

Week 7
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY SIX:

RESOLVE with a concrete intention to live tomorrow consciously and freely.

SUGGESTED REFLECTION:

David Whyte; Stone

<https://youtu.be/ZvCQS7sth0I?si=SOzbbfgiQNzND7hf>

You can watch the full video or focus on the script of the poem “the Stone”

*(below) or listen to it recited in the video. The stone offers us a doorway into the awareness that **God meets us both in the weight we cannot carry and in the quiet life that endures beneath everything.** It offers us an image of the ‘Stone’ we carry, the weight, the place of resistance, and how freedom calls us to see anew.*

“Stone” – David Whyte

The face in the stone is a mirror of ourselves.

The stone face is the mountain face.

*The stone face is an ancient presence,
waiting for us to meet it.*

*It asks nothing of us,
and in its silence,
teaches us endurance,
patience, and the hidden life.*

*It holds the weight we cannot carry,
and teaches us to turn to what is solid,
enduring, and quietly alive beneath all things.*

JOURNAL QUESTION

What “stone” or weight in my life feels enduring — heavy, but also shaping me?



TRUSTING OUR AFFECT WHEN RESPONDING TO A SACRED QUESTION

**Notice the felt presence of
the Divine, or the lack of it,
through affective
movements
and experiences**

