

1 WEEK MEDITATION SCHEDULE

MON

FAITH

Return to your beginning moments of Faith. How did you feel? What did you want to discover?

TUE

HOPE

Recognize a time in your life when you were hopeful. How can you carry this hope throughout your day?

WED

LOVE

Recollect a time when you felt loved and seen. In what ways can you share that love with others?

THU

PEACE

Breathe deeply, and center yourself. Find your inner peace. Carry that with you. Be conscious of it's presence.

FRI

MERCY

How would you like to spread Mercy and forgiveness to others. What keeps your from showing mercy to yourself?

SAT

CHARITY

Deepening on your Love meditation. How can your service to be other oriented? Show charity today to someone.

SUN

RESOLVE

What do you resolve to take with you this week? What plans do you have to do that? Be concrete!