

SOUL QUALITIES

PERCEIVING THE LIGHT AND THE LIFE OF THE SOUL

This is a very simple way of connecting with the energy and purposes of your soul: by perceiving, contemplating and amplifying one of your own soulful qualities. We are here in this life to learn some new qualities, and also to share some of our native soulful gifts with others.

Look over this list of Soul Qualities, and circle one that it seems that you are trying to learn and develop. *Hint:* it's the one characteristic that you feel that you sorely lack, but your life situations seem to ask you to come up with it, again and again, even though it isn't easy or natural for you. Eventually you will master it and it becomes part of your strength. Name it and claim it as part of your life purpose. Speak this aloud: *Ex. "I am willingly learning to have more patience."*

Then, circle three qualities that you have in abundance, and especially the one character trait that you were born with, and that you ALWAYS have, no matter what you are going through. Pick that strongest gift, to use in the meditation that follows.

SOUL QUALITIES

<i>Acceptance</i>	<i>Admiration</i>	<i>Appreciation</i>	<i>Attention</i>
<i>Beauty</i>	<i>Bliss</i>	<i>Brotherhood/Sisterhood</i>	<i>Calm</i>
<i>Compassion</i>	<i>Comprehension</i>	<i>Cooperation</i>	<i>Courage</i>
<i>Creativity</i>	<i>Concentration</i>	<i>Daring</i>	<i>Decisiveness</i>
<i>Detachment</i>	<i>Determination</i>	<i>Discernment</i>	<i>Discipline</i>
<i>Endurance</i>	<i>Energy/vitality</i>	<i>Enthusiasm</i>	<i>Eternity</i>
<i>Faith</i>	<i>Freedom</i>	<i>Friendship</i>	<i>Generosity</i>
<i>Goodness</i>	<i>Good Will</i>	<i>Gratitude</i>	<i>Harmony</i>
<i>Humor</i>	<i>Inclusiveness</i>	<i>Infinity</i>	<i>Initiative</i>
<i>Integration</i>	<i>Joy/Fulfillment</i>	<i>Kindness</i>	<i>Forgiveness</i>
<i>Light</i>	<i>Liberation</i>	<i>Love</i>	<i>Mastery</i>
<i>Mystery</i>	<i>Order</i>	<i>Patience</i>	<i>Peace</i>
<i>Persistence</i>	<i>Positiveness</i>	<i>Power</i>	<i>Promptness</i>
<i>Quiet</i>	<i>Reality</i>	<i>Renewal</i>	<i>Resoluteness</i>
<i>Serenity</i>	<i>Service</i>	<i>Silence</i>	<i>Simplicity</i>
<i>Synthesis</i>	<i>Tenacity</i>	<i>Trust</i>	<i>Truth</i>
<i>Tenderness</i>	<i>Gentleness</i>	<i>Understanding</i>	<i>Universality</i>
<i>Wholeness</i>	<i>Will</i>	<i>Wisdom</i>	<i>Wonder</i>

**Do you have your strongest quality picked out? _____
Good. Aren't you wonderful?)**