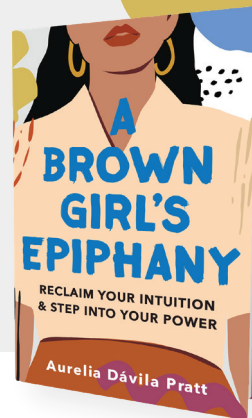


# A BROWN GIRL'S EPIPHANY: RECLAIM YOUR INTUITION AND STEP INTO YOUR POWER

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## PROMPTS FOR REFLECTION AND DISCUSSION

### HOW TO USE THIS GUIDE

This guide is designed with our inner work in mind. Both personal reflection and community discussion are essential for fully engaging these prompts. Prompts are divided by chapter, and all include an opportunity for a creative exercise, which can be done alone or in a group setting.

Like the book itself, this guide serves as a reminder—a nudge about our deep seeded truths: namely, that we are made in the image of God and always have been; that Spirit dwells within us and always has; that each of our inner voices is already worthy of trust.

The prompts and exercises offered are designed to help us realign and reconnect with our intuition. In doing so, we move into our already-existing power. From this place, may we know healing and be healing in a hurting world.

### INTRODUCTION: NAMING OUR STORY IS A PATHWAY TO HEALING

*Questions to ponder:*

- What is your relationship with your own inner knowing?
- What holds you back from a full embrace of your imago Dei?

*Creative exercise:*

Consider the story of your life. Hold space to reflect on each season so far: consider your childhood, your adolescence, your young adulthood, and so on. How does looking back and remembering inform and equip your current journey? If helpful, spend some time writing down your thoughts, feelings, and experiences with this exercise.

## CHAPTER 1: STEP OUT OF AUTOPILOT

*Questions to ponder:*

- How have previously unquestioned belief systems kept you disconnected from your intuition?
- What does it mean for you to step out of autopilot in your context? What challenges arise and what is to be gained?
- Can you identify some specific ways in which your individual healing is tied up with collective healing?

*Creative exercise:*

“I don’t have a prescription for what community should look like for others. I only know we weren’t meant to walk this road less traveled alone” (p. 12). Can you think of at least one person who has been a comforting, supportive presence on your self-liberation journey? Make a list of all who come to mind. Take a few moments to write a word of thanks or offer a phone call of thanks.

## CHAPTER 2: STEP OUT OF SHAME

*Questions to ponder:*

- Think about your relationship to shame. How does it show up in your life most often? Where has shame kept you bent and small, specifically in relationship to your faith paradigm? What would it take for you to step out of shame’s grip?
- In what ways can you identify your intuition already guiding you?

*Creative exercise:*

Using a blank piece of paper and colorful pens, pencils, or markers, consider your “shame buttons” (p. 16) that live on the surface of your deeper traumas. Draw or write freely what comes to mind without thinking too hard about it. Use the colors and the blank page to creatively express the feelings that arise during this exercise. Take some time reflecting and journaling on what this exercise brought up. If it feels appropriate, consider burning your piece of paper in a fire-safe container. Sprinkle the remains in the earth, symbolizing your awareness, acknowledgment, and letting go of the shame.

## CHAPTER 3: STEP OUT OF HIERARCHY

*Questions to ponder:*

- The work of non-hierarchy may be complicated and uncomfortable, but it is not meant to be a source of shame for any of us. How can you daily live into this both/and liberation, where the imago Dei is not neglected in anyone, including yourself?
- Have you recognized the relationship between your faith work and the need to decolonize? (This includes anti-racism work, LGBTQIA+ inclusion, dismantling patriarchal paradigms, and so on.) What has this particular waking-up journey been like for you? Where do you need support?

*Creative exercise:*

The work of non-hierarchy is a collective practice for the benefit of us all. This work can bring up many tough feelings as we engage painful conversations and experiences. Create a list of affirmations about yourself based on the imago Dei, using “I am” to begin your statements. Tape the list up in your bathroom or wherever you spend extended time each morning. Repeat your affirmations aloud each morning as a way to ground yourself in the truth of who you are daily.

## CHAPTER 4: STEP OUT OF POLITENESS

*Questions to ponder:*

- In what ways is politeness used as a cover for people-pleasing? What happens on your self-liberation journey when you can let go of what others think of you?
- How can irreverence be used as an entry point to healing work?
- In what ways can awareness of the politeness construct offer freedom to connect with your intuition?

*Creative exercise:*

Take one word associated with the Bible or Christianity and use that word to construct a poem redefining it apart from the typical construct of politeness. Don't think too hard about the structure of your poem. Let your intuition guide you as you write. There is no wrong way. (Examples: redefining peace, redefining love, redefining joy, goodness, patience, etc.)

## CHAPTER 5: STEP OUT OF PRODUCTIVITY CULTURE

*Questions to ponder:*

- What circumstances or barriers keep you on the hamster wheel of productivity culture?
- What does rest look like for you? Within your particular context, what changes can you make to move into spaces of rest?

*Creative exercise:*

Imagine your inner landscape as a home. What does your home look like on the outside? What does it look like on the inside? What needs tending? What are you happy with? What would you change? Consider drawing or journaling about your inner home. How can this exercise help you identify healing assignments in relation to the home within yourself?

## CHAPTER 6: STEP OUT OF SCARCITY

*Questions to ponder:*

- How have your story, experiences, and trauma informed the way you treat yourself, move in relationship with others, and make decisions?
- How have scarcity messages shaped your outlook on life, love, and faith?
- What would it look like for you to rewrite your own narrative?

*Creative exercise:*

What messages of scarcity have you received in your life? Make a list so that you can visualize these messages. Now, go down your list and name what it would look like to let go of each of these scarcity messages. Set an intention for yourself based on what comes up.

## CHAPTER 7: STEP INTO ABUNDANCE

*Questions to ponder:*

- What risks or forms of resistance rise up when you dare to dream? What does it look like for you to create the reality you want to see?
- Who are the people in your life who modeled dreaming? How can dreaming be a form of resistance, a spiritual act of defiance and healing?
- What patterns and responses might you change or adjust as you practice manifestation? How might this be disruptive to your life? How might it be healing?

*Creative exercise:*

What paradigm of abundance is your intuition leading you to in this season? Write it down somewhere you will regularly be reminded of it. Every time you read it, say these words: “I am worthy of dreaming. I deserve to dream. I have the courage to dream, no matter the outcome.”

## CHAPTER 8: STEP INTO PERMISSION

*Questions to ponder:*

- How have faith beliefs helped or harmed your embodiment of imago Dei?
- In what ways have you struggled to trust yourself: your inner voice, ideas, capabilities, instincts, and creativity?
- How has compartmentalizing our physical and spiritual selves caused us to compartmentalize God's presence within us (God's voice vs. our voice)?

*Creative exercise:*

Imagine that you no longer seek outside permission for any inner validation. What changes in your world? What does your work or parenting or faith look like? How are your relationships impacted? Allow your imagination to fuel forward movement.

## CHAPTER 9: STEP INTO YOUR CHILD SELF

*Questions to ponder:*

- What gifts can your younger self offer you today that you can reclaim?
- How does engaging your child self inform your capacity for compassion?

*Creative exercise:*

Sacred remembering: Which past version of you is easiest to envision with compassion? Imagine you are looking upon this younger you. What message do you need to share with this version of yourself? What needs rise up? Consider writing a letter to younger-you reflecting on these themes.

## CHAPTER 10: STEP INTO GOODNESS

*Questions to ponder:*

- How have you struggled to believe in an unconditional goodness? Why is it so difficult to believe in goodness without conditions?
- What habits are still ingrained in your everyday life, designed to earn your goodness? How can you move out of these habits?
- How might you contribute to perpetuating this paradigm for those around you?

*Creative exercise:*

Jesus took his cues from the margins, and our spiritual practice of goodness can look the same. How can you learn from, listen to, and center the wisdom of those on the margins in your context? Consider local organizations doing good work alongside vulnerable populations. Offer support through a visit, volunteering, or a donation.

## CHAPTER 11: STEP INTO THE DIVINE FEMININE

*Questions to ponder:*

- What barriers keep you from an embrace of the Divine Feminine?
- What kind of healing might the Divine Feminine offer you specifically?
- Name a few practices that could help open your heart to Mother God.

*Creative exercise:*

Spend some time outside reflecting on the elements around you. Put your bare feet in the grass if you can. Sit in silence and listen to the sounds of nature. Think about the expansiveness of God. Slowly, begin to form an image of God in Divine feminine form. What does Mother God look like in your imagery? Write down or discuss what it felt like to complete this exercise.

## CHAPTER 12: STEP INTO MYSTERY

*Questions to ponder:*

- What has been challenging about moving away from certainty and into a faith paradigm that embraces the gray spaces of life and faith? What has been liberating?
- Name some ways you know and experience the Divine, specifically from a place of mystery.

*Creative exercise:*

Consider the evolution of your faith up until now. Don't make judgments. Simply observe the various seasons of your journey. If it helps, create a visual timeline with big paper and markers. As you reflect, remember your unconditional goodness. Let any need for certainty roll off your shoulders. Open your hands, and voice aloud a prayer of gratitude for your journey.

## CHAPTER 13: STEP INTO EMBODIMENT

*Questions to ponder:*

- Has your body been included and/or excluded on your spiritual journey? If it has been excluded, how?
- Why are our bodies so important to the intuition journey? Name some specific ways you can listen to and honor what your body tells you today and in this season.
- Since we were made in the image of God, could that include our physical bodies? How does this idea resonate with you and shape your relationship with your body?

*Creative exercise:*

Turn on peaceful music and spend some time molding and shaping a chunk of modeling clay. As you form it into whatever shape or container comes to mind, think about your own form, created in Divine image. Your Spirit. Your mind. Your voice. Your body. All beautiful, sacred, and imperfect at once. Merge the idea that your clay and your self are just as they should be at this moment. Save what you create to remind you of the importance of body on your journey.

## CHAPTER 14: STEP INTO YOUR POWER

*Questions to ponder:*

- When you think about what it means for you to be in your power, what does it look like for you?
- How can you specifically invite your intuition along with you on this incredible journey?

*Creative exercise:*

Repeat these words (adapted from the closing words of the book) three times, allowing space for silence in between. If it helps to write down or discuss your takeaways, feel free to do so.

*“This is only a nudge.  
A friendly reminder  
Of what was always true.*

*Intuition  
Power  
Imago Dei.*

*Mine, mine, mine.”*