

This week's practice is **WHAT IS REAL?**

1. Believing the appearance and “details” of a situation, keep us in the small picture and generates stress.
2. The antidote is to LOOK FOR WHAT IS REALLY GOING ON.
3. When we can see “the energy” behind the situation, we can see the deeper soul purpose and address WHAT IS REAL.
4. Learning to discern WHAT IS REAL becomes our doorway into wholeness.
5. If we can learn to hold our center, WHAT IS REAL reveals itself.

1. QUOTES:

1. The only pain we take to the spirit world is the Love we refused to share here on earth. ~ Native American Wisdom
2. The real journey is to hold your center. And to prevent yourself from plugging into illusions on the outside world that take our spirit with them.

1. PRACTICE:

- Give compassion, kindness, acceptance to others - **STAY OUT OF JUDGMENT. This paves the way to accepting ourselves just as we are. That is freedom!**
 - Will this matter in a hundred years? **HOW IMPORTANT IS THIS TO THE BIG PICTURE?**
 - Use the feeling of **BEAUTY** as your compass – **YOUR CENTER.**
2. Our Meditation this week is designed to help you find and **HOLD YOUR CENTER.**

This week:

- Be open to discovering WHAT IS REAL in any situation. When worry or fear, panic or anxiety, take hold – **FIND YOUR CENTER**, and then ask, “What is really going on here?”.
- **Video: WHAT IS REAL** (17:57 minutes)
- **Audio Meditation:**
 - **HOLDING CENTER** (17:46 minutes)
- **QUOTE OF THE WEEK:**
 - **What is real is not the appearance!**
- **OPTIONAL:**
 - Week Five Practice Log - pdf