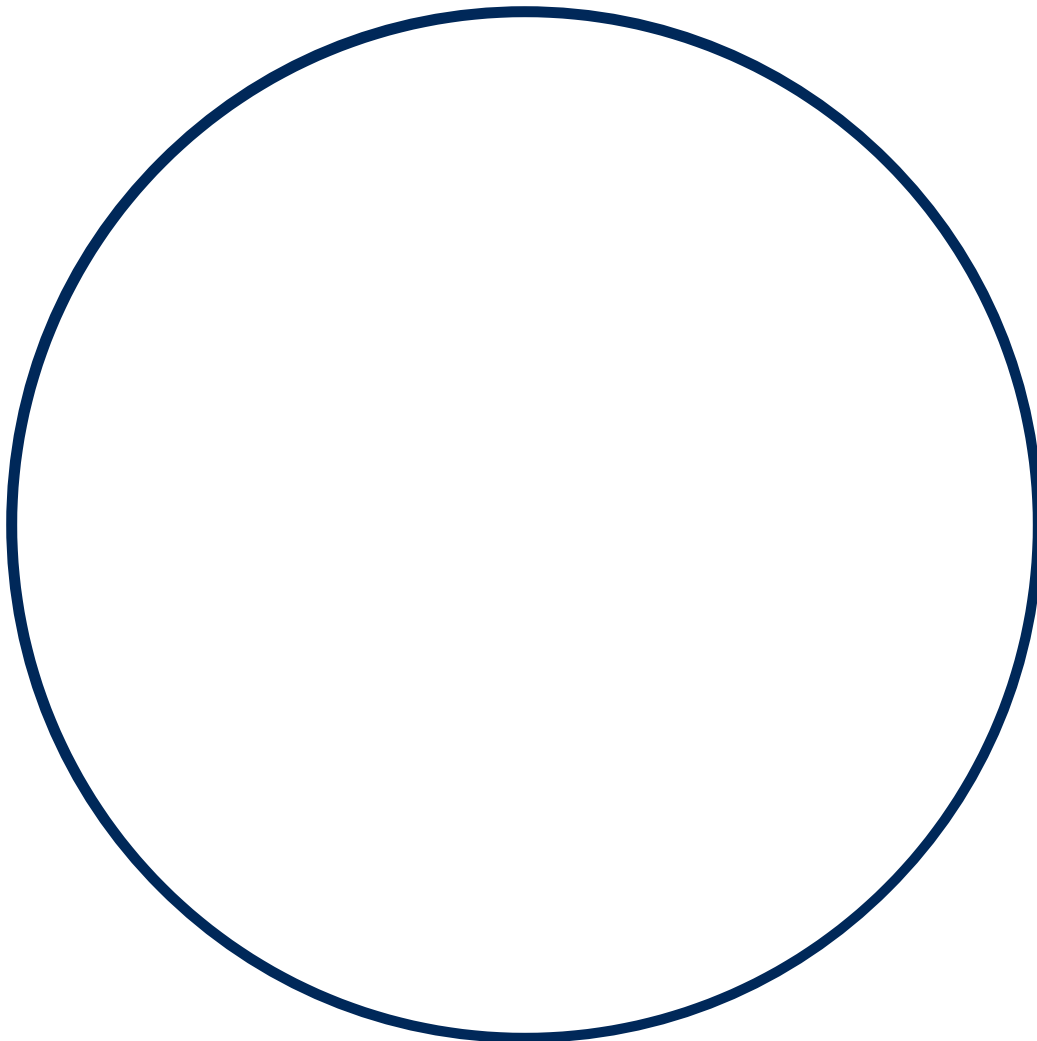


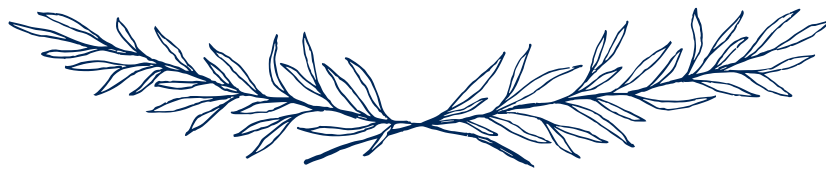
A SLICE OF LIFE: PART I

Imagine that this circle represents your psyche. Fill it in with all the things that occupy your thoughts, your mind, and your heart: worries and preoccupations, undone tasks, concerns about yourself and others...anything that is taking up time or space inside you. Allow each thing that you draw in the circle to take up an amount of space in the circle that is proportionate to the space it occupies in your mind or heart. You are creating a snapshot of your internal reality in this moment.



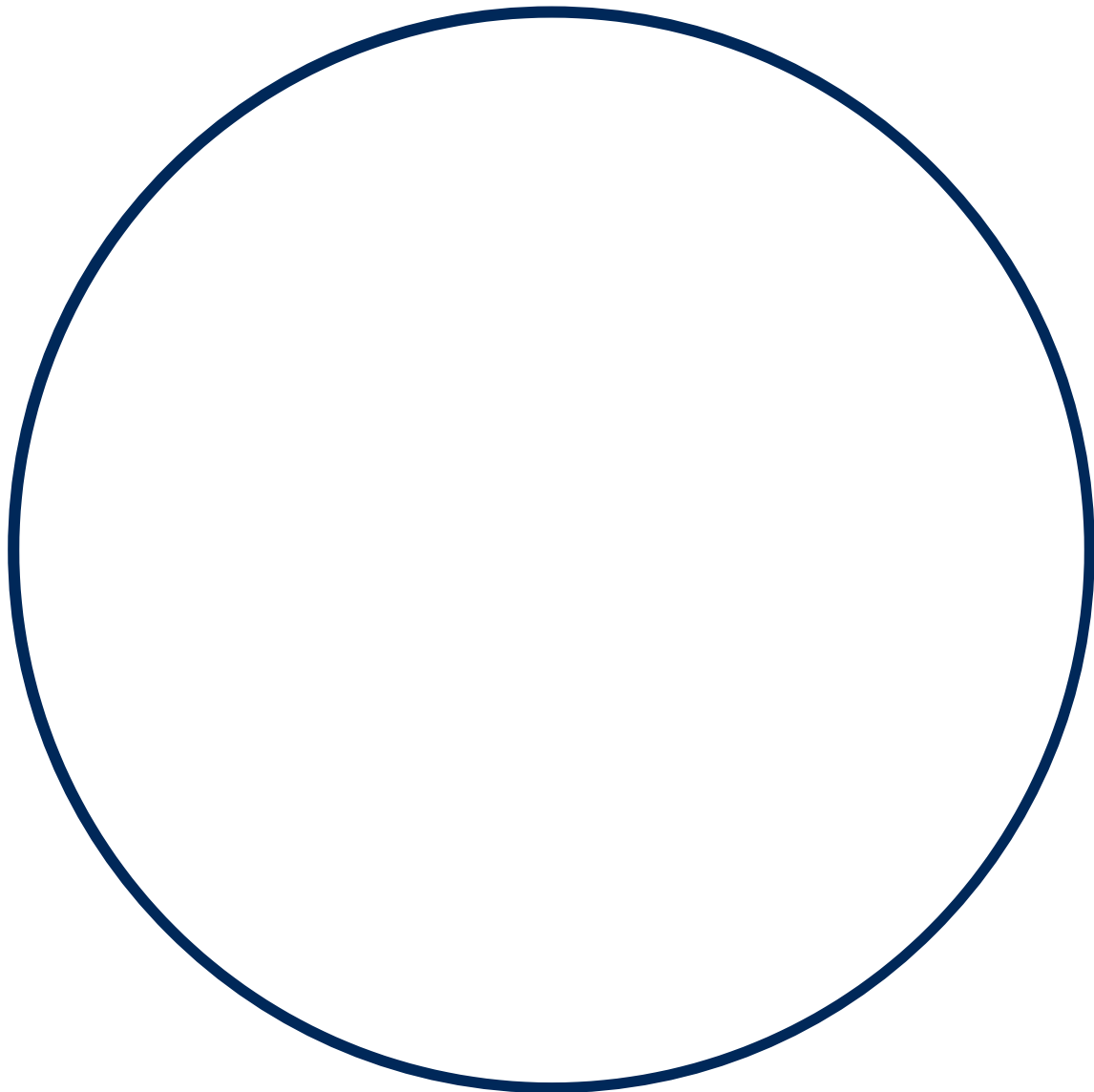
From "Spiritual Exercises for the 21st Century" by Gillian Ahlgren





A SLICE OF LIFE: PART II

Now re-imagine this space, placing God at the center of it and only allowing "what better leads to God's deepening life in me" to take up space. What does that look like?



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