



## Monthly Journal

### Key Teachings on Devotion

- Devotion is an energy that emanates from the heart.
- Each one of us has the energy of devotion within us.
- It is our choice to activate and to cultivate the devotion within us.
- The energy of devotion made Mary Magdalena fearless.

### Questions for Reflection

1. What did I learn about devotion as a child? Did I see devotion expressed in others?

2. Where do I spend my time? Where do I place my focus throughout each day? Where am I “devoted” to something other than the Light?

**Step into your role in the grand design**

## Questions for Reflection, cont'd.

3. If I were truly devoted to my soul, my Light, how would my life change?

4. What action steps can I take to cultivate devotion to the Light within?

5. If I were truly fearless, how might my life be different?

# Notes

Week 1:

Week 2:

Week 3:

Week 4: