

● Mental ● Spiritual ● Emotional ● Physical Healing ●

KARMA BLISS®
BY DEVI BROWN

The Divine Time-Out

DIGITAL CHALLENGE

A 19-DAY
CHALLENGE FOR
PERSONAL GROWTH
THROUGH
SELF-ISOLATION



Designed & Led By
DEVI BROWN



**IF YOU'VE EVER
WANTED THE
CHEAT CODE TO
HEAL AND FEEL
ALIGNED AF,
WELL, THIS IS IT.**

- Devi Brown





WELCOME TO THE DIVINE TIME-OUT!

Wee. What a time to be alive right?

As we navigate and build-out a “new normal” in our homes and communities, there is opportunity to see ourselves more clearly. Opportunity to excavate the things we have been avoiding and dissolve any walls that we have built up over our lives. Opportunity to embrace and love ourselves more deeply.

Though the times are unprecedented, the growth is not. Since the dawn of human existence, discomfort has been one of our boldest teachers. Just as tragedy has historically been the biggest catalyst for radical transformation of society and ourselves. Even in this chaos, there is GOOD to be found.

I am incredibly excited to spend the next 19 days with you. We will be doing work that will set our spirits free even as our physical bodies experience this necessary restriction. Bite-sized tasks, mindful activities, and group guided meditations that will nourish your mind, body and soul within a community of like-minded people.

My hope for this challenge is that we push ourselves to use this time in service to our highest good. This is not about productivity. This is not about success through the lens of society or social media. This challenge is about feeding your spirit and compassionately supporting the parts of yourself that you may be meeting for the first time while in social isolation.

WHAT YOU'LL WALK AWAY WITH

One of the most important parts of the challenge that you will be walking away with is a plan for building a bespoke spiritual practice that will anchor and enhance your daily life. After many false starts and hiatuses over the years in my own journey, I have found that the secret to beginning and maintaining your growth (no matter what challenges life throws your way) is found entirely in the creation and consistent action of a daily spiritual practice.

SIMPLY SAID:

A DAILY SPIRITUAL PRACTICE IS A ROUTINE OF THINGS THAT YOU DO EVERY SINGLE DAY IN SERVICE TO YOUR PERSONAL EVOLUTION. FOR MAXIMUM BENEFIT, THIS ROUTINE SHOULD INCLUDE SOMETHING FROM EACH OF THESE FOUR CATEGORIES:
PHYSICAL, EMOTIONAL, MENTAL, SPIRITUAL.

Guys...when done consistently... you will be able to maintain and improve both **major** and **subtle** aspects of your life. If you've ever wanted the cheat code to heal and feel aligned af, well, this is it.



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SO HOW DOES IT WORK?

All you need to bring to the table for this experience is trust.

We are all doing the best we can. In social isolation many suppressed feelings and thoughts will start to come to the surface.

The goal for this challenge is not to aid you in silencing them, I am looking for you to compassionately embrace and dissolve them. For some, our meditations and journal prompts may feel peaceful, for others it may stir up all kinds of new emotions. Whichever experience you are having I simply ask that you try your best to stay the course.

When you feel your heart constricting, push to expand it. When you want to give up, remember to breathe and walk forward knowing that you are supported.

This packet along with your growth tracker are the most important parts of the challenge. Think of them as a built-in accountability partner and road map. These tools along with our weekly Zoom meditation check-in and texts are how I will be able to hold supportive space for you as we journey forward together.

I am so excited to spend the next 19 days connecting with you!!

Stay open,



GROWTH TRACKER

The inner growth I want to cultivate and manifest during this Divine Time-Out includes:

WAYS TO GROW		M	T	W	TH	F	S	S	M	T	W	TH	F	S
SPIRITUAL	1.													
	2.													
EMOTIONAL	1.													
	2.													
MENTAL	1.													
	2.													
PHYSICAL	1.													
	2.													

THE DAILY CHALLENGES

**BITE-SIZED ACTIVITIES INFUSED WITH
THE 4 PILLARS OF WHOLENESS**




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DAY ONE

01

THE SET-UP



“Seek the wisdom that will untie your knot. Seek the path that demands your whole being.”—Rumi

This gorgeous quote from the 12th century poet known as Rumi is one that lit my soul on fire the first time I heard it and gave me confidence for my journey. It invokes the path of the seeker. Go towards the life and version of yourself that will require more of you. One that will allow you to live as your most authentic and purposeful self.

TODAY'S CHALLENGE

 **Decide how long your daily practice will be.**

For optimal benefit I suggest a minimum of 15 minutes and a maximum of 60 minutes each morning, 5 days a week.

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01

DAY ONE

...CONTINUED



Create your space.

Select an area in your home to turn into your sacred ritual space. This area is JUST FOR YOU. If it feels comfortable to do so, add some design flair to it; this could mean bringing candles into the space, placing journal and spiritual books there, adding photos that make your spirit smile, Sage/Palo Santo/Copal, adding sacred objects that hold a special place in your heart (perhaps a bible that's been passed down, a letter someone wrote you, a piece of jewelry from a loved one, art, trinkets, crystals, etc.).



DEVI'S SACRED SPACE

Set your commitment.

Write out and then say aloud the promise you are making with yourself to participate in this daily routine.

Example: "I _____, plan to honor my highest self by doing my spiritual practice each morning a minimum of ____ times a week. I am committing to these moments for myself because I would like to grow/heal/enhance these areas of my life: _____."

DAY TWO

BUILD YOUR PLAN

“One true self speaks to another, using the language of the heart, and in that bond a person is healed” -Deepak Chopra

You have all the tools you need for this moment inside of you already. You may not be able to recognize them just yet but they have resided in your spirit since the day you were born and are always ready to aid you when you need them. The more you connect to that inner you and shed the attachment to who you are perceived to be by others in the world, the easier it will be for you to utilize them. Today we will invite them out of hiding as we create your plan for your daily practice.

TODAY'S CHALLENGE

Create structure.

In order for your plans to flourish, you must create structure. Keeping the four categories we discussed in mind (**mental, spiritual, physical and emotional**), make a list of at minimum 4 things that you can envision yourself doing every day in service of your highest self.

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02

DAY TWO
...CONTINUED



Feel free to add in whatever you feel called to, and if you need a little help with ideas, take a moment to choose from these:

- Meditate for 15-30 minutes
- Create movement by doing yoga postures or stretching for several minutes
- Say affirmations aloud
- Smudge yourself to clear your energy
- Pray or share thoughts with the divine
- Read a few pages from a book that feels nourishing to your spirit
- Utilize crystal energy by holding or meditating with a crystal of your choosing
- Perform freeform writing in a journal for 10 minutes
- Go outside (safely) and commune with nature
- Make a list of things you are grateful for
- Do self-prizing, essentially, celebrate yourself. An example would be standing in the mirror and saying "I am so intelligent. I am creative. I am so amazing at ____."
- Do breathwork exercises for several minutes

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02

DAY TWO
...CONTINUED



Fill in your Growth Tracker with your choices on page 4.

While holding this paper and looking at the plans you have laid out for yourself, repeat yesterday's commitment to yourself out loud.

Spend 10 minutes journaling about how you currently feel.

Write and share your thoughts freely with the paper. There is no judgement in this process. Be honest with yourself. Once finished, fold the paper up and put it somewhere out of sight. We will revisit this on Day 19.

Next, sit in stillness and silence for 5-10 minutes.

Envision how you would like to feel and who you would like to become 19 days from now.

03

DAY THREE
LET'S GO!



“...honest, open questions created a space that invited my soul to speak and allowed me to hear it.” – Parker Palmer

Learning how to be radically honest with yourself without placing judgement on yourself, your thoughts, or your experiences creates space for your spirit to grow and for divine energy to lead you places you have never been. As you go through your practice today invite your truth to come and play.

TODAY'S CHALLENGE

 **Do your daily spiritual practice for 15-60 minutes.**

 **SPIRITUAL | "Who Am I?"**

Gently ask yourself this question as you meditate without trying to fill the space that follows with an answer. Rather, allow your spirit to reveal that answer to you over the next several days.

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DAY THREE

...CONTINUED

EMOTIONAL | Take a moment to hug yourself.

If it's comfortable, reach your right arm around your chest with its hand tightly placed on your left shoulder. Wrap your left arm across your stomach and lightly grip the right side of your waist. Close your eyes and take a few deep breaths as you embrace yourself. Take a moment to savor the beautiful feeling of your own touch.

MENTAL | "What parts of myself have I been avoiding?"

Tap into the deepest most honest layers of your authenticity. Take some time to freely (freeform) journal to that prompt. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Take a walk in silence.

If it is possible and most importantly if it is safe for you to do so, take a walk outside. Your backyard or front yard works, too, if you have one. Be present in recognizing what you're seeing, smelling, hearing, and feeling. Take in the wind, the sunlight, the rain, the bounty of sounds on display right now in nature.

Breathe. **If you cannot take a walk, refer to The Divine Time-Out Resources page (karmabliss.com/divinetimeoutresources) for a link for a naturescape.*

NOTE:

ARE YOU AVOIDING ANY OF THE 4 PILLARS? OBSERVE IT AND THINK ABOUT WHY. RELEASE THE THOUGHTS AND TRY AGAIN TOMORROW.

04

DAY FOUR
BREATHE.


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“What we speak becomes the house we live in.”
– Hafiz

We can be our biggest cheerleaders as well as our biggest saboteurs. Both ends of the spectrum are products of the internal stories we tell ourselves. The good news is that if we are the storytellers in our lives, we have the ability to write a new story to live by.

TODAY'S CHALLENGE

 **Do your daily spiritual practice for 15-60 minutes.**

 **SPIRITUAL | "I am enough."**

Gently, softly and silently repeat this to yourself as you meditate.

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DAY FOUR

...CONTINUED

EMOTIONAL | Self-prize in the mirror for 5 minutes.

Call out specific things you are proud of yourself about. Be descriptive. Look at yourself. Speak with enthusiasm and reverence.

Example: Today you beautifully pushed through your anxiety and got dressed.

This week you tapped into your expertise and were able to connect to your work and complete your task. You have been so strong and deliberate as you care for yourself and your family. You look bomb af with your hair in that cute quarantine bun!

MENTAL | "How can I better support my heart this week?"

Tap into the deepest most honest layers of your authenticity. Take some time to freely freeform journal to that prompt. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | BREATHE!

Spend several minutes practicing some breath work. Close your eyes, inhale deeply through your nose imagining your lungs filling up like beautiful balloons for 5 seconds, hold for 5 seconds, exhale with a sigh through your mouth for 5 seconds.

DAY FIVE

05 DAY OF CONNECTION

“Each morning we are born again. What we do today is what matters most.” – Buddha

The challenging news? We are all experiencing a world we didn't know existed and living in isolation is difficult. The good news? Even though we are surrounded by experiences out of our control, we still have a choice. We choose our emotional responses and we choose our perspective. Let's lean into that ability a little bit more and be deliberate about choosing how we feel about ourselves and our experiences right now. If today feels too heavy, try again tomorrow.

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

CONTINUED ON NEXT PAGE

DAY FIVE

...CONTINUED

SPIRITUAL | Sage or clear your energy and say the following affirmations. While looking in the mirror as you look directly into your own eyes, say:

"I am growing into my best self."

"I am safe, protected and provided for."

"I am using this time to be of service to the parts of myself that need my love."

EMOTIONAL | Log into our Zoom call.

Allow yourself to feel supported by our challenge community.

MENTAL | Express gratitude

especially for things you may not have paid attention to before the quarantine. Take some time to freeform journal about that gratitude. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Stretch and move your body

with loving tenderness at a pace that feels comfortable for 10 minutes.



JOIN US ON ZOOM!

DEVI WILL LEAD A GROUP MEDITATION AND WILL ANSWER SOME QUESTIONS THAT HAVE COME UP DURING THE WEEK.

DAY SIX

WILDCARD WEEKEND

“In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.” – Eleanor Roosevelt

Though challenging experiences throughout our lives don't always allow this thought to feel true, in this moment we are in fact the masters of our destinies. Who are you building and shaping yourself to become? Is this masterpiece in service to your soul's desires or your ego's desires?

TODAY'S CHALLENGE

Do your daily spiritual practice for 15-60 minutes.

Listen.

Refer to The Divine Time-Out Resources page (karmabliss.com/divinetimeoutresources) for this soul-invigorating mix by Shiva.

DESIGN YOUR DAY!

Select activities from earlier this week or create your own that feel good, but try to fulfill each of the pillars: **Spiritual - Emotional - Mental - Physical**

DAY SEVEN

WILDCARD WEEKEND

“Whatever you can do or dream, you can begin it. Boldness has genius, power, and magic in it. Begin it now.” – Goethe

As restricted as we all may be feeling right now, there is truly limitless opportunity in this moment. What will you do? Who will you become?

TODAY'S CHALLENGE

Do your daily spiritual practice for 15-60 minutes.

Listen.

Refer to The Divine Time-Out Resources page (karmabliss.com/divinetimeoutresources) for this soul-invigorating mix by Shiva.

DESIGN YOUR DAY!

Select activities from earlier this week or create your own that feel good, but try to fulfill each of the pillars: **Spiritual - Emotional - Mental - Physical**

DAY EIGHT

SLOW DOWN



“We transform the world by transforming ourselves.” – Davidji

For our entire lives we have been led to believe that success has to be loud and it has to be grand. Let society or social media tell it, you have to be constantly producing, comparing and elevating yourself above others in order for your life to mean something. That train of thought speaks to your lower-self. Your higher-self knows that divine success boils down to how you experience yourself and how you experience God. As we move through our lives at a slower pace it's important to invite into this isolation the knowingness that at this moment in time, even in the midst of uncertainty, you are doing VERY important work. Perhaps even the most important work of your life whose effects will be felt in every moment that follows.

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DAY EIGHT

...**CONTINUED**

TODAY'S CHALLENGE

Do your daily spiritual practice for 15-60 minutes.

SPIRITUAL | "Who am I being called to become?"

Gently ask yourself this question as you meditate without trying to fill the space that follows with an answer. Rather, allow your spirit to reveal that answer to you over the next several days. Spend 5-10 extra minutes in meditation today than you did last week.

EMOTIONAL | Extend quiet gratitude towards someone.

This can be a friend, family member, or those working right now like healthcare workers, city sanitation employees or delivery drivers. Close your eyes for several minutes, imagine their faces, embrace them with your energy, send them light and love.

MENTAL | Reflect on Week 1.

What were you successful at? Where did you fall off? What do you hope to focus on going into this week? Where do you need to show yourself some love? Take some time to freeform journal to that prompt. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Move your body.

Do a 10-minute yoga sequence of sun salutations. Refer to The Divine Time-Out Resources page (karmabliss.com/divinetimeoutresources) for a link.

PS. HAPPY 4:20 😊

DAY NINE

THE EXPERIENCE

“The gem cannot be polished without friction, nor man perfected without trials” – Confucius

What's the point of life? The journey. The experiences. 'Conversations with God' is one of my favorite nourishing reads. In the book, author Neale Donald Walsch infers that God created man so he could experience himself. "Experience" being the key word here. Without these experiences (both the perceived "good" AND "bad" ones) there would be no point for our existence. Today let's strive to identify ways in which our trials are birthing something greater within us.

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

 **SPIRITUAL | Complete affirmations in the morning and evening.**

AM Affirmation: "I am a precious child of God living in the mastery of my most loving and authentic self."

PM Affirmation: "I am trusting and savoring the experiences of my life."

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DAY NINE

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EMOTIONAL | Visualize your inner child.

Imagine yourself one of your younger selves. What age do you feel pulled to? 3? 5? 10? 16? Spend a few moments really seeing them in your mind. Then, if it's comfortable, reach your right arm around your chest with its hand tightly placed on your left shoulder. Wrap your left arm across your stomach and lightly grip the right side of your waist. Close your eyes and take a few deep breaths as you embrace that younger version of you. Take a moment to savor the beautiful feeling of your own touch.

MENTAL | Identify challenges you have previously overcome in your life.

Tap into that inner resilient warrior who showed up for themselves in a big way before. Tap into the deepest most honest layers of your authenticity. Take some time to freely journal to that thought. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | BREATHE!

Spend several minutes practicing some breath work. Close your eyes, inhale deeply through your nose imagining your lungs filling up like beautiful balloons for 5 seconds, hold for 5 seconds, exhale with a sigh through your mouth for 5 seconds.

10

DAY TEN

EARTH DAY



“When the well’s dry, we know the worth of water.”
–Benjamin Franklin

Since it's Earth Day, let's take a second, with open hearts, to unpack some inconvenient truths. Collectively, as a species, we have taken Earth for granted for a long time. This idea of “manifest destiny” that gave humanity the confidence to expand and spread capitalism in the 1800s did so at a price that cannot be repaid. I am a big believer that God teaches us lessons about entitlement through removal of pleasures. In this time away from freely being able to move around Earth's gorgeous lands, let's take some time today to honor what our experiences with her have been. How she has cared for us since the beginning and how she continues to be a real life reflection of God's mastery and grace.

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

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DAY TEN

...CONTINUED

SPIRITUAL | How are cycles of nature reflected in my own human experiences?

If possible and safe, meditate outside or near a window. Envision a light from the top of your head going up to the sun and the light from your bottom (root chakra) going down to the core of mother earth.

EMOTIONAL | Show compassionate touch toward Mother Earth.

If possible spend time with something natural and green. Flowers, grass, trees, potted plants, succulents, some oww wee. Whatever is near and accessible that connects you to nature. Ignite your sense of touch and awe.

MENTAL | In what ways does Earth, its inhabitants, or experiencing nature invoke emotion in me? What do I see? How does it feel?

Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Go outside.


If it's not possible for safety reasons, try to access the sun and sky as best you can. Even an open window can be of service for this. Stand with your feet planted in soil or grass with the head pointed to the sun. Spend several minutes practicing some breath work. Close your eyes, inhale deeply through your nose imagining your lungs filling up like beautiful balloons for 5 seconds, hold for 5 seconds, exhale with a sigh through your mouth for 5 seconds

NOTE:

ARE YOU AVOIDING ANY OF THE 4 PILLARS? OBSERVE IT AND THINK ABOUT WHY. RELEASE THE THOUGHTS AND TRY AGAIN TOMORROW.

DAY ELEVEN

TUNE OUT



“Let us be silent, that we may hear the whispers of the Gods.”– Ralph Waldo Emerson

Throughout the last 11 days you have been strengthening your connection to yourself and to your spirit. Today, let's lean into that beautiful practice even more by inviting moments of still silence into more of our day. Try to especially tune out the world today. Limit your consumption of stimulating activities. Connect and deepen.

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

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DAY ELEVEN

...CONTINUED

SPIRITUAL | Set a bedtime intention.

Before you fall asleep, lay down comfortably and focus on taking a few grounding breaths. Notice if you feel tension anywhere in your body (shoulders, teeth, etc.). Begin with a gratitude prayer and invite divine energy to flood you with light and love. To fill you. Bring forth your intention and ask for that which is for your highest good to come forward. The way that I would do this sounds like: "Father/Mother God, I ask that you please cleanse me of any stress, negativity or anxiety that I am carrying inside. I set forth the intention of a blissful, nourishing nights sleep. I ask that you please reveal to me the areas/situations of my life you would like me to focus loving energy on and reveal to me in a way I can easily recognize what you will is. I ask this for my highest good and the highest good of all connected to me."

EMOTIONAL | Talk to God for 5 minutes

Talk to God without asking for anything related to worldly success. Express the fullness of your feelings, in private, outloud without expectation.

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DAY ELEVEN

...CONTINUED

MENTAL | Spend at least 30 minutes reading.

Read a few pages from a soul-nourishing book. Here are some examples:

- *The Essential Rumi* - Coleman Barks
- *Seven Spiritual Laws of Success* - Deepak Chopra
- *Broken Open: How Difficult Times Can Help Us Grow* - Elizabeth Lesser
- *Sacred Contracts* - Caroline Myss
- *Prayers of Honoring Grief* - Pixie Lighthouse
- *The Untethered Soul: The Journey Beyond Yourself* - Michael Alan Singer
- *Loyalty To Your Soul: The Heart of Spiritual Psychology* - H. Ronald Hulnick & Mary Hulnick
- *Loving What Is* - Byron Katie
- *Don't Hate, Meditate* - Megan Monahan
- *Acts of Faith* - Iyanla Vanzant

Take notes or write down quotes that resonated with or inspired you. Put them somewhere you can see it and revisit it later.

PHYSICAL | BREATHE!

Spend several minutes practicing some breath work. Close your eyes, inhale deeply through your nose imagining your lungs filling up like beautiful balloons for 5 seconds, hold for 5 seconds, exhale with a sigh through your mouth for 5 seconds.

DAY TWELVE

DAY OF CONNECTION

“Knowing others is wisdom, knowing yourself is enlightenment.” – Lao Tzu

In a world that celebrates judgment and encourages comparison, sometimes we put value on all the facets of our personalities that actually keep us stuck. Let's take a little extra time today to observe our ego and its criticisms as they come up, explore the response and then release it for a more serving (loving) one.

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

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DAY TWELVE

...CONTINUED

SPIRITUAL | Sage or clear your energy and say the following affirmations. While looking in the mirror as you look directly into your own eyes, say:

"I am surrendering to spirit and effortlessly expanding my heart to all that is."

"I am joyfully disciplined in the way I care for myself and meet my needs."

"I am limitless in my ability to grow and transform."

EMOTIONAL | Log into our Zoom call.

Allow yourself to feel supported by our challenge community.

MENTAL | Express gratitude

for people & your experiences with them you may not have paid full attention to before the quarantine. Take some time to freeform journal about that gratitude. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Stretch and move your body from head to toe

with loving tenderness at a pace that feels comfortable for 10 minutes. Begin at your neck, stretch limbs and work your way through all your muscles.



JOIN US ON ZOOM!

DEVI WILL LEAD A GROUP MEDITATION AND WILL ANSWER SOME QUESTIONS THAT HAVE COME UP DURING THE WEEK.

DAY THIRTEEN

WILDCARD WEEKEND

“We must look at the lens through which we see the world, as well as the world we see, and...the lens itself shapes how we interpret the world.”
– Steven Covey

Today, spend some time in thought about the role perception has played in your life. We often project onto others the way we feel about ourselves and the way we view the world based on OUR experiences thus far. Is there opportunity for you to shift your perspective about challenges or interactions you have had?

TODAY'S CHALLENGE

 **Do your daily spiritual practice for 15-60 minutes.**

 **Listen.**

Refer to The Divine Time-Out Resources page
(karmabliss.com/divinetimeoutresources) for this soul-invigorating mix by Shiva.

 **DESIGN YOUR DAY!**

Select activities from earlier this week or create your own that feel good, but try to fulfill each of the pillars: **Spiritual - Emotional - Mental - Physical**

DAY FOURTEEN

WILDCARD WEEKEND

“Education is not the filling of a pail, but the lighting of a fire.”– W.B. Yeats

Today, spend some time looking up something that interests you and is of service to your highest-self that you haven't gotten around to. Spend an hour on your research. This could be watching some YouTube videos on spirituality or reading a book you haven't gotten around to yet.

TODAY'S CHALLENGE

Do your daily spiritual practice for 15-60 minutes.

Listen.

Refer to The Divine Time-Out Resources page (karmabliss.com/divinetimeoutresources) for this soul-invigorating mix by Shiva.

DESIGN YOUR DAY!

Select activities from earlier this week or create your own that feel good, but try to fulfill each of the pillars: **Spiritual - Emotional - Mental - Physical**

DAY FIFTEEN

BE THE PEACE

“If you cannot find peace within yourself, you will never find it anywhere else.”- Marvin Gaye

You are and have always been your own answer to wanting peace and happiness. All of the tools you have been searching for reside inside of you already. Peace nor happiness are a destination to be in search of, they are places you can visit at anytime from deep within yourself.

TODAY'S CHALLENGE

 **Do your daily spiritual practice for 15-60 minutes.**

 **SPIRITUAL | "What do I really want?"**

Gently ask yourself this question as you meditate without trying to fill the space that follows with an answer. Rather, allow your spirit to reveal that answer to you over the next several days.

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DAY FIFTEEN

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EMOTIONAL | Think about ways you have been showing up for your highest self during this social isolation.

Embrace her/him/them. If it's comfortable, reach your right arm around your chest with its hand tightly placed on your left shoulder. Wrap your left arm across your stomach and lightly grip the right side of your waist. Close your eyes and take a few deep breaths as you embrace yourself. Take a moment to savor the beautiful feeling of your own touch.

MENTAL | "What do I want to cultivate more of in my life?"


Take some time to freeform journal about this thought. Try not to tie your answer to a job or materialism. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Indulge in a warm, 20-minute bath.

Add Epsom salt and/or a few drops of essential oil. If you don't have a bath, put drops of essential oil and fresh eucalyptus in your shower to create a relaxing and detoxifying atmosphere. If it's possible, dim the lights and ignite a few candles. Take your time.

DAY SIXTEEN

COME ALIVE



“Don’t ask yourself what the world needs. Ask yourself what makes you come alive and then do that. Because what the world needs is people who have come alive.” – Howard Thurman

It is my belief that purpose is not tied to your job title. That purpose is not tied to a specific role that you play in the lives of your friends or family. Living in purpose is something deeper. It is the experience of tapping into your unique, God-given gifts and using them in service to the world. Though it can be used in both grand and subtle way, there is no purpose hierarchy. We are all gifted and able once we get out of our own egos. Spend some time today thinking about the things you do, conversations you have, and situations you have experienced that make you feel most alive and connected to your gifts. No better time than now to really tap into that which sparks joy.

TODAY'S CHALLENGE



Do your daily spiritual practice for 15-60 minutes.

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DAY SIXTEEN

...CONTINUED



SPIRITUAL | “What is my Dharma (purpose)?”

Gently ask yourself this question as you meditate without trying to fill the space that follows with an answer. Rather, allow your spirit to reveal that answer to you over the next several days. Today, meditate for 15 minutes in the morning and 15 minutes in the evening.

EMOTIONAL | Self-prize in the mirror for 5 minutes.

Stand in the mirror, look yourself in your eyes and, out loud, say 5 things you love about yourself that are not physical. Speak with admiration and enthusiasm!

MENTAL | List your gifts.

Think about things that you do well or that make you feel deeply connected to yourself and more alive when you do them. This can be grand and subtle. Are you an engaged listener? That’s a gift. Are you funny? That’s a gift. Can you sing/dance? That’s a gift. Are you curious about the world? That’s a gift. Take some time to freeform journal about special pieces of who you are. Take 10 minutes to do this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | BREATHE!

Spend several minutes practicing some breath work. Close your eyes, inhale deeply through your nose imagining your lungs filling up like beautiful balloons for 5 seconds, hold for 5 seconds, exhale with a sigh through your mouth for 5 seconds.

DAY SEVENTEEN

EXPAND YOUR HEART

*“The way to fill your life with love is very simple:
If you want more love, give more love.”*
-Deepak Chopra

The first thing we do when we experience challenges, disappointment, fear or pain is clench our hearts closed. We imagine that by doing this we will be protected. That the more closed our hearts are, the less discomfort we will feel. Of course, our highest self knows that the opposite occurs. The way to experience more peace and love is to OPEN our hearts even wider every time it wants to close. To stretch it. To love freely in service to the world and ourselves is how we heal, grow and experience the deepest levels of true happiness.

TODAY'S CHALLENGE

Do your daily spiritual practice for 15-60 minutes.

SPIRITUAL | Listen to the ancestral audio.

Listen while doing nothing. Refer to The Divine Time-Out Resources page (karmabliss.com/divinetimeoutresources) to access the link.

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DAY SEVENTEEN

...CONTINUED

EMOTIONAL | Self-prize in the mirror for 5 minutes.

Stand in the mirror, look yourself in your eyes and and, out loud, say 5 things you love about yourself that are not physical. Choose 5 things you have NOT said on previous days. Speak with admiration and enthusiasm!

MENTAL | "Where have I been blocking love?"

If this resonates, take some time to identify areas where you are/or have closed yourself off from love. This can look like love from another (romantic/ friend/ family) or withholding your own love from yourself. Spend 10 minutes freeform writing about this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

PHYSICAL | Create a playlist of your favorite nostalgic songs.

Anything that makes you smile and triggers a positive memory should go on this list. Get random! My personal list includes everything from 2Pac to Doja Cat to Michael McDonald. Dance your heart out and move your body without judgment.

NOTE:

ARE YOU AVOIDING ANY OF THE 4 PILLARS? OBSERVE IT AND THINK ABOUT WHY. RELEASE THE THOUGHTS AND TRY AGAIN TOMORROW.

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DAY EIGHTEEN

BE HONEST



“Three things cannot be long hidden: the sun, the moon, and the truth.” –Buddha

What is the deepest truth of who you are? When we are honest with ourselves about how we act and how we feel, we are able to embrace and accept ourselves. When we embrace and accept ourselves, we are able to love ourselves and God more deeply. It's so important to integrate both the light and shadow aspects of who you are (the perceived "good" and "bad"), both aspects are worthy of your love.

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

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DAY EIGHTEEN

...CONTINUED



SPIRITUAL | Sage or clear your energy and say the following affirmations. While looking in the mirror as you look directly into your own eyes, say:

"In all moments I am enough."

"I experience myself without judgement, lovingly embracing the full authenticity of who I am."

"My heart is open to the pure potentiality of my destiny."

EMOTIONAL | Explore the emotions and truths

that have been coming up for you while being in social isolation. Take 20 minutes to freeform journal about this. As always, try not to judge your writing or your feelings. Take a few moments to read over what you wrote without judgement. Continue on with your practice or day.

MENTAL | Read a chapter

of a soul-nourishing book of your choice.

PHYSICAL | Engage in a physical workout.

The workout can be a strenuous workout or a slow-paced workout, whatever feels right for your body today. If it's comfortable, try to do something that will allow you to break a sweat.

DAY NINETEEN

CELEBRATE & CONNECT

“Progress means ease, relief, peace, less strife, less struggle, and happiness.”

– Sufi Hazrat Inayat Khan

Over the last 19 days you have learned how to find home. You now have the roadmap to your deepest self. When done consistently, the new daily practices you have formulated will serve as your internal support system and spirit GPS. Whenever you experience discomfort, lean more deeply into the beautiful practice that you cultivated. This is not a race. Whatever pace you go at is perfect and it is enough. It's been such a true joy and privilege to spend this time with you! Namaste!

TODAY'S CHALLENGE

 Do your daily spiritual practice for 15-60 minutes.

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DAY NINETEEN

...CONTINUED



SPIRITUAL | "How can I serve?"

Go to your sacred space, sage yourself and your space, and challenge yourself to meditate 10 minutes longer than you have been. Gently ask yourself this question as you meditate without trying to fill the space that follows with an answer. Rather, allow your spirit to reveal that answer to you over the next several days.

EMOTIONAL | Log into our Zoom call.

Allow yourself to feel supported by our challenge community.

MENTAL | Write a letter to your future self.

Write about how you're feeling today and how you hope to feel in 6 months. What were you successful at during the challenge? Where do you hope to continue improving? How do you feel in this moment? Freeform journal for 20 minutes on these reflections.

PHYSICAL | Do a 10-minute yoga sequence.

Perform a sequence of sun salutations.



JOIN US ON ZOOM FOR OUR WRAP-UP CALL!

DEVI WILL LEAD A GROUP MEDITATION AND WILL REFLECT ON THE LAST 19 DAYS WE SPENT ON THIS JOURNEY.



**YOU HAVE STEPPED
INTO THE INTUITIVE
KNOWINGNESS
THAT ALL OF THE
TOOLS YOU NEED
FOR THIS LIFE EXIST
INSIDE OF YOU
ALREADY.**

- Devi Brown



KARMA BLISS™

THANK YOU!

Congrats! We made it! After spending the last 19 days consistently investing time in yourself and creating a foundation of wholeness, you have arrived in this exact moment, a more evolved, loving and open version of your previous self. The "work" as we call it is not done, but WOW, you have come so far. You now have access to your personal spirit GPS. You have activated your higher consciousness. You have starved your ego and fed your soul. You have stepped into the intuitive knowingness that ALL of the tools you need for this life exist inside of you already. I am so deeply proud of you. Of us. Whatever challenges come your way in the future, remember this moment. You are ready for whatever life has in store for you, and no matter what arises, everything in your path is always, ultimately for your highest good!

Stay open my friend. Namaste!

xo Devi



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**EXPAND ON THE WORK YOU COMPLETED
DURING THIS CHALLENGE WITH**

THE ENERGY TUNE-UP

Want a little bit more guidance?

Here's your chance for one-on-one coaching, healing, and meditation led by Devi.



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THE ENERGY TUNE-UP



WHAT YOU'LL GET

- Private one-on-one 50-minute Zoom session with Devi; which includes a 20 minute meditation.
- Prior to your session, Devi will do a distance reiki energy healing on you.
- During the call you can ask clarifying questions about your experience in the challenge as well as receive further direction, guidance and support on anything that has come up for you mentally, spiritually or emotionally.

THIS IS A TIME TO DEEPEN YOUR MEDITATION PRACTICE AND RECEIVE MORE INFORMATION ABOUT ANYTHING COVERED IN DEVI'S WORK. YOU WILL ALSO RECEIVE ASTROLOGICAL INFORMATION RELATED TO YOUR PATH.

LEARN MORE AT

[KARMABLISS.COM/DIVINETIMEOUTVIP](https://karmabliss.com/divinetimeoutvip)

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Hello@KarmaBliss.com