



Readings with Lorri

HOW DO I FEEL ABOUT GOD?

I recently had the honor of being interviewed on [Soul Driven Podcast](#).

26 minutes into the interview (26:10 to be exact. LOL), I mention the tie in between how we feel about our parents and how we feel about God. If you would like to explore that further, this PDF is for you.

Instructions:

1. Set a timer for 5 minutes and use the following prompt:

My mother _____.

Each time you start a new sentence, rewrite the prompt, and finish the sentence. Do not edit what comes out, just write.

2. Set a timer for 5 minutes and use the following prompt:

My father _____.

Each time you start a new sentence, rewrite the prompt, and finish the sentence. Do not edit what comes out, just write.

3. Now, think of all the times you have heard someone mention "The Divine Feminine" or "Goddess Energy". Read through your answers from #1. Is there a correlation?
4. Now, think of all the times you have heard someone mention "God". Read through your answers from #2. Is there a correlation?
5. Set a timer for 5 minutes and write any thoughts or realizations that this journaling exercise has brought up for you.

If you would like to explore this further and feel inspired to create some healing around it, I invite you to book a Spiritual Counseling Session with me. [**CLICK HERE to book a session.**](#)

If you are curious about what Spiritual Counseling is or wonder if it's the right fit for you, email me at [**info@readingswithlorri.com**](mailto:info@readingswithlorri.com) or call/text me at 910-2080-0220 and I would be happy to connect with you and answer any questions that you may have.