

LISTENING TO OUR SELF

REFLECTION QUESTIONS - SHERYL FLEISHER

1. What did you notice and/or experience from each of the spiritual practices?
 - Breath prayer ("May I know You, May I know myself")
 - Body w/kindness
 - Welcome Love
 - Welcome Vulnerability
2. Of the four true self areas (God in you, our core identity-belovedness, our unique soul, our unique physical body), which one are you currently more aware and present in your life? Least aware and present? Why?
3. Spend a few minutes picturing living fully empowered and integrated in your true self (God's love, beauty, power, goodness, joy, and peace flowing through your unique soul and body)...
 - In your home - *what does that feel like, look like? What would be different?*
 - At work - *what does that feel like, look like? What would be different?*

Does Jesus want to say anything to you, or do anything with you, in the above pictures?

4. From page 30 in [The Gift of Being Yourself](#), what have you learned about yourself as a result of your experience with God? And what do you know about God as a result of genuine encounter with yourself? (Other than sin and forgiveness.)