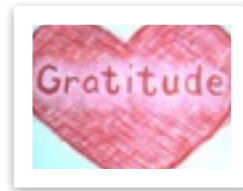


Spiritual Growth Exercise for November 2017



Heart Space

November is often associated with gratitude and although gratitude should be a daily practice it can often be overlooked in our daily activities. Here's a great way to bring gratitude back into the center of your being.

- Find a comfortable place to sit and relax
- Breathe slowly in and out paying attention to the rise and fall of your chest and abdomen
- Imagine your heart pumping oxygen rich blood throughout your body nurturing every cell
- Envision your heart
- Find the space in your heart available for experiencing joy, sorrow, empathy, forgiveness, compassion, love and gratitude.

Your heart space has the capacity for gratitude in all circumstances.

Gratitude is the life blood of your spirit.

At times this space can be crowded with resentment, pride, judgment and can feel burdened and your capacity for gratitude can become limited

Allow yourself to evaluate your heart space and to release resentment, pride and judgment

Ask yourself these questions:

What am I grateful for in this moment?
How do I express my gratitude?

Let gratitude flow through your body nurturing your spirit

Feel your body settle into the abundance of gratitude you are able to harvest and share.

Tammy Koenecke, Spiritual Care Coordinator