



A Soul Practice & Reflection

for "[The Spirit of the Mother's Soul-Care Love](#)"

Soul Practice: Witnessing Mother's Soul-Care Love in Action in Others

Morning:

- Set your intention for the day: *Witness Mother's Soul-Care Love in Action.*
- Notice your experience: Body sensations, feeling, and thoughts.

(Note: This does not always have to be between a Mother to a child. It can be in art, movies, photos, etc.)

Reflection: The Spirit of the Mother's Soul-Care Love

Contemplation Exercise:

- Preparation: Sit quietly; be one with your breath; listen to your Soul.
- Allow yourself to imagine: *The Mother's Soul-Care Love* in whatever way this comes to you.
- Journal or draw your experience.