave of this lightest timeline.
 - Feel the exhilaration of streaming Source through your very being. Allow that Light which is Love to rejuvenate, cleanse and heal you. Allow your mind to imagine the possibilities of this timeline of Love's choosing.
 - What are its highlights? What happens as the vision expands in you? Write your responses.

Note: It will take concentration to keep your focus on the new, desired timeline. Treat this focus like the most precious thing that belongs to you.

Exercise 14: Finding the Love Within You

Invoking Love's Presence

Read the following statement aloud or silently, and feel free to change the wording to your preference:

- Divine Creator, Source, Power and Presence of Love, I am so grateful to Know we are One.
- Thank you for helping me to comprehend our Oneness, more and more each day.
- Help me to bask in the Knowing that All Is Well, as I change and adapt my thoughts to meet Your Divine Vibrations, which are my true and original vibrations.

Exercise 15: Summing It Up

- Does it feel difficult to take full responsibility for your existence? Is it hard to let go of the role of victim in any area of life?
- What is harder – letting go of judgment of yourself, or of others?
- Are you ready to embrace the Knowing that you have never been abandoned by Life, and you never will be? Is there any resistance present to this level of trust? If so, write it out.

Exercise 16: Declare Willingness

Are you willing to give up:
FEAR, VICTIMHOOD, JUDGMENTS,
BELIEFS IN UNWORTHINESS
to the Creator within you?

If YES, take a moment NOW to stand before the Truth of Yourself.

Declare:

Divine Presence of Love!

- I now cast the burden of these old ways, unto your Light, Love, & Truth. As the Real Me, You know what I need now, Creator. Though it may feel uncomfortable, I am willing to scrape the bottom of the barrel of any beliefs I hold that are not aligned with Love. Creator, hold my hand and embrace me with all your love as I dismantle the outworn notions of the old consciousness, and become a forerunner to the awakened consciousness of humanity now. I do this not as a sacrifice, because there is nothing to lose except delusion, and nothing to gain but the truth of me.
- Help me and stand by me, even when memories of my past human weakness, fears, foibles, challenges, patterns, and beliefs surface.
- I am willing to extend trust to You, Source, in tender ways, to make my way back gently to full realization of myself as One with You.

Thank you God-Source-Love,
Thank you God-Source-Love,
Thank you God-Source-Love,
So be it, and so it is!

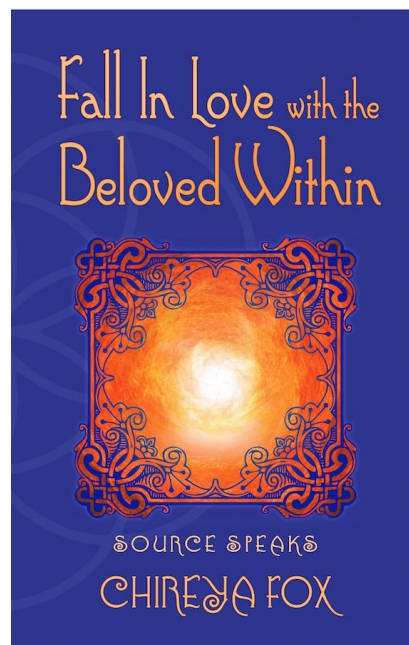
Note: As always, substitute your preferred word for God-Source-Love as desired.

About The Author

Chiraya Dharma (aka Chireya Fox) is a bestselling author, spiritual coach, energy healer, designer, and brand coach. She brings forth wisdom teachings for the purpose of helping people awakening to the Truth of us. We are One with Source. Now, let's KNOW this. Her desire is that all beings may come to know and fall in love with the love within. She asks us to imagine what the world will be like, when everyone does this. You can find out more at ChirayaDharma.com.

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