



A Soul Practice

See: "It's Soul Time" Blog Article

["The Body: Loyal & Trustworthy Friend"](#)

The Eyes of Your Soul

Our body instinctually resonates with the heartbeat of our Soul. ~Susan A. Purnell

Daily: 5 min. or longer

Note: Good Practice to do when you are aware of *feeling* Soul disconnected.

Please do the following:

If you wear glasses please remove them.

Stand in front of a mirror close enough to look directly into your eyes.

Paying attention to your breath, relax into the moment experiencing your breath deep within your body.

Continue to be aware of your breath; begin to notice your heart beat.

Continue to pay attention to your breath *and* your heart beat; look into your eyes; look deeper into your eyes.

Notice what happens. What changes do you experience?

What do you see?

What are your body sensations?

What do you feel?

Notice if your experience changes from day to day & over time.

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