



# *A Soul Practice*

for "*Do Not Give Away What God Has Given*"

## *Take a Holy Pause*

“To live a conscious life, we need to constantly refine our listening.” ~John O'Donahue

In the morning, set your Intention for the day to do the following:

- Be aware of when you sense others judging you and/or when you yourself are judging others or yourself.
- ‘Take a Holy Pause’ - Turn your attention towards your God-given breath.
- Listen to your Soul for what is true.
- Notice what happens. Watch for patterns.