



A Soul Practice

for ([Journey into the Land of the Body, Continued](#))

Moving Through Pain

"The Only Way Out is Through." ~ Robert Frost

Daily: Morning

1. Become Soul-Centered; pay attention to your breath.
2. Slowly read through the below quotes [or others you want to list].
3. Be aware of body sensations, feelings, emotions, or thoughts that arise. Stay with what you experience for a moment or two without judgment – just observe; be curious. Continue reading, stopping, and observing along the way.
4. Choose one of the quotes to reflect on at three specific times during the day [Repeat steps #1 & #3.].

Evening: Reflect on your day's experience in relationship to the quote you choose.
Did you stay in the moment with your discomfort/pain?

Yes/No?

What did you gain/lose? What will you do with these observations?

- *Although the world is full of suffering, it is full also of the overcoming of it.*
~ Helen Keller
- *Right now a moment of time is passing by! . . . We must become that moment.*
~ Paul Cezanne
- *Let everything happen to you: beauty and terror. No feeling is final.*
~Rainer Maria Rilke
- *The mystery of life is not a problem to be solved, but a reality to be experienced.*
~ Zen saying
- *The significant problems we face cannot be solved at the same level of thinking we were at when we created them.*
~Albert Einstein



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- *It takes courage to grow up and turn out to be who you really are.*
~e.e. cummings