

## **Reflections - Homework -Pebbles in the Well-**

Hi Everyone:

Thank you for a wonderful first session together in Spiritual Direction. I loved every single second of that class. I mentioned last evening that I would post your homework assignments for the week - (and I am smiling in my soul that so many of you are actually eager to get your homework. Never thought that day would come, right?)

Your Practice

Your Practice consists of: Holy listening, inner reflection, contemplation. Imagine that in this practice, you walk to your well. Standing by your well, you ask a deep, soul-stirring question, and then you feel/visualize/sense a small pebble falling into your inner well. And then you say the pray, "I am here, Lord, and I am listening." Listening, not with your mind, but with the whole of your being. You will listen first with your logical mind, though. We all do. Eventually, you will listen with your "spiritual nature" - you will "feel-listen"; you will "sense-listen"; you will "dream-listen"; you will "intuit-listen". You will listen to the holiness hidden in silence as it slowly, softly breaks down the grit of stress and fear grinding in your bones. These are your questions for this week. I recommend that you set aside twenty minutes of quiet time - real, true quiet time. Holy time. Contemplation time. Read a selection of inspirational writing that helps you to withdraw your attention from the outside world and assists you in entering into your inner world. (Thomas Merton, Rumi, the Psalms, the Gita, the poetry of Mary Oliver or Emily Dickenson, etc). You should ask these questions each time you enter into prayer and contemplation. Each time you listen, your soul will answer differently, far greater depths within you.

1 - What is my experience of the Holy? How do I know You? (drop your pebble and listen) -

2 - How deep is my soul? (drop your pebble and listen....just breathe and listen)

3 - How close are you to me, Lord? (drop your pebble and listen..just breathe and listen)

And now simple prayers said in meditation or quiet prayer:

Everything in my life is a gift - Listen

My life is blessed and abundant - Listen

I release the need to know why things happen as they do - Listen

Grant me the grace to see my life through love. Listen

A prayer to say often: I am listening. I see you everywhere and in everything. I am here, Lord, and I am listening."

Journal time. Write down big thoughts, small ones, half a thought or whole ones. Listen to what is rising from the depths of your soul.

A Practice is exactly that - a "practice". Make a commitment to do some part of it. Imagine all of us participating in this practice together through these weeks ahead. What a lovely, beautiful, incredible thought.

Love,  
Caroline