

The background of the cover is a deep blue night sky filled with stars and a soft, ethereal glow. A full, golden-yellow moon is positioned in the center, just above the title. Above the moon, a faint, glowing figure of a person stands with arms outstretched, surrounded by a misty, purple and blue light. The scene is framed on the left and right by dense, dark green foliage. The title 'Self-Reflection Workbook' is written in a large, elegant, white cursive font with a subtle shadow effect. Below the title, the subtitle 'To Encourage Your Spiritual Development' is written in a smaller, similar cursive font. The author's name, 'Keith Blanchard', is located in the bottom right corner in a white cursive font.

Self-Reflection Workbook

To Encourage Your Spiritual Development

Keith Blanchard

SELF-REFLECTIONS WORKBOOK

TRANSFORM YOUR LIFE!

Keith Blanchard
(Yah Nah Vah)
Memphis, TN U.S.A.

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SUPPORT FROM THE AUTHOR



I've created this daily workbook to help you dislodge and let go of the beliefs you're holding onto that are keeping you from living your best life.

If you “work it” honestly, courageously, and with a willingness to look at things different than you now do, what you'll discover can transform you.

I can assure you that what awaits you will be better than you can imagine. Now go and do the work so you can get what you deserve — your best life!

In love and service,
Keith Blanchard

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Myspace: www.myspace.com/divinelavender

WALK INTO THE ONE

1ST MONTH

What, to me, is this chapter saying?

Am I able to grasp this chapter's intention, logic and/or science?

How does what this chapter talks about conflict or parallel with my own views?

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What do I think I must do to resolve these issues once and for all?

Has this strategy worked for me before?

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CLARITY

2ND MONTH

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FEAR OF GOD?

3RD MONTH

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CREATION VS. EVOLUTION

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OPENING AND GROUNDING THE DIVINE PRINCIPLE

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YOUR GIFT OF POWER AND FREEDOM

6TH MONTH

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UNCONDITIONAL LOVE

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THOUGHT, FEELING AND REALITY

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SANDWICHED BETWEEN GOD AND THE DEVIL

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RELEASING CONTROL AND LETTING GO

10TH MONTH

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Am I able to grasp this chapter's intention, logic and/or science?

How does what this chapter talks about conflict or parallel with my own views?

When and how did I come to believe what I believe about what this chapter is saying?

What positive things have happened to me during this last week?

On the other hand, going as far back as I can remember up to today, what negative things have occurred and have even seemed to *recur* in my life (e.g., accidents, illnesses, rejection(s) by family and/or peer group)?

What do I think I must do to resolve these issues once and for all?

Has this strategy worked for me before?

How do I know my strategy will work this time?

Could the negative situations that still exist in my life possibly be the result of my having a fear-based mindset/disposition — one that might cause me to resist new ideas such as those that appear in this chapter? In other words, could my inability to resolve the troubling issues in my life simply be because I'm afraid?

If so, what am I afraid of?

Could permitting myself to shift my point of view (using the ideas put forth in this chapter) be the very thing I need to do to bring peace to one or more areas of my life?

How will what I've learned in this chapter help me continue on the road to peace?

Some of this chapter's sentences or paragraphs that particularly resonate with me are:

BEFORE YOU GO ON, NOW WOULD BE A GOOD TIME TO REFLECT (MEDITATE) ON THE ABOVE QUESTIONS AND YOUR RESPONSES TO THEM.

Some new things I've discovered about myself during my meditation are:

Because of these new insights, I can see myself making some changes now such as:

SPEND THE NEXT WEEK MEDITATING ON AND ANSWERING THE QUESTIONS BELOW TO ABSORB WHAT THIS CHAPTER MEANS TO YOU. THEN, OVER THE NEXT THREE WEEKS, REVIEW THEM AGAIN TO GAUGE ANY FURTHER CHANGES, PROGRESS OR MOVEMENT THAT MAY HAVE MANIFESTED WITHIN AND AROUND YOU DURING THOSE SEVEN-DAY INTERVALS.

WEEK ONE

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

WEEK TWO

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

WEEK THREE

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

WEEK FOUR

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

THE RETURN OF THE CHRIST

11TH MONTH

What, to me, is this chapter saying?

Am I able to grasp this chapter's intention, logic and/or science?

How does what this chapter talks about conflict or parallel with my own views?

When and how did I come to believe what I believe about what this chapter is saying?

What positive things have happened to me during this last week?

On the other hand, going as far back as I can remember up to today, what negative things have occurred and have even seemed to *recur* in my life (e.g., accidents, illnesses, rejection(s) by family and/or peer group)?

What do I think I must do to resolve these issues once and for all?

Has this strategy worked for me before?

How do I know my strategy will work this time?

Could the negative situations that still exist in my life possibly be the result of my having a fear-based mindset/disposition — one that might cause me to resist new ideas such as those that appear in this chapter? In other words, could my inability to resolve the troubling issues in my life simply be because I'm afraid?

If so, what am I afraid of?

Could permitting myself to shift my point of view (using the ideas put forth in this chapter) be the very thing I need to do to bring peace to one or more areas of my life?

How will what I've learned in this chapter help me continue on the road to peace?

Some of this chapter's sentences or paragraphs that particularly resonate with me are:

BEFORE YOU GO ON, NOW WOULD BE A GOOD TIME TO REFLECT (MEDITATE) ON THE ABOVE QUESTIONS AND YOUR RESPONSES TO THEM.

Some new things I've discovered about myself during my meditation are:

Because of these new insights, I can see myself making some changes now such as:

SPEND THE NEXT WEEK MEDITATING ON AND ANSWERING THE QUESTIONS BELOW TO ABSORB WHAT THIS CHAPTER MEANS TO YOU. THEN, OVER THE NEXT THREE WEEKS, REVIEW THEM AGAIN TO GAUGE ANY FURTHER CHANGES, PROGRESS OR MOVEMENT THAT MAY HAVE MANIFESTED WITHIN AND AROUND YOU DURING THOSE SEVEN-DAY INTERVALS.

WEEK ONE

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

WEEK TWO

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

WEEK THREE

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

WEEK FOUR

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this chapter?

What dreams have I had that pertain to this chapter's message and what do I think about them?

OVERVIEW

12TH MONTH

What has this book said to me?

Can I truthfully say I was able to grasp its intention, logic and/or science?

How has what this book talks about conflict or parallel with my own views?

When and how did I come to believe what I believe about what this book says?

What positive things have happened to me in the last year?

What issues has *The Divine Principle* helped me to solve once and for all in my life?

What negative things *still* seem to be occurring (e.g., accidents, illnesses, rejection(s) by family and/or peer group)?

Could the negative situations that still exist in my life possibly be the result of my having a fear-based mindset/disposition — one that might cause me to resist new ideas such as those that have been presented in this book? In other words, could my inability to resolve the troubling issues in my life simply be because I'm *still* afraid?

If so, what could I possibly be afraid of?

Could permitting myself to shift my point of view (using the ideas put forth in this book) be the very thing I need to do that will finally bring peace to one or more areas of my life?

How will what I've learned in this book help me continue on the road to peace?

Some of this book's ideas that particularly resonate with me are:

BEFORE YOU GO ON, NOW WOULD BE A GOOD TIME TO REFLECT (MEDITATE) ON ALL THE OVERVIEW QUESTIONS AND YOUR RESPONSES TO THEM.

Some new things I've discovered about myself during this meditation are:

Because of these new insights, I can see myself making some changes now such as:

CONGRATULATIONS, YOU'RE JUST ABOUT DONE! SPEND THE NEXT WEEK MEDITATING ON AND ANSWERING THE QUESTIONS BELOW TO ABSORB WHAT *THE DIVINE PRINCIPLE* HAS MEANT TO YOU AND HOW IT HAS AFFECTED YOUR LIFE. THEN, OVER THE NEXT THREE WEEKS, REVIEW THEM AGAIN TO GAUGE ANY FURTHER CHANGES, PROGRESS OR MOVEMENT THAT MAY HAVE MANIFESTED WITHIN AND AROUND YOU DURING THOSE SEVEN-DAY INTERVALS.

WEEK ONE

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this book?

What dreams have I had that pertain to this book's message and what do I think about them?

WEEK TWO

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this book?

What dreams have I had that pertain to this book's message and what do I think about them?

WEEK THREE

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this book?

What dreams have I had that pertain to this book's message and what do I think about them?

WEEK FOUR

What manifestations have happened since I've made my changes?

What's happened to reinforce my beliefs that remain unchanged?

What blocks might still be keeping me from my peace?

What thoughts am I continuing to have about this book?

What dreams have I had that pertain to this book's message and what do I think about them?

I congratulate you again! You should be proud of yourself for “staying the course” with this course. The changes you’re seeing in yourself, both inside and out, are evidence of all your diligent work. And now I’d like to ask: how does it feel to be “new” and transformed? Great! I hope you’ll take what you’ve learned and go create your best life!

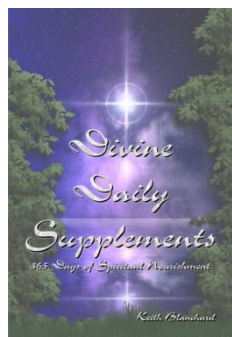
You're welcome to hang out with me anytime,
Keith Blanchard

MORE FROM THE YANA-O CENTER OF LIGHT



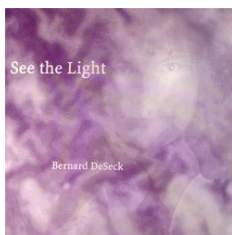
The Divine Principle

What if you had the chance to talk with God,
asking Him as many questions
as you wanted to?
Would you do it?
What would you ask?
What would you learn?



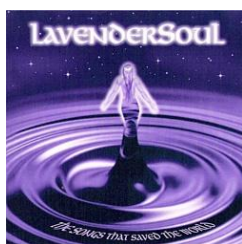
Divine Daily Supplements

365 Days of Spiritual Nourishment



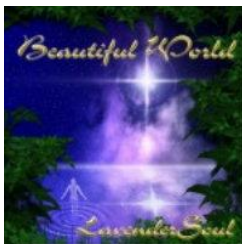
See the Light

Sit back, breathe and relax.
Enjoy a musical soul massage.



The Songs That Saved The World

How does one describe the feeling music causes
you to experience inside?
How does one comprehend
the thousand and one "little coincidences"
that brought these souls together,
creating such synergy?



Beautiful World

LavenderSoul is more than just music and lyrics.
It is a spiritual guide always pointing to
that which is sacred — you!
It can take any shape or form necessary
to help bring peace and healing into your life.