Debbie’s examen

Pause and take several deep breaths

Breathe in the divine and spirit of reflection

Thanksgiving:

What am I most thankful for today?

What experience?

What personal relationship or encounter?

Lesson about myself?

Petition

Let me be open to clear and true reflection.

Reflection

What sparked joy in me today?

What amazed me about history?

Did teach me anything about today?

What did I find troubling?

When was I fully present? When did I feel the connected and the oneness with all? With the divine?

Respond

How will today influence my relationship with the divine? With others?

How will I bring this into tomorrow?