



Reflection Exercise

for "Cold & Dark Wintertime -
Seeking the Light & Fire Within"

Preparation for the Journey

"Be still and know that I am God." ~Psalm 46:10

In the next week, discern through prayer, meditation, and/or other forms of Divine guidance as to how you are being called to take this Soul Journey of Faith, be it through a Lenten practice or otherwise.

WHAT: Your Quest – What are you seeking/wanting from the Journey?

Example: I want to deepen my innate capacity to 'listen' to my body-felt sensations that *know* God's dynamic process of change, transition, and transformation, particularly the shifts of light & dark. I am curious what I will learn through this 'listening' as I Journey the way of the Cross with Jesus.

WHY: Purpose/Meaning/Mission – Why go on this Journey?

Example: My mission is to make explicit my body's implicit *experiential knowledge* of God's dynamic process of change, transformation, and transformation manifested in the external world; then, I can use these as a pathway to better know and participate in this same process in my Soul life, which furthers my mission to live into the fulfillment of God's will and way in my life.



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HOW: Ways to Accomplish Your Quest – How will you 'walk' the Journey? What practices will you do?

Example: Prayer/Meditation; Scripture/Other Reading; Journaling; Aware of breath – Connect to Spirit & Grace; Physical Exercise; Loving compassion towards Self/others. Identify & Reflect on body-felt sensations, particularly relating to light/dark shifts [day/night & weather].

*"We breathe, the earth breathes,
night and day change,
joy and sorrow come like waves of the ocean."
~Jack Kornfield, PhD.*