

## **Bhakti Reflection Worksheet**

*Connect with your divine essence through heartfelt devotion.*

---

### **Soul-Touching Reflection Prompts**

Take a few quiet moments to reflect on each of these. Write freely, from your heart.

1. **When did I last feel deeply connected to the Divine?**  
*What was I doing, and how did it feel in my heart and body?*
  
  2. **What is one moment of grace I received that I can never forget?**  
*How did that moment change or guide me?*
  
  3. **How do I express my love and devotion in everyday life?**  
*Through words, actions, silence, or service?*
  
  4. **What does surrender mean to me in my current life situation?**  
*Where am I invited to let go and trust more?*
  
  5. **Who or what inspires Bhakti in my heart today?**  
*A person, a memory, a deity, a verse, or a feeling.*
-

## 🌻 A Simple Bhakti Practice to Begin Today

Light a small **diya** (lamp) or candle before your chosen deity, image, or symbol of love.  
Sit in silence or softly chant a simple mantra such as:

**“Om Namo Bhagavate Vasudevaya”**  
*(I bow to the Lord who lives in all beings.)*

Let your heart open. No expectations. Just presence.  
Do this daily for a few minutes and watch your devotion bloom.

---

## 🔥 Your Mantra for Today:

[ Write your personal mantra here ]

---

---

---

## 💖 What Bhakti Means to Me Today:

[ Journal your thoughts here ]

---

---

---

---

## 🌟 Join Our Spiritual Tribe

Ready to go deeper on your Bhakti journey?  
Join a loving community of seekers at:

👉 [www.monkmethods.com](http://www.monkmethods.com)

Let's walk the path of love, surrender, and devotion—together.  
*Jai Shri Krishna!* 🙏