

Soul

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Meditation Exercise: Ignite your senses.

1. Put yourself into a relaxed posture. (sit, lie down, pull your legs in, wrap yourself in your throw)
2. Close your eyes and open your mind's eye and heart
3. Enjoy Breath (life). Breathe deeply in through your nose and slowly exhale through your mouth (repeat for 10 breaths)
4. Enjoy a normal breath - continuing in through the nose and out from the mouth

Visualize and continue with normal breathing

- Whatever is true, noble (honest), right (just), pure, lovely, admirable (good). If anything is excellent or praiseworthy, think about such things (Phil 4:8)
- With each breath, on your inhale receive what each word (true, noble, right, pure, lovely, admirable.) means to you (can you see it) say the word, on your exhale release what it is not that word
- Take your last few breaths bringing in the words "I love you" and exhaling the words "Thank You"

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” Write it down and pour some love on it

” 1. What are you feeding your soul? What are the words and thoughts that
” you'd want to hear that you could read over and over and feed your heart?
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” 2. When last have you written a love letter?. Today you are going to write a love
letter to yourself.

” Start, My Dearest (your name) and end with "Love Always"
” (If you need more room, use the note page).
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