

# REFLECTION

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When I think back over the last month, where have I seen God living in and through me?

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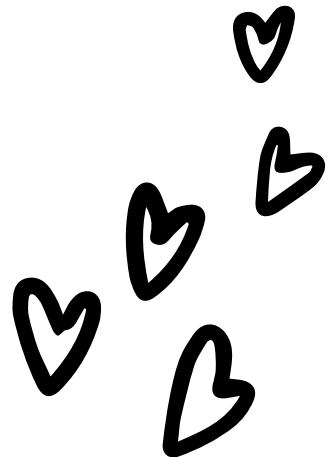
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# EXAMEN PRACTICE

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- Ask God for light. Help me look at my day with God's eyes, not my own.
- Give thanks. This day I have just lived is a gift from God. I feel gratitude for...
- I carefully look back through the day, being led by the Holy Spirit.
- Face what is unsettling and ask God to guide you.
- I look forward to the day to come.



I AM

I AM

I AM

I AM

I AM

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I AM

I AM

# MORNING PRAYER

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Every morning, when you open your eyes, affirm boldly and with deep feeling and understanding:

- I rejoice and give thanks that my life is directed by the same Eternal Wisdom which guides the planets in their courses and causes the sun to shine.
- I am going to live life gloriously today and every day. I experience more and more Divine Love, Light, Truth, and Beauty, all day long today and every day.
- I am going to be of tremendous help to all those whom I contact and with whom I work, and I will have the time of my life doing it.
- I am going to be deeply enthusiastic about my work and my wonderful opportunities for service.
- I rejoice and give thanks that I experience and manifest more and more of Divine Glory each and every day.

Source: Joseph Murphy



# JUST LIKE ME

## COMPASSION MEDITATION

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This person has a body and a mind, just like me.

This person has feelings, emotions, and thoughts, just like me.

This person has experienced physical and emotional pain and suffering, just like me.

This person has at some time been sad, disappointed, angry, or hurt, just like me.

This person has felt unworthy or inadequate, just like me.

This person worries and is frightened sometimes, just like me.

This person will die, just like me.

This person has longed for friendship, just like me.

This person is learning about life, just like me.

This person wants to be caring and kind to others, just like me.

This person wants to be content with what life has given them, just like me.

This person wishes to be free from pain and suffering, just like me.

This person wishes to be safe and healthy, just like me.

This person wishes to be happy, just like me.

This person wishes to be loved, just like me.

Now, allow wishes for well-being to arise:

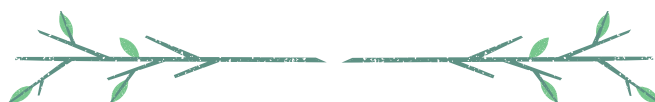
I wish this person to have the strength, resources, and social support they need to navigate the difficulties in life with ease.

I wish this person to be free from pain and suffering.

I wish this person to be peaceful and happy.

I wish this person to be loved . . . because this person is a fellow human being, just like me.

Source: Ram Dass and Mirabai Bush



I APPRECIATE

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# DOWNTIME

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Rest in the knowing that you are fearfully  
and wonderfully made...

# ABOUT

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Hi. I'm Leslie.

When I was in college, I was a bible camp counselor in Colorado for the summer. At the time, I was contemplating attending seminary. I asked every pastor I met about their thoughts on seminary. Without question, they said that if you can do something else first, do it, and if the call to ministry is confirmed - it will return.

So, I left camp and went on to raise a family and build a career in healthcare. One day I woke up and realized the call was back! While formal seminary wasn't the call, the desire to serve others through Spiritual Direction was.

Spiritual Direction is an ancient practice of compassionate listening. For me, it continues to be a life-changing series of conversations that have allowed my secret desires and God's plan for me to align. Spiritual Direction is helpful when we are asking ourselves questions like:

- Is this all that there is?
- How can I work through this grief?
- Where is God?
- What is next? and a myriad of other life questions.

To schedule a complimentary session, feel free to reach out here:



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