

JOURNEY TO WELL-BEING **Spiritual Growth**



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JOURNEY TO WELL-BEING:

Spiritual Growth

Work to uncover your true self and access higher states of consciousness for lightness of being.

InnerNow Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the *Spiritual Growth* program by Lalah Delia in the InnerNow App.

The path to spiritual growth is a deeply personal experience, we all have a unique path much like we all have a unique energetic footprint. As we develop a practice in finding new awakenings, raising consciousness, and revealing our connection to truth, there are some universal aspects that can support all of us. We'll inevitably navigate through many ebbs and flows on this path; our commitment and continued practice will allow us to uncover different states of awareness and higher consciousness.

Remember, well-being is a journey, not a destination. There is no "quick fix" or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Reflecting to Find Your Center

Now that you've begun your spiritual growth journey, let's take a moment to reflect on ways that you can continue to strengthen your connection to your highest self. Spiritual growth happens in the sphere of consciousness, when we can move beyond the everyday mind chatter, we start to settle into spaces of new awareness. This elevated awareness is where our spiritual growth takes form.



EXERCISE | Self-Reflection

As we move forward on our spiritual growth path, we're seeking higher levels of consciousness. While we might find these new levels in formal meditation practices, the everyday goal is to maintain a quiet alert mind, outside of meditation. Outside of your meditation practice, make space in your days to take a few minutes to pause and center yourself. Bring these elements of reflection into your day to support a sustained quiet and alert mind.

Let's practice this now:

Take the next moment to pause, simply to be with yourself.

Release the need to do anything specific in the moment, feel your body settling, breathing, and being.

If it feels aligned today, consider writing in a few sentences about how you feel presently in your life. Perhaps in this present moment, or broadly reflect on this phase/season of your life.

- *Do you often feel distracted, overwhelmed, or stressed?*
- *Or do you often feel nourished, calm, or connected?*

There is no right or wrong answer, each phase that we go through is an important and valid part of our spiritual growth. Try to release any judgements or expectations you may have and let this reflection be open, honest, and vulnerable.

Journaling Prompts

In our modern world it can be easy for our minds to become overloaded with the amount of information we take in. Sometimes it feels inaccessible to pause and settle into a space of being when the day already feels full. Taking time to journal and write down your reflections is another way to pause with intention and settle into a space of quiet awareness. You can start with one reflection prompt or question and return to it as frequently as you'd like. Allow these offerings to support you when you need them. Consider the following prompts as you reflect on your journey.

1. How does my environment impact or reflect my internal landscape?

2. What has uplifted my energy this week? What has been draining my energy this week?

**The invitation is to make a list of each. Consider how you can invite in more uplifting and supportive elements and look at where you might be able to release some of the things that are draining you or keeping you stuck.*

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3. Is there anything presently occupying your mind and heart that feels like it is holding you back from your spiritual growth?

4. What steps can you take to release old patterns and blockages to live freely as you move into higher consciousness?

**Use this prompt when you are feeling gripped or overwhelmed by a particular thought or emotion as an opportunity to imagine your growth.*

Commit to Your Growth

The spiritual growth journey is something that happens over time. There is not a set, prescribed way of embarking upon this journey, rather, it is something that must be explored with curiosity and creativity in mind. Taking time to reflect along the way is a beautiful part in reminding yourself how far you have come.

EXERCISE | Meditation Journal

Take this opportunity to reflect on your meditation practice. The invitation is to come to this reflection after you practice and write freely anything that came up during your practice. Allow yourself to release expectations for how you should feel and settle into your present experience.

**Find practices tailored to each reflection question in the resources page at the end of*

this workbook!

Day 1: What is my relationship with my highest self?

EXERCISE | Meditation Journal (Continued)

Day 2: How do I make space for creativity and curiosity?

Day 3: What do I need to surrender?

Day 4: How can I embrace change?

EXERCISE | Meditation Journal (Continued)

Day 5: What are three things I am grateful for?

Day 6: How can I stand firmly in my power and my truth?

Day 7: What is one step I can take today for my highest self?

Daily Practices

As you continue to navigate your spiritual growth, try inviting in these exercises to support you in your daily life:

1. Make space in your day for moments of stillness: We are on the go so

frequently, whether it be “grabbing a cup of coffee” or “grabbing a bite to eat” we’re always implying that everything we do must be done quickly so we can hurry to the next task. Make space every day to pause with at least one experience, remember we are human *beings* not human *doings*. Try sitting down for a cup of coffee, tea, or even a meal, with no distractions. Release the need to be on your phone, read a book, or be doing anything else and let yourself be present with your meal or beverage.



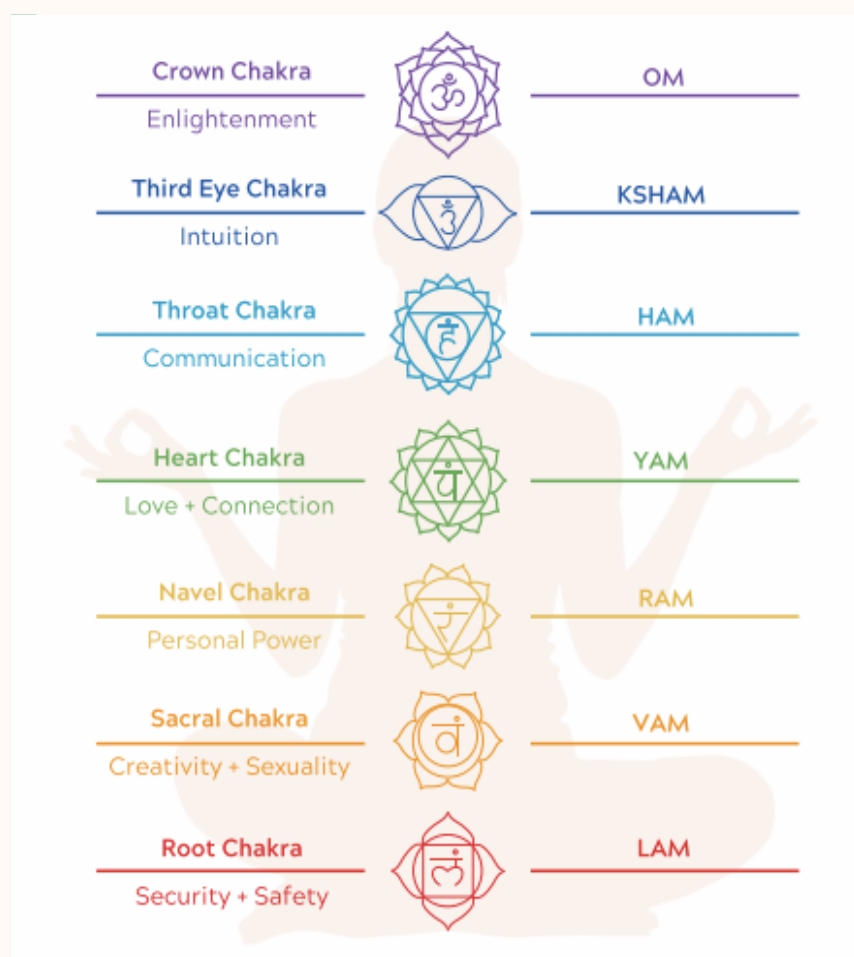
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2. Invite in Sound Healing: Everything within and around us is made of energy and vibration. Sounds, in their simplest form, are vibrational waves that ripple through the air and provide one of the most effective ways of communication with us and the world around us. Using sound as a tool can help you tap into the balance, harmony, and healing that is innately within you. Practice with bells, gongs, bowls, or chanting mantras to balance and clear your energetic field.

Try using sound to balance and clear the chakras, or energy centers, in your body.

There are seven main chakras located along the spine and each has its own unique sound or vibration. Using crystal bowls or chanting these sounds with your attention in the appropriate area helps to balance the chakras and increase harmony to your physical, mental, and emotional well-being.

To balance your chakras using sound, start at the base of the spine and chant each vibration two to three times.



3. Curate all of your environments with intention: Our external surroundings

have a significant impact on our internal landscape. Think about the environments you spend the most time in, where you spend time, who you spend time with, etc. As you reflect on each environment in your life, notice what is uplifting and what is holding you back. Move with intention to curate and enrich your environment.

Try using the five elements to create a sacred alter space:

- **Air**

The air element allows us to create feelings of harmony and lightness of being. Use chimes, candles, or incense to bring in the air element in.

- **Water**

The water element invites in adaptability and creativity to support you through life's many ebbs and flows. Add a fountain or bring in the color blue, to support the water element in your space.

- **Fire**

The fire element allows us to feel energized, productive, and motivated. Add a Himalayan salt lamp or light fixture to call in the fire element.

- **Earth**

The earth element adds feelings of stability, security, and strength into our lives. Add a plant like golden pathos, money plant, or basil plant to bring in the earth element.

- **Space**

The space element allows us to experience the present moment fully, where true peace resides. Keep the center area open to support the space element.

4. Tune into Nature: We might have an expectation for instant, visible change when we begin this journey. Sometimes we think things aren't working or working as we think they should be because we don't see immediate results. In the same way we plant seeds in a garden, trust that this growth takes time. Nature connects us to the essence of all that is, when we connect with nature, we are reminded that everything has a purpose, a unique path, and most importantly a unique pace. Consistency and patience with your practices through all the moments this journey offers, like awaiting the reliable blooming of flowers each spring, will create space for new awakenings.

Try a walking meditation in nature, stargazing at night, or sitting under a tree to be reminded of the presence, patience, and consistency that each unique

Community Connection

Our spiritual growth journeys will shape our world. As we discover new levels of awareness our environments start to reflect that and when we share practices that uplift and support us, we can uplift and support those around us. Our journey expands in community and connection, the invitation is to extend the healing you receive to those around you.

As you find practices that support your growth, try practicing with a friend, a partner, or even a group or people to add another layer of connection to your path.

EXERCISE | Sharing with a friend, or loved one

Participate in a well-being challenge on the InnerNow App with a friend or group of friends. Invite those close to you to practice a 7-day meditation challenge or even a 21-day challenge together. You might set up a group chat to reflect on your experiences each day or even video calls if that feels aligned.

When we connect our journeys together, we empower and raise collective consciousness. I will practice with...

Reflect on your experience:

How did it feel to be in practice or talk with a loved one about your spiritual path?

Resources

Connect with Lalah Delia: Inside the InnerNOW App

Vibrate Higher Daily: Live Your Power by Lalah Delia

innerNow Articles

[Growth: Tracing Your Spiritual Journey](#) by Roger Gabriel

[5 Steps to Building Your Spiritual Practice](#) by Devi Brown

[How to Measure Your Spiritual Growth](#) by Adam Brady

[How to Prioritize Spiritual and Financial Success](#) by Deepak Chopra

Meditation Reflection Journal Practices

Find in the InnerNow App Library

Day 1 Practice: Who Am I? with Roger Gabriel

InnerNow App Library > Journey to You > Find Your North Star > Who am I?

Day 2 Practice: Find the Key to Your Creativity with Deepak Chopra

InnerNow App Library > Spiritual Activation > Find Your Creativity > Find the Key to Your Creativity

Day 3 Practice: Releasing Limited Beliefs with Dr. Sheila Patel

Journey to You > Harnessing Your Potential > Releasing Limited Beliefs

Day 4 Practice: Welcoming the New with Roger Gabriel

Spiritual Activation > Releasing Old Patterns > Welcoming the New

RESOURCES | Continued

Day 5 Practice: Self-Gratitude with Daniel Sannito

Journey to You > Nurture Your Heart > Self-Gratitude Your Heart > Self-Gratitude

Day 6 Practice: Empowered Me with Deepak Chopra

Spiritual Activation > Live Your Passion > Empowered Me

Day 7 Practice: Live in Your Power with Lalah Delia

Journey to Well-being > Spiritual Growth > Live in Your Power

Meditation Challenges

Find in the InnerNow App Library under *Well-being Challenges*

7-Day Total Meditation Challenge 7 Days to Relieve Stress & Anxiety

Hope in Uncertain Times

Manifesting Grace Through Gratitude

Congratulations!

You've completed the Spiritual Growth workbook! These tools are meant to support you whenever you need them most. Remember, to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources as often as you need to support your spiritual growth and higher awakening. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!