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## **Look Well Within Soul Date and Exercise for Week 4 Part 1**

### **Soul Date Venue for Week One:**

A place of comfort and familiarity, but with few distractions – perhaps, your living space, or a table in a quiet restaurant, or an art museum, or a library.



### **Tools Needed:**

All four parts of Week Four Soul Date Exercises, and a journal or pad of paper and pen.

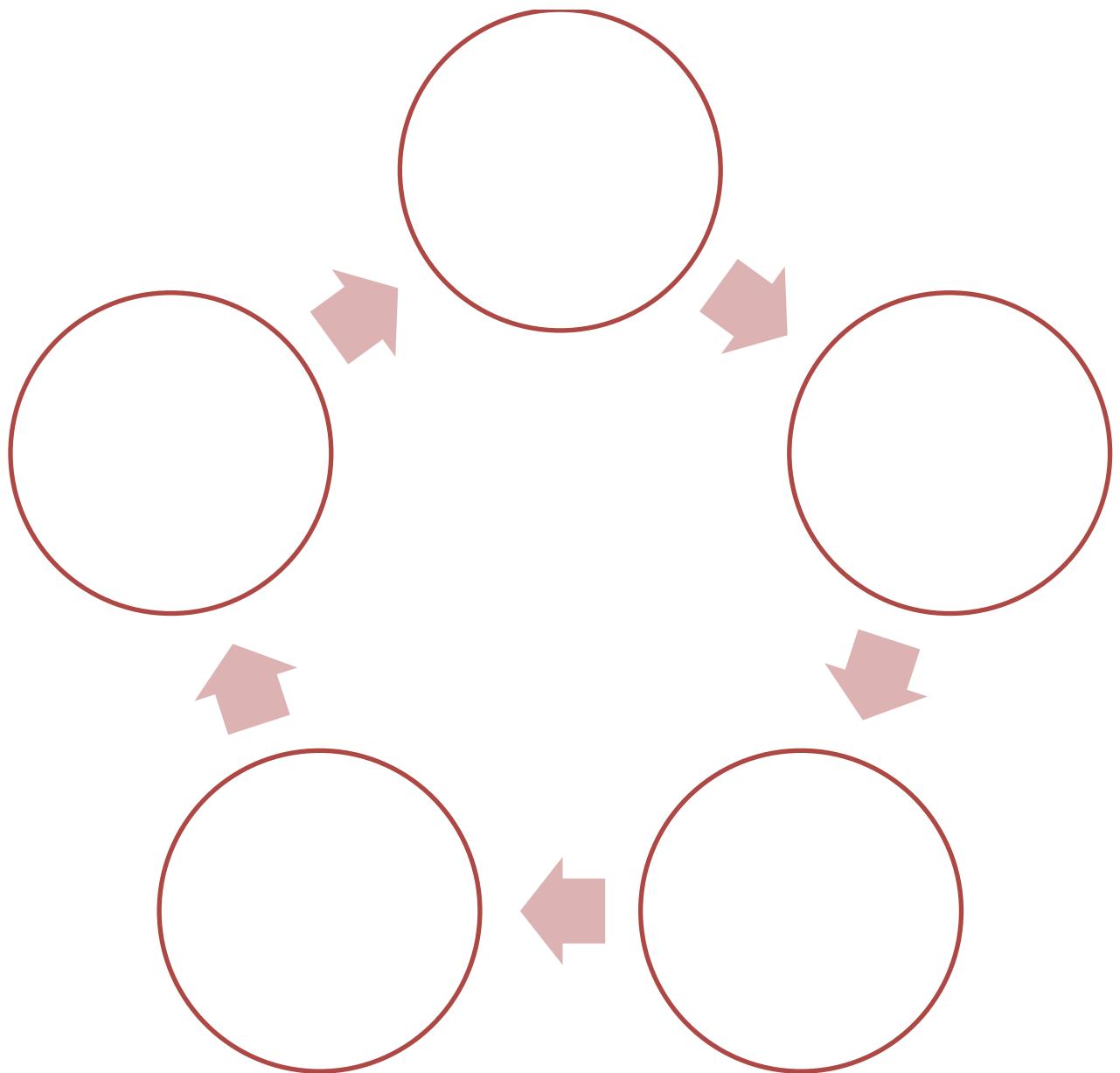
### **Exercise:**

This week there are four parts to the Soul Date Exercise. It is important that you think and write quickly on Parts 1 and 2. The idea is to jot down the first things that come into your mind. Parts 3 and 4 require more interior reflection and response. It may be helpful to think of this set of exercises as a meditation, and take a few minutes to simply settle yourself, notice your breath, feel the presence of what is beyond you. When you feel ready, you can bring your full attention and intention to Parts 3 and 4.

After you have completed the exercise, you will have begun the development of your own soul kit – the practices that you will want to incorporate in your daily life to help you live more fully from your soul, and in tune with the power that is beyond you. This is the

heart of the program, so take your time with it. Realize, however, that spiritual sensibility and clarity unfold over time. This is not something that will be perfected in the course of this one set of exercises. You will continue to think about what needs to be in your soul kit. Over time you will see what can be discarded because it is no longer needed and what still needs to be found and utilized to develop other aspects of your soul. This is a new beginning. A simple plan to start implementing in your daily life. And, perhaps most importantly, this will give you a process to use in the future when you decide to make changes to your soul kit. Stay relaxed throughout the exercises. Feel the presence of God. Know that this moment is enough and that you have all that you need. You are merely opening yourself to receive more and more of what your soul has to offer.

Insert into each circle something that brings great delight to your soul. Think quickly.



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