



Reflection Exercise

See: *It's Soul Time Blog Article*

["Returning Home:
Wholeness Beyond Life Circumstances"](#)

Returning Home

Preparation: Create or purchase a journal that evokes a body-felt sense of home for you; use this as a dedicated Home to record your experiences of Returning to your Soul Core Self.

Create a *homing space* to daily be at home with yourself.

Morning Offering:

"All that is eternal in me

Welcomes the wonder of this day;

The field of brightness it creates

Offering time for each thing

To arise and illuminate.

May my mind come alive today

To the invisible geography

That invites me to new frontiers;

To break the dead shell of yesterdays;

To risk being disturbed and changed.



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*May I have the courage today
To live the life that I would love;
To postpone my dream no longer;
But do at last what I came here for;
And waste my heart on fear no more."*

~John O' Donohue

Reflect and journal on the following questions:

Part A.

1. When in my life did I experience being the most at home within myself?

Please describe circumstances and say why.

2. When in my life did I experience being the least at home within myself?

Please describe your situation and say why.

3. What happened for me as I did this reflection exercise?
4. What did I learn?
5. Did I notice any patterns?
6. How will I take what I learned forward into daily life?

Part B.



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Use the above questions to reflect on your *daily experience of being at home within yourself* - i.e., Questions #1 & #2 - 'When today did I experience being the most/ least at home within myself?' continuing with #3-#6.