

Week 8. BRINGING IT ALL TOGETHER

WORKSHEET: PRACTICE SESSION ~ Taking your next step(s)



The present moment contains the past and the future. The secret of transformation is in the way we handle this very moment. – Thich Nhat Hanh

May we receive this moment, and the next, and the next, and onward from here, as invitations to take our next step, one at a time.

Take a moment to close your eyes, take some deep breaths, allow yourself to settle into your self, and to release all that pulls you away from your center... Come into presence with the journey you've been on, during this course, as well as your much larger journey of being and becoming human, a parent, a caregiver... be with all of it... not trying to change anything, or recall anything in particular, just being present with it... the steps taken, the discoveries made, the joys, the challenges, the questions, the not-knowing and the knowing... the ease and the stretch... all of it.



And now, listen, simply by being open and attentive, for what arises in you as you contemplate and are present with what this journey has been so far, this journey of exploring parenting as your spiritual practice... What do you take with you from this exploration and this time together here?

Listen for what wants to happen and be birthed in your life as a parent, as a human being and human becoming, in your family...

* What is **newly emerging** in and through you, what are you just beginning to taste and would like to bring more clearly into form?

* What's **possible** in and through you, what are you yearning for?

* And what are you **already engaged with**, that you'd like to take a next step with?

This exercise is about discerning YOUR way to live this path of parenting as a spiritual practice, in tune with YOUR unique self and family, using your intuition, and taking your next steps.

Take the time to write down whatever comes up for you around these questions... it's also fine if you don't have any clear answers yet, then just allow the questions to percolate through you and keep listening. Incubate these questions, and see where they lead you.



If you've come up with a sense of what those next steps are, or that next step is... how do you see yourself **putting this into action**?

Take a moment to sit with the next step(s)... imagine and feel them happening.

* What do you need to do to make them real?

* What support do you need?

* What do you perhaps have to release and let go of?

I encourage you to share with others what has arisen for you, share this with your partner or others close to you, ask for the support you need to make it happen. And if you're moved to, do share with us all on our online forum, so that we can hold your intentions and next steps with you, in our thoughts and care.

Every Blessing on your journey onward!