

Aspire!

# Illumination 6 & 7



Your -Regimen for  
May -July 2024



Entering the  
**LIGHT**

May Workshop 2024



Journal-May-July 2024

Please Journal each day until the July Retreat

Monday: Quietude Three

Tuesday: Illumination SIX

Wednesday: Illumination SEVEN

Thursday: Illumination Five

Friday: Quietude Three

Saturday: Illumination SIX

Sunday: Illumination SEVEN

Please practice catharsis at least  
three times per week.

***What was my INTENT this day?***

***What did I need in this day to “live” as a  
“self”?***

***The demeanor of the “self” is:***

***End of week summation:***

***What has become my ideology for living  
with the “self”?***