



NOVEMBER  
2022

Self Study  
DEVOTIONAL

## THIS WEEK'S FOCUS: *There's Power in Loneliness*

Loneliness and alone time can be two completely different realities. Everyone enjoys her alone time. Whether it be a relaxing day from work or a quick hour without kids or significant others, alone time can create a healthy refresh. But what happens when alone time feels "forced" to the point of isolation? Better yet, what about when you feel as if life is shifting in ways your circle of friends and loved ones don't understand?

Loneliness can often put us at a crossroads. We can become sad, desperate, or settle for things that do not serve our highest good. Still there are seasons when we have to experience isolation. Yes, that is scary AND it is powerful. Isolation and loneliness require you to take an emotional inventory of your fears, shed old beliefs, and determine what is needed for your overall well-being. If loneliness is something you fear, consider why. Isolation may be necessary for you to level up your life.

### PRAYER

Most High God, Mother and Father of Creation:  
It is me. Your daughter \_\_\_\_ coming to you once again. Humbly and gratefully, oh Divine One. I come to you today seeking your support as I journey through a season of loneliness. I know it is you who has orchestrated this as a manifestation of my prayers, yet I AM challenged. I ask you to protect my psyche and strengthen my heart. I ask you to give me a spirit of acceptance and fill me with clarity. Cast out any addictive tendencies I may have and release me from any unhealthy attachments. Give me discipline and stamina to do the work you've called me to. Give me ease.  
Ase.

### QUOTE

*"Loneliness is a trigger for many people, but it can provide divine insight if we choose to lean into it.."*

Iya Oloruntomi

### THIS WEEK'S AFFIRMATION

*I discover beautiful things about myself when I am alone.*

# SELF STUDY DEVOTIONAL REFLECTION TOOL

Consider your day-to-day life. How is loneliness showing up for you and what impact is it having in your mental, emotional, and/or physical well-being?

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Think back to a specific recent memory of feeling alone that had an unhealthy impact on your mental, emotional, or physical well-being. As you consider it in hindsight, in what ways did fear/insecurity and/or childhood memories/trauma impact how you chose to deal with and/or navigate it?

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Reread your responses to the above two questions. Now, take 3 minutes to sit quietly and feel your body. Notice anywhere you feel sensations, pressure, tension, pain, etc. Do a quick search (ex. Google and/or other somatic resources that you have access to) on how emotions manifest in the body. Capture what your body is communicating.

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# SELF STUDY DEVOTIONAL REFLECTION TOOL

Oftentimes our present narratives are influenced by the experiences from our past. It is important for us to pinpoint our mental and emotional cycles by figuring out where they began. Now that you have taken time to process and reflect on the nuances of loneliness in your recent past, think back to your earliest memory of feeling alone. What was that experience and what self beliefs did it create for you?

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Re-read your response from above. Now, take 5 minutes to sit quietly and feel your body. Notice any sensations, pressure, tension, etc. Using your somatic resources or Google search from earlier, what connections can you make about how your earliest memory of loneliness is still impacting you?

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What parallels exist between your earliest memory of loneliness and the way you are impacted by it in your present reality? What steps do you need to take and/or what support is needed in order for you to overcome your past and embrace a new perspective, belief and/or experience of loneliness?

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## THIS WEEK'S FOCUS: *Healthy Decisions Require Courage*

Living in fear can push us to make decisions that are not conducive to our peace, health, or emotional well-being. Operating in fear means that we are making choices based on repetitive cycles and stories that do not serve our highest good. Still, we find ourselves choosing fear because it feels safe and protects us from the "what ifs" that could go wrong in the here and now.

The truth is that fear and faith cannot coexist. If we want to truly transform our lives, it requires that we have the courage to make healthy decisions that support our highest good in all forms. Faith requires the ability to trust ourselves as Divine. If we consent to make the first steps towards choosing what is healthy for us, then we ultimately co-create the lives we desire. We do not have to be pushed along by every whim life throws at us, we can choose to stand firm in the life we know we are worthy of and the life we are destined to experience. By choosing faith, we no longer have to be afraid of the unknown. We can trust that we are so powerful that we can withstand whatever the future may bring, or better yet, we have the power to create whatever outcome we see best for ourselves, despite the many stories our past may tell us.

### PRAYER

Most High God, Mother and Father of Creation:  
It is me. Your daughter \_\_\_\_ coming to you once again. Today, my thoughts and emotions are in overdrive, but I know you speak all languages. Please, be my Divine translator. Hear my heart. My greatest request is for the strength to decide. It seems like fear is occupying me in a way that is detrimental to my ability to hear, seek and trust in all that is unfolding for me in this season. Please, hear my voice. Give me peace of mind. Give me ease. Give me acceptance. Give me trust, unshakeable trust. Give me the medicine I need to commit Boldly and Courageously to every single thing that is for my highest best.  
Ase.

### QUOTE

*"Fear is the language of perpetual victimhood, which is the catalyst that drives oppression. Think about it, how can I overcome anything I AM always afraid of?"*

Iya Oloruntomi

### THIS WEEK'S AFFIRMATION

*Even in the face of fear, I AM capable of making decisions that support my highest well-being.*

# SELF STUDY DEVOTIONAL REFLECTION TOOL

**In what ways has fear shown up in your day-to-day life? What currently makes you anxious, afraid, or worried? How do you normally navigate this?**

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**Reflect on your most recent experience where you were faced with a decision that would support your peace, health and/or well-being but gave you anxiety, worry or fear. What was it? Why was it challenging? What might have been different had you known what you know now?**

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**Reread your responses to the above two questions. Now, take 3 minutes to sit quietly and feel your body. Notice anywhere you feel sensations, pressure, tension, pain, etc. Do a quick search (ex. Google and/or other somatic resources that you have access to) on how emotions manifest in the body. Capture what your body is communicating.**

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# SELF STUDY DEVOTIONAL REFLECTION TOOL

**Our fears often stem from not being able to control a situation, person, or experience. Many of us may have felt as having no control in our childhoods, which manifests as the need to control the outcomes of everything in our adulthoods. Now that you have time to process and reflect, think back to your earliest memory of feeling as if you had no control. What was that experience? How does this experience connect to how you presently navigate fears?**

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**Re-read your response from above. Now, take 5 minutes to sit quietly and feel your body. Notice any sensations, pressure, tension, etc. Using your somatic resources or Google search from earlier, what connections can you make about how your earliest memory of powerlessness is still impacting you?**

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**What new narratives do you need to create in order move yourself from the victimhood and disempowerment that comes with fear and embrace a life of faith and inspiration? What decisions do you need to make for yourself that you have been afraid to make? How do you think your life could change for the better if you had the courage to make the decisions you are afraid of?**

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