

Passion, Purpose, Prosperity

ONLINE PROGRAM

Discover your *Passion*, live your *Purpose*, and create your *Prosperity*.

WEEK ONE

ABUNDANCE IS HAVING
ENOUGH TO SHARE

Program Overview

Welcoming Intention & Logistics

Dedicated Program Journal - dedicated to class notes & SoulWork Only

Partnership

The Foundation Commitment - See Foundation review on page 2

Seva - A Dollar a Day

Clear the Clutter - Clear out one area once a week



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THE FOUNDATION; BRINGING THE FOUR BODIES INTO ALIGNMENT

Spiritual Body Ritual

Preparation: Decide on a place in your home or just outside where you are comfortable and will not get interrupted. Make sure you have this week's meditation downloaded on your phone.

Total Time: 11 – 20 minutes

Action: Upon waking, sit comfortably in your meditation area and listen to the meditation created for this week with eyes closed. *Follow your meditation with your Daily Pages.

Key: COMMITMENT, CONSISTENCY, CURIOSITY

Mental Body Ritual

Preparation: Have a notebook that lays flat and a pencil or pen that writes on any angle, keep right next to the bed.

Total Time: 11- 20 minutes max

Action: Free write whatever comes to mind, don't stop writing to think, think as you write, write exactly what you think. No judging, editing or audience.

Key: WRITE AS IF YOU'RE GONNNA BURN IT.

Emotional Body Ritual:

Preparation: Have a journal available at all times (for this you can use your computer or phone to write/record your daily entry.) While the ritual is a expression of emotion, it is recommended you write down your experience whenever possible.

Total time: 11 minutes

Action: Focus on moments you feel appreciation for in your day. Express gratitude to the experience and how it affects you. Give gratitude to yourself for receiving the moment. Do not repeat expressions of gratitude unless you have a new perspective. Affirm 3 experiences of gratitude a day.

Key: PAY ATTENTION DURING YOUR DAY TO RECEIVE MOMENTS YOU FEEL GRATEFUL FOR.

Physical Body Ritual:

Preparation: Have a list of activities on your bathroom mirror or fridge as a reminder to move your body every day, have play-lists ready on your phone to accompany your movement.

Total time: 15-60 minutes (you know how long you are currently exercising, so you know how much to add).

Action: Any type of movement that brings you joy; yoga, walking/hiking, dancing, weight bearing, swimming just to name a few. If you haven't been active for a while please check with your doctor before starting anything new and go slow and steady.

Key: MAKE IT FUN OR YOU WON'T GET IT DONE.



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SOULWORK WEEK ONE

Abundance Inventory

What you have, monies and assets :

What you owe:

What you bring in each month:

What you pay out each month:

Potential savings:

Potential additional income:



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THE ROOT CHAKRA – the base of which ALL chakras are balanced

“Key characteristics of the root chakra”

The first chakra is associated with the following functions or behavioral characteristics:

Security, safety

Survival

Basic needs (food, sleep, shelter, self-preservation, etc.)

Physicality, physical identity and aspects of self

Grounding

Support and foundation for living our lives

The root chakra provides the foundation on which we build our life. It supports us in growing and feeling safe into exploring all the aspects of life. It is related to our feeling of safety and security, whether it's physical or regarding our bodily needs or metaphorical regarding housing and financial safety. To sum it up, the first chakra questions are around the idea of survival and safety. The root chakra is where we ground ourselves into the earth and anchor our energy into the manifest world.”

<http://www.chakras.info/root-chakra/>



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