**Homework for Class #6 Series 7**

**Ongoing practice in between classes**

For those of you continuing on with the second series, **Jewels at the Well**, here are some ongoing practices to help prepare you for this next interior path**.**

**Prayers at the Well**

* You have called me. I am listening. I release asking questions of You. I have no more questions. I am listening. I release asking for anything. I am listening now, only listening. I am emptying myself of small voices and loud sounds that distract me, that tell me to ask for proof and for safety and for solutions. I surrender that frightened part of me now. I come to my Well because I know you are here and you are wrapping me in grace. I know that. I am listening – and maybe I even heard You tell me to surrender all my distractions. Maybe that was Your idea. Hover over me God with all your many graces, while I stand at my Well, when I am not thinking of my Well, and when I need most to be at my Well. Amen.
* As I stand at my own Well, I reach out through the inner net of my soul to my fellow soul companions who are gathering at the Wells. I bless each one and all they hold dear. May God pour endless grace onto this beloved planet and all living creatures. Amen.

**Daily work at the Well**

* What is unfolding in my life today?
* My world has been filled with grace today. And I experience that grace, how?
* I feel guided to do one healing or kind thing today that I have never been inspired to do before.

The poems Caroline read at the beginning and end of Class 6 were from *Anam Cara* by John O'Donohue. If you want to study St. John of the Cross further, there are several good books on the subject. Caroline recommends Mirabai Starr's books: one is *Dark Night of the Soul*; another is *Saint John of the Cross (Devotions, Prayers and Living Wisdom).* Mirabai has also written several superb books on St Teresa of Avila, including *The Interior Castle*, a modern translation of Teresa’s book on the mansions of the soul. Caroline used Mirabai’s translation of this book as a reference when she wrote *Entering the Castle.*