

## Reflection and Table Questions Week Three – December 17

**Focus Meditation:** Take a few minutes and just be still. Listen to your heart. Looking intuitively at the flow of your life past and present do you see a reoccurring theme? If you do, does that theme speak to you about direction for your future?

How has your spiritual practice changed you?

To what are you currently giving birth? What heavenly “treasure” is Spirit breathing into form through you?