



# *A Soul Practice & Reflection Questions*

for "[No Woman is an Island Unto Herself](#)"

## **SOUL PRACTICE:**

"Perhaps the shortest and most powerful prayer in language is 'help.'"  
~Father Thomas Keating

*Serving as a Support Giver AND Support Receiver*

**Daily:** Morning

- Set your intention for the day.
- Look for opportunities to give & receive support, even in small ways.
- Notice what you experience – Body/Heart/Mind.

## **REFLECTION QUESTIONS:**

"The soul wants to keep us rooted in the ground of our own being resisting the tendency of other faculties, like the intellect and ego, to uproot us from who we are."  
~Parker J. Palmer

**Daily:** Evening

- Reflect & journal on your experience of giving & receiving support.
- When? Who? How?
- What patterns do you notice?