



A Soul Practice

See: It's Soul Time Blog Article

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

A Home of Your Own

(From "For a New Beginning")

Awaken your spirit to adventure;

Hold nothing back, learn to find ease in risk;

Soon you will be home in a new rhythm,

For your soul senses the world that awaits you.

~John O'Donahue

Daily: 30 – 60 min., preferably at the same time of day

- Create a safe and loving environment where you can be free to be you.
- Engage whole-heartedly from the inside-out in one or more of the following activities . . .

**Play, Create, Move, Enjoy, Cry, Scream, Laugh, Listen, Listen to
or Create Music, Dance, Sing, Paint, Draw . . . Enjoy being you.**