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Look Well Within

Week One

The 3-Step Process to “Look Well Within”

*Look well within, wake to your soul,
Touch the awe that makes you whole.
Open your eyes, to realize
The wonder of your soul.*

Soul – you know you have one but you aren't sure what it is, how to recognize its presence, where it came from, how it matters to you in daily life, what its end will be.

You know pieces, of course. You may think it has something to do with God, unless you don't believe in God. In that case, you may think it's your inner unseen core - what really matters about you. If it does have something to do with God, you may think that, like everyone, you got it when you were created and that it is what will return to God at your death. But, you may still be a bit befuddled about identifying and making use of it in daily life. What if your soul **IS** what matters most about you? What if it is your soul that drives your heart, your emotions, your hopes, your purpose, your actions, your destiny?

What if everything else; career, money, family, religion, technology, imagination and inventiveness, is merely dressing for your soul? What if everything and everyone were stripped away from you, would your soul be enough to see you through? How would you know?

The only way to know is to be introduced to your own soul and to spend some time getting to know it and finding out of what it is capable. In other words, you need to “Look Well Within.” “Look Well Within -- to see the wonder of your soul.”

I want to share the three-step process - a formulated process I developed that will guide and teach you to “Look Well Within” so you do get to know your own unique soul. After you complete this audio portion of the course each week, you will be invited to engage

in an exercise that requires you to apply the steps discussed in the audio in your daily life so that "Looking Well Within" to know the wonder of your soul actually leads you to practice the process in your life. It's one thing to be self-aware – to understand or notice something about how you react and respond to the events and encounters of your life, but the "Look Well Within" process takes your self-awareness to the deeper level of evaluating why you respond and react in the ways that you do so that you can successfully implement new spiritual habits and patterns in your life.

The **first step** of the "Look Well Within" process is **to remember** a time when you were aware of something unnamable in yourself; something that eclipsed everything else in life; if even for just the slightest flash of an instant. Go back in your mind and recall a time when for a moment, you were stopped in time. There was no past. There was no future. Even the present was dimmed by the timeless moment in which you stood. Perhaps you were in the midst of a miracle in nature. Or, perhaps the solution to a problem suddenly appeared in your brain. Or, you felt your breath in a new way. Or, you felt the brush of the kiss of someone you'd missed. Or, you felt the soft ear of a puppy. Or, witnessed the birth of a child, or the life leave one you loved. In those momentary flashes of timelessness, you were in the presence of your soul. Once the moment passed, you went on with your life as you had been living it before that moment.

What if you could have more of those moments, or what if they could last longer, or you could take their power into the rest of your daily activity?

If the first step of the process "Look Well Within" process is to remember, **the second step** is **to question**. Question yourself, question others. Not physically, but mentally.

What hope in you keeps rising up? When things go south for you what do others say to you about the inspiration you are even in your dark times? In other words, when the chips are down in your life, what keeps you going? Perhaps, it's your sense that there is a purpose to everything. Or, perhaps you keep going for others that mean something to you. Or, perhaps you believe there's more than what is being revealed at present. Or, perhaps you always try to have a positive attitude. Or, perhaps someone has told you that you've given them strength in their weakness. Or, perhaps you feel you're on the edge of something incredibly enlightening.

These are not just flashes or moments like I described in step one. These are protracted times of wonderment, questioning, paying attention, interpreting the realities that occur in your life unbidden and unexpected. In those times of questioning, your soul is trying to reveal itself to you. For example, if you don't give up because of others that mean

something to you, your soul might be trying to tell you that compassion is part and parcel of who you are. And, if everything is taken away your soul of compassion will remain. Or, for another example, if you keep going when everything seems lost because you think you're on the edge of something incredibly enlightening, your soul might be trying to tell you that expansiveness is part and parcel of who you are and that if everything is taken away, your soul of expansiveness will remain. In questioning your ability to go on when all seems lost you give your soul an opportunity to tell you about itself.

The third step of the “Look Well Within” process is to **uncover your wholeheartedness**. What is so important to you that you must do it? Even if all the odds are against you? Even if others think you are foolish? Even if obstacle after obstacle impedes your progress? Even if there's no reward but the doing of it? Even if you die without anyone knowing you did it? Perhaps what is this important is:

- welcoming others with your heart, or
- using your mind to solve problems, or
- creating something from nothing, or
- spending time with those who are alone, or
- communicating the experiences that have taught you something, or
- straining toward truth, or
- practicing curiosity about life, or
- encouraging those who feel hopeless, or
- changing social patterns that oppress others.

When we are wholehearted, our soul is revealing something to us about our purpose and destiny in life. It's more than feeling 'passion' for some activity, or 'finding your bliss.' Wholeheartedness is engaging in 'what you were made for.' It is the moment at which you and your soul have really become friends. The more wholehearted you become the less distinction there is between what you perceive as yourself and what you perceive as your soul. When you are wholehearted, you are acting from your soul, and your actions are the truest reflection of who you were created to be.

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