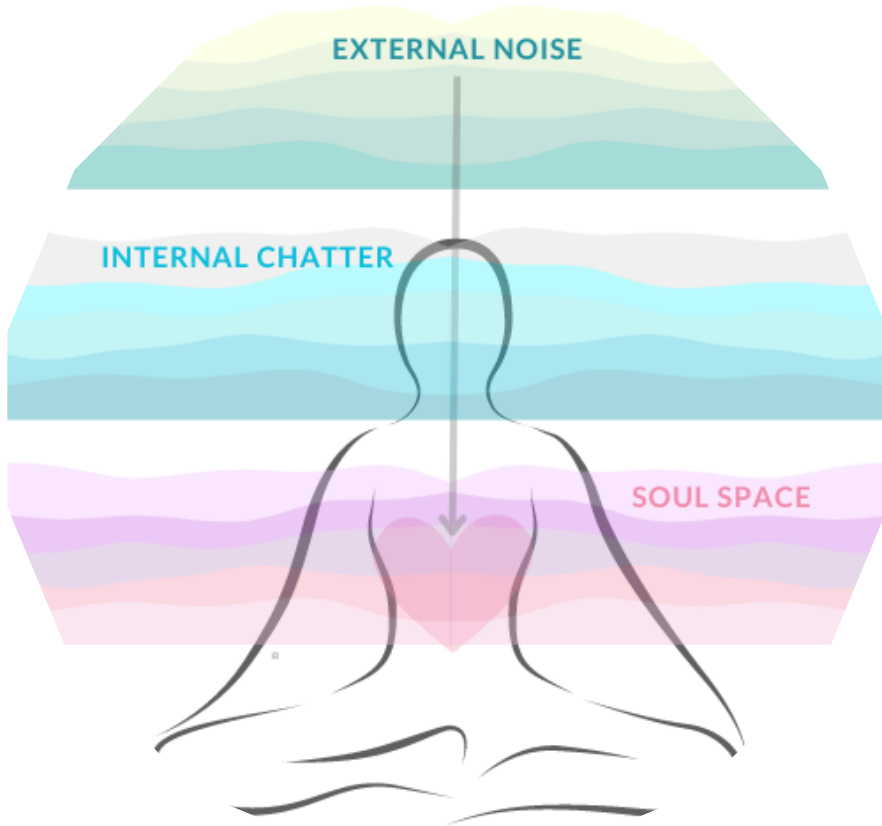


Sink Into the Soul Space

There is a deep pool of **inner peace** and **Inner Wisdom** inside of us all. To tap into it we must drop beneath the noise of the external world and the chatter of our internal world. Imagine yourself sinking peacefully through the layers and coming to rest in the Soul Space. Whether you are seeking peace or wisdom, knowing how to Sink Into the Soul Space will serve you.



- Imagine your thoughts floating by as if on the current of a river. Notice them and let them pass, if you can.
- Jot down a note, if that feels right, so your mind will relax knowing you can come back to the important things later.
- Get to know your internal world by noticing your thoughts, emotions, physical sensations, and impulses. Become the observer.
- Finally, rest in the Soul Space by focusing on your calm breath, relaxed body, and open heart, and ask a question if you have one.

Do I have a question for my Inner Wisdom or Higher Power?

What do the different parts of me have to say about this?

Part of me thinks:

Part of me thinks:

Part of me thinks:

What does my Inner Wisdom or Higher Power have to say?

What else did I learn about what's going on in my internal world?
