

## **Series 11, Class 1, Fire Chats: The Power of Balance**

### **Sacred time**

In silence at your inner well, consider the following questions in reflection:

- What is your center point?
- Am I centered?
- Where is my power?

### **Your essential inner practice**

As the previous classes in spiritual direction have suggested, include some of these in your spiritual practice:

- Find your center.
- Become mindful of what draws you out of balance, how easily it happens, and why.
- What is your struggle with coming into balance?
  - Pride
  - Anger
  - Blame
  - Feeling entitled

Study yourself in the world. Use what you know to be the Truth. Remember that all will change; even darkness is not permanent. Nothing is impossible with God. Make yourself a powerful spiritual instrument. Use the mystical laws – All is One; Actions create Reactions; knowing that, act with conscious and loving intent.

### **Prayer**

Listen again to the prayer at the end of Class 1. It was written by an anonymous nun and comes from the *Pocket Book of Prayers*, by Mark Gilroy.